

Emotional Intelligence

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for children
ages 2-4

Note to Parents

Emotional Intelligence is a wide range of skills that children of all ages can develop and improve. These skills are critical for emotional well-being and life success.

This section of the Youth Deployment Activity Guide is designed to give you additional age appropriate resources that are helpful in teaching your child about emotions. The emotional and social skills that are presented were written in order to help you grow your child.

The sections include Intrapersonal Skills, Interpersonal Skills, Adaptability, Stress Management and General Mood. Each section is further divided into sub-skills that address such things as Problem Solving, Happiness, Flexibility and other critical emotional and social competencies.

We encourage you to use these activities throughout the deployment process and beyond.

Emotional Intelligence Activities Ages 2-4

InTRApersonal Scales

Self-Regard	I'm Special! My Favorite Things
Emotional Self-Awareness.....	Look at Me! Feelings
Assertiveness	What Do You Do? That's Mine
Independence	Get Growing! Helping Around the House
Self-Actualization	I Can Do It! How Tall are You?

InTERpersonal Scales

Empathy	Put Yourself In Someone Else's Shoes Musical Chairs
Social Responsibility	Recycling Thank You and Please
Interpersonal Relationships.....	I Appreciate You! My Hero

Adaptability Scale

Reality Testing.....	Is It Really My Job? What Are These People Doing?
Flexibility	Sharing Simon Sez
Problem Solving.....	Making Choices Hop Scotch

Stress Management

Stress Tolerance	Let's Dance! If You're Happy And You Know It
Impulse Control	Too Much For Me Duck, Duck, Goose

General Mood Scale

Optimism.....	Ready for School! Things That Go Up And Down
Happiness.....	Make Them Laugh! Beginning, Middle, End

I'm Special!

Parents: This activity is designed to help your child identify reasons why they are special. This will assist your child in developing a positive self-concept. At the bottom of the page are some suggestions you might use in prompting your child to come up with as to why they are special.

Why are you special? Here is your chance to tell the world what is special about YOU!

I'm  because I can _____

I'm  because I can _____

I'm  because I can _____

I'm  because I can _____

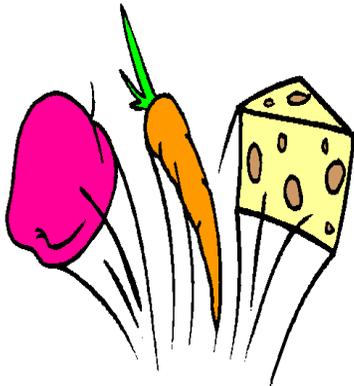
Tie my shoes, Say my ABCs and 123s, Read, Dress myself, Ride a bike, Dance, Sing, Paint, Color, Call 911, Call the police, etc.

My Favorite Things

Parents: This activity is designed to teach your child about self-regard. Every child has favorite things; in this activity they will identify what their favorite things are. You should further encourage your child to tell you why these things are their favorite and how they feel when they are doing these favorite things.

Everyone has favorite things. What are some of your favorite things?

What is your favorite game?



What is your favorite food?

What is your favorite song?



What is your favorite book?



Look at Me!

Parents: This activity is designed to teach your child self-awareness and creativity. Encourage your child to decorate their egg to look like himself. You can also use this exercise to teach children how to dress themselves and take care of their hair and face. Pay close attention to the detail your child puts into their egg. This will help determine their level of self-awareness. You will need to cut a large piece of construction paper into the shape of an egg.

Materials Needed:

Construction Paper

Magic Markers

Yarn

Scissors

Glue

Now is your chance to show off your talents! Decorate your egg to look like you. Draw your face with magic markers, make hair out of yarn, and make clothes for your egg. Be sure you include arms and legs on your egg.



FEELINGS

Parents: This activity is designed to help familiarize your child with emotions. Point to an emotion pictured below and ask the child to name that emotion. Continue until all emotions have been identified.

What are these people feeling?



Confused



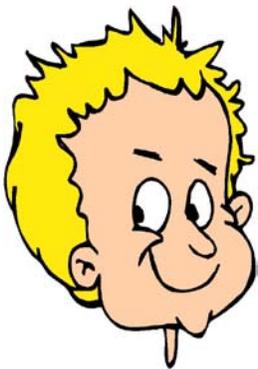
Mad



Sad



Proud



Happy



Excited



Tired



Scared

What Do You Do?

Parents: This activity is designed to teach your child about assertiveness. Encourage your child to do what is right when they see something wrong.



What do you do when you see someone being picked on?

Do you run away?

Do you help the person?

Do you go get an adult to help?

What do you do when you see someone littering?

Do you leave the trash where it is?

Do you pick it up and throw it away?

