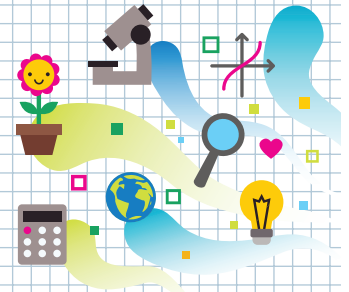




HEADS IN, HEARTS IN

Why I Love You Instructions for Set-Up

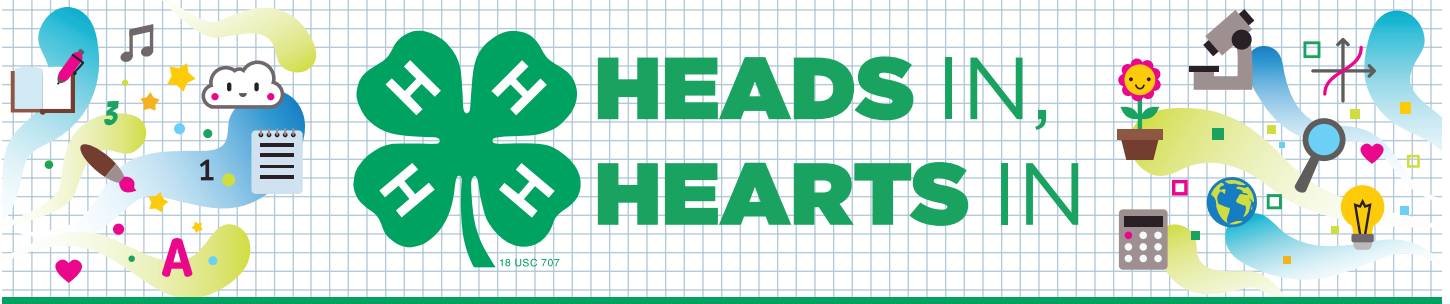


Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Heart” handout
- Scissors
- Markers or crayons
- Small box or bag
- 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 out the “Heart” handout and cut out hearts.
- ▶ Arrange display table with instructions.



Why I Love You

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.

Encouraging children and communicating love to them helps build their **self-concept** (the way they feel about themselves). Encouragement can be a powerful tool for getting children to behave and reinforcing positive behaviors. Think of encouragement as investing in the child; every time you encourage them, you build them up.

What you will do and learn:

In this activity, you will think about all the reasons you love the child and share those reasons with them. Communicating how you feel out loud is a way to show the child that you love them unconditionally and will help the child understand their self-worth. When you build up the child with encouragement, it will help them be able to manage big feelings or hard days.

Instructions

1. Ask the child to decorate a small box or bag.
2. On each heart you have cut from the “Heart” handout, write down one reason you love the child.
3. Place the hearts in the small box or bag.
4. Pull out the hearts and read them to the child. Tell them all the reasons that you love them.
5. When you think of new reasons that you love the child, write them down and place them in the box or bag.
6. Periodically, read those hearts to the child. You can read them during a quiet time such as bedtime or difficult times such as when the child is having a hard day.

Why I Love You

Heart Handout

