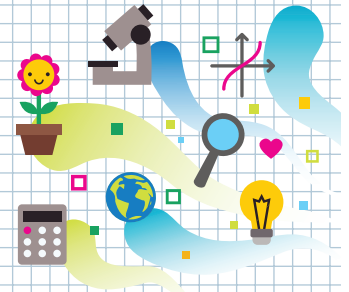




HEADS IN, HEARTS IN

Ready, Set, Go! Instructions for Set-Up

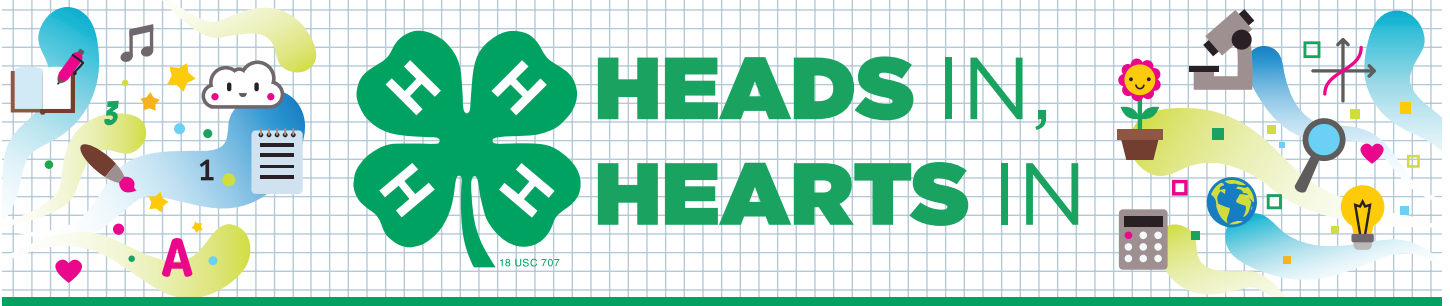


Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- Ball
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Arrange display table.



Ready, Set, Go!

Guide for Families

Learning Objectives

What you need to know:

Social emotional health is a critical component of healthy development for young children. Social emotional development includes the ability to identify and label or name emotions, and find appropriate ways to express or manage those emotions. For young children, strong emotions can be overwhelming. Since they do not have the skills to handle them, they might act out, get clingy or withdraw. You can help them manage their emotions by giving them permission to feel the way they do, helping to identify how they feel, supporting them and teaching them emotion regulation strategies. You can teach them multiple ways to feel calm and then let them decide which technique they want to try.

Self-regulation means controlling your thoughts, feelings and behaviors. Since young children find it hard to self-regulate, it takes lots of practice and support from you. As the adult, you can help by showing them techniques and methods to get their brains back to cool and calm when they experience strong emotions.

What you will do and learn:

In this activity, the child will practice taking turns and waiting. While you roll a ball back and forth, the child will practice waiting for their turn in small stretches of time.

Instructions

1. Tell the child that you will be playing a game called “Ready, Set, Go!”
2. Have the child sit on the floor, and sit down opposite them about 4 feet apart.
3. Give the ball to the child and ask them to roll it to you.
4. When you have the ball, tell the child that when you say, “Ready, Set, Go!” you will roll the ball back.
5. Wait a few moments and say, “Ready, Set, Go!” with lots of excitement and roll the ball back.
6. When the child has the ball, tell them that when they are ready to roll it back, they say, “Ready, Set, Go!” and then roll it back to you.
7. Keep playing the game back and forth, pausing briefly before you roll it back to the child so they can practice waiting.