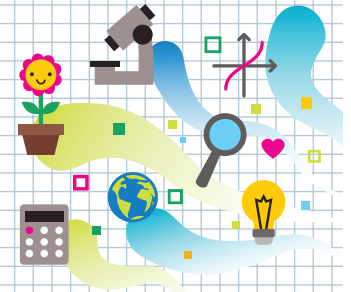




HEADS IN, HEARTS IN

Stop & Go

Instructions for Set-Up

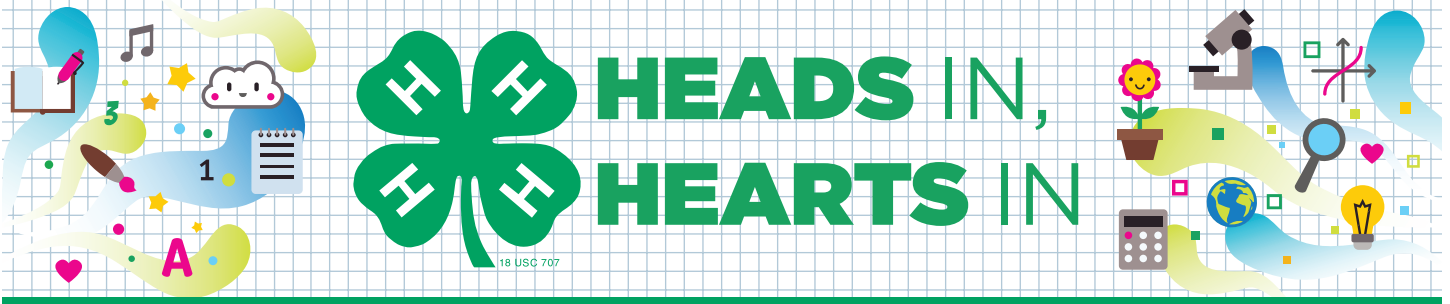


Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Movement Cards” handout
- Scissors
- Music (optional)
- 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.
- ▶ Print and cut out the cards in the “Movement Cards” handout (or just use your own movement ideas).
- ▶ Prepare to play music if you choose to do the alternate method of this activity.
- ▶ Arrange display table with instructions.



Stop & 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, emotions can be overwhelming. Since they do not have the skills to handle their strong emotions, they might act out, get clingy or withdraw. You can help them manage their emotions by giving them permission for their emotions, helping to identify how they feel, supporting them and teaching them emotion regulation strategies.

Self-regulation means controlling your own thoughts, feelings and behaviors. 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, you will help the child practice important skills for **self-regulation**, inhibitory control, or stopping and going. Helping the child practice these skills will help them build skills for self-control, which will help them make good decisions and control their thoughts, behaviors and emotions. In this game, you will encourage the child to engage in fun movement activities and practice stopping when you say “stop” and starting when you say “go.”

Instructions

1. Tell the child you are playing a stop-and-go game. When you say “go,” they will start a movement and then when you say “stop,” they have to stop right away until you say “go” again.
2. Have the child pick a “Movement Card” and show them what that movement looks like.
3. Say “Go!” Encourage the child to follow the movement and move along with them.
4. After a few seconds or moments, say “Stop!” Model stopping the movement for the child by stopping as well. Laugh with the child as they try to stop their fun movements.
5. Say “Go!” and encourage the child to begin the movement again. Repeat as many times as you’d like.
6. Select a new movement and play again.
7. Alternatively, you can also play the same game using music. Instead of saying “Stop!” and “Go!” tell your child that when the music plays they will do the movement on the “Movement Card” and when they hear the music stop, they have to stop moving.

Stop & Go

Movement Cards Handout

Toe Touches

Raise your arms high in the air, and then bend forward and touch your toes.

Twisty Turns

Swing your arms back and forth across your body, rotating your hips.

Running in Place

Run in place, lifting your knees and pumping your arms.

Jumping

Jump up and down, standing in the same place.

Starfish Stretches

Stand with your legs wide and arms wide out at your side like a starfish. Reach one hand down toward the opposite foot. Stretch back out wide and reach your other hand toward the opposite foot.