



# Activities



## FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 2-year-old—a great way to have fun together and support your child's social-emotional development.

**Play Parade or Follow the Leader** with your toddler. Your child will love to copy you—and be the leader!

Try to have **set routines** during the day, and let your child know what will be happening next. Say, "Remember, after we brush your hair, we get dressed."

Have a special **reading time** every day with your toddler. Snuggle up and get close. Before bedtime or naptime is a great time to read together.

**Give your toddler choices**, but keep them simple. Let her choose a red or a blue shirt while dressing. Let her choose milk or juice at lunch.

**Encourage your child to pretend play.** Put a few small chairs in a row to make a "bus." Cut up some paper "money" to pay the driver. Ask, "Where will we go today?"

Teach your child simple songs and finger plays, such as "The Itsy-Bitsy Spider."

Your toddler is learning **all about emotions.** Help him label his feelings when he is mad, sad, happy, or silly. Say, "You are really happy" or "You seem really mad."

**Get down on the floor** and play with your child. Try to follow your child's lead by playing with toys he chooses and trying his ideas.

