

Social Emotional Skill Building

Handout 2.5

Match Game

Below are some simple activities to do with children help match them to four social emotional skill building areas. When you are done add two additional activities.

Activity	Skill building area
Playing a board game	<ul style="list-style-type: none">• Recognize and Communicate Emotions • Control Response to Feelings • Develop Strategies • Empathize
Naming the emotions a character in a story might be feeling	
Counting to ten before they respond to something	
Sharing something they like with a friend	
Drawing pictures to express their own feelings	
Taking a time out if they feel upset	
Describing how they are feeling	
Planning what they will do if they get to the playground and someone is already on their favorite swing	
Saying sorry if they hurt someone	
Playing with dolls	

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Match Game—Trainer's cheat sheet

As participants call out their answers you can supplement with the following information

Activity	Skill building area
Playing a board game	Board games can be helpful tools to help kids learn to control their responses to feelings . Waiting for their turn helps them to learn patience and self-regulation and dealing with winning and losing provide opportunities to control response to feelings.
Naming the emotions a character in a story might be feeling	Stories are great tools for helping children to name and communicate emotions , as well as to empathize with the emotions of others.
Counting to ten before they respond to something	Counting, taking a time out, or other ways to help children take space before they react provide a good way for them to learn to control their emotions . It can also be a strategy that they can learn to use whenever they are struggling.
Sharing something they like with a friend	Sharing is very difficult for young children but it provides important opportunities for them to control their own feelings as well as to empathize with others.
Drawing pictures to express their own feelings	Drawing pictures can be a great way to help children who are less verbal find ways to communicate their feelings.
Taking a time out if they feel upset	Counting, taking a time out, or other ways to help children take space before they react provide a good way for them to learn to control their emotions .
Describing how they are feeling	Name and communicate emotions
Planning what they will do if they get to the playground and someone is already on their favorite swing	Planning for possible disappointment is an important strategy and skill. Anticipating their emotions and developing a plan for how to deal with them can be easier than dealing with something like disappointment in the moment.
Saying sorry if they hurt someone	Empathy
Playing with dolls	Playing with dolls or other role playing again provides opportunities for children to name emotions as well as to empathize with the emotions of others