



Familiar Activities to Support Emotional and Social Development

Infants	Toddlers	Preschoolers	School-Agers
Post photos of mommies and daddies or put photos in individual photo albums	Bathing baby dolls	Dramatic play of varying familiar experiences such as going to the grocery stores or visiting a physician	Construction projects with boxes
Joining babies during floor time activities	Picture cubes with family photos	Frequent opportunities to play outside and use large motor muscle groups	Creative art activities of all kinds
Lap time play, such as Row Row Row Your Boat	Build with soft blocks	Blocks for building and rebuilding	Playing team sports with self-selected peers
Sing songs, introduce simple fingerplays	Soothing sensory experiences with water or other sensory materials	Side by side opportunities to do art activities	Creating books and scrapbooking
Repeat Peek a Boo, This Little Piggie, and other interactive fingerplays	Dramatic play opportunities similar to activities experienced at home, such as shopping, loading and unloading grocery bags	Soothing sensory activities, like play dough, water or sand play	Playing turn-taking games that encourage equal access
Book reading familiar favorites, like Brown Bear, Brown Bear	Singing familiar songs or lullabies; fingerplays	Completing puzzles with adult help as needed	Opportunities to explore social and professional roles
Roll fabric balls back and forth	Playing turn-taking games with adult support	Reading books individually, with friends, and with teachers	Reading books individually, with friends, and with teachers
Finger painting on a paper plate	Frequent reading to individual children and to groups	Singing familiar songs; listening to soothing music	Unstructured outdoor time for self-directed play