



Social and Emotional Development Activity for 36 to 42 Months

My Hands Can Say...

This activity encourages children to express how they are feeling using their hands and words.

Materials:

- None

What to do:

1. Talk to the child about times she has felt hot, cold, angry, scared, or happy.
2. Ask the child to show you, using only her hands, how she would express the following:
 - Hello!
 - Come here
 - Go away
 - Naughty, naughty
 - I'm hot
 - I'm scared
 - Stop
 - I'm angry
 - I'm cold
 - Goodbye!
 - Yea!
3. Encourage the child to describe her movements for each emotion or expression: "I wave my hand to say goodbye." "I wrap my arms around me when I'm cold."
4. Use this activity as an opportunity to discuss "negative" emotions, such as anger and fear. By encouraging a child to express her feelings and to use her words, you'll find it easier to resolve conflicts and guide her behavior in appropriate ways.

