

SEEK2LEARN Montessori Nursery

Personal, Social, Emotional Development activities

Activities for 0 to 12 months:

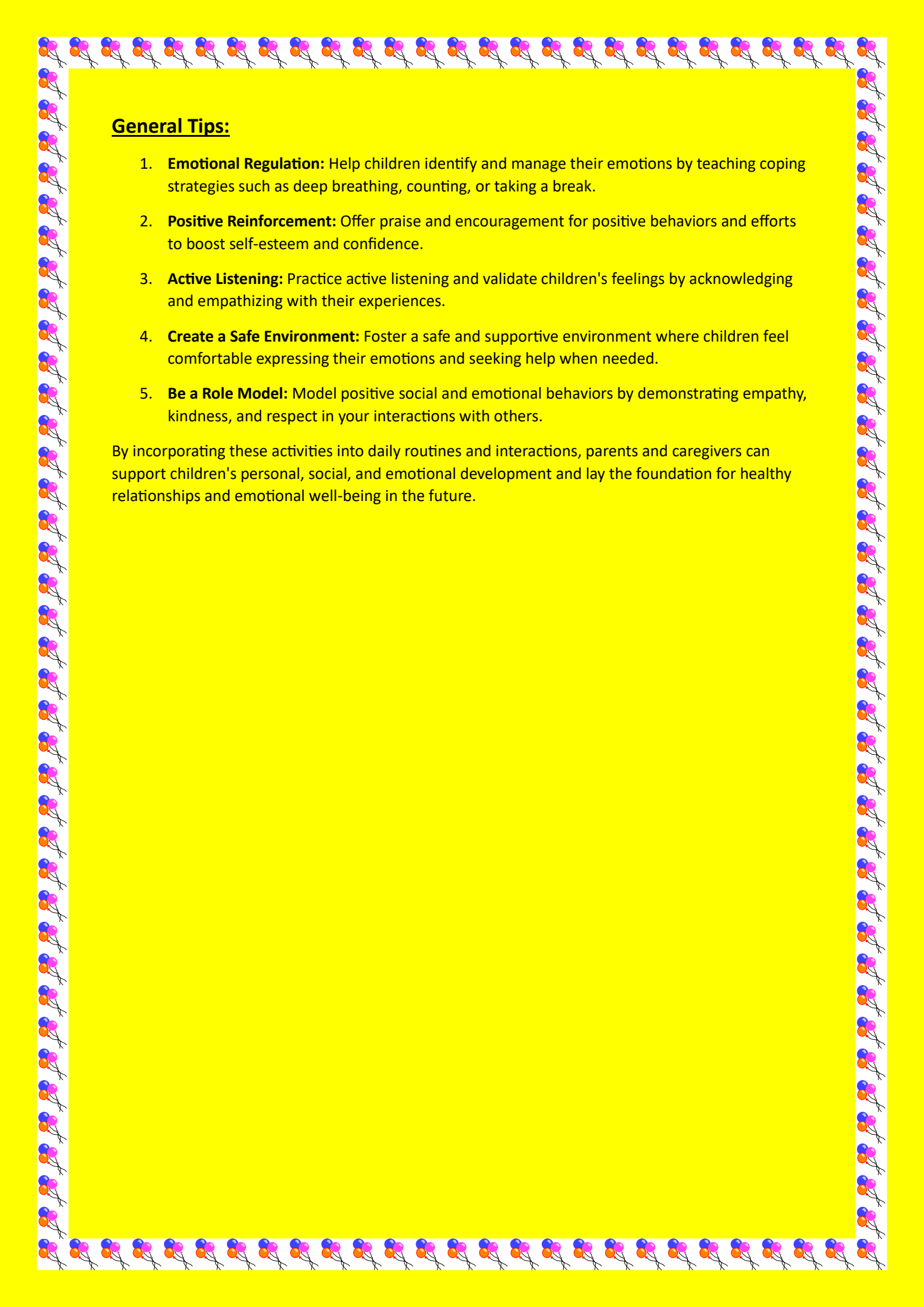
1. **Bonding Time:** Spend quality time cuddling, singing, and talking to your baby to strengthen the parent-child bond.
2. **Responsive Care:** Respond promptly to your baby's cues for comfort, feeding, and attention to build trust and security.
3. **Baby Massage:** Offer gentle massages to soothe and comfort your baby, promoting relaxation and positive touch.
4. **Peek-a-Boo:** Play simple games like peek-a-boo to encourage social interaction and develop early communication skills.
5. **Mirror Play:** Use a baby-safe mirror to show your baby their reflection and engage in interactive facial expressions and gestures.

Activities for 1 to 3 years:

1. **Social Playdates:** Arrange playdates with other children to promote social interaction, sharing, and cooperation.
2. **Emotion Recognition:** Use picture books or flashcards to help toddlers identify and label different emotions (happy, sad, angry, etc.).
3. **Pretend Play:** Encourage imaginative play with dolls, stuffed animals, or toy kitchen sets to explore different roles and emotions.
4. **Empathy Building:** Model empathy by talking about others' feelings and experiences and helping toddlers understand and express empathy towards others.
5. **Music and Movement:** Dance and sing along to music together to encourage self-expression, creativity, and emotional release.

Activities for 3 to 5 years:

1. **Feelings Chart:** Create a feelings chart with pictures or emojis representing different emotions and discuss how children feel each day.
2. **Storytelling:** Read books about emotions and discuss characters' feelings, encouraging children to relate their own experiences.
3. **Role-Playing:** Act out different scenarios or roles (e.g., doctor, teacher, parent) to help children understand and express their emotions.
4. **Problem-Solving Games:** Play simple problem-solving games or puzzles to teach children how to manage frustration and find solutions.
5. **Mindfulness Activities:** Practice mindfulness exercises such as deep breathing, yoga poses, or guided relaxation to help children manage stress and regulate emotions.

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General Tips:

1. **Emotional Regulation:** Help children identify and manage their emotions by teaching coping strategies such as deep breathing, counting, or taking a break.
2. **Positive Reinforcement:** Offer praise and encouragement for positive behaviors and efforts to boost self-esteem and confidence.
3. **Active Listening:** Practice active listening and validate children's feelings by acknowledging and empathizing with their experiences.
4. **Create a Safe Environment:** Foster a safe and supportive environment where children feel comfortable expressing their emotions and seeking help when needed.
5. **Be a Role Model:** Model positive social and emotional behaviors by demonstrating empathy, kindness, and respect in your interactions with others.

By incorporating these activities into daily routines and interactions, parents and caregivers can support children's personal, social, and emotional development and lay the foundation for healthy relationships and emotional well-being in the future.