Do you tell the person it's NOT okay to litter?



What do you do if you see someone stealing?

Do you forget about it?

Do you tell an adult?

Do you call the police?

What do you do when you see someone hurting an animal?

Do you tell them to stop?

Do you get an adult to help?

Do you call the police?



That's Mine!

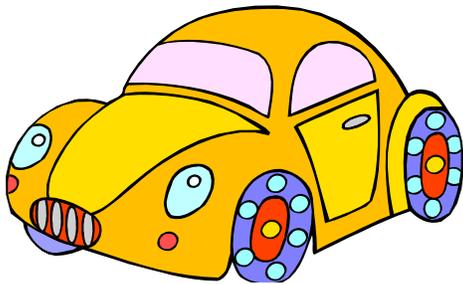
Parents: This activity is designed to teach your child to be assertive. Review each instance with your child and have them discuss how they feel and what they would do. It is important to encourage your child to deal with someone who takes something that is his or hers without getting into a fight.

What happens when you're playing with your brother or sister or friends and one of them takes something that belongs to you?

What if they took your cupcake?

How would you feel?

What would you do?



What if they took your toy?

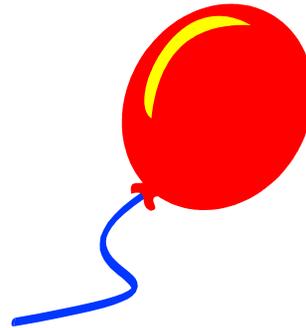
How would you feel?

What would you do?

What if they took your balloon?

How would you feel?

What would you do?



What if they were fighting over a toy?

How would you feel?

What would you do?



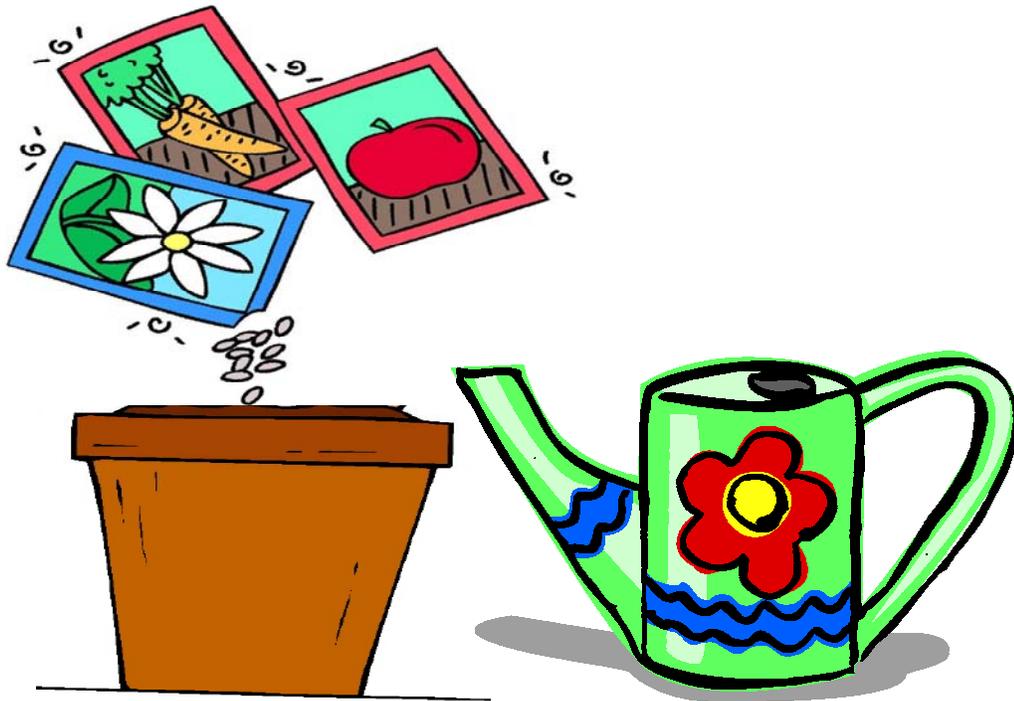
Get Growing!

Parents: This activity is designed to teach your child responsibility and discipline. To complete this activity, take your child to a store nursery or market to pick out a flower or plant for growing. Be sure to teach to your child that in order for the plant to grow, they will have to feed and water the plant on a regular basis. Once the plant begins to grow, your child will see the rewards of their responsibility and discipline.

Materials Needed:

Plant Seeds
Planting Soil
Flower Pot

It's time to grow some responsibility. Using the materials listed above, plant a seed and watch it grow. When the plant gets too big for the flower pot, plant it outside and start growing another plant in your flower pot.



Helping Around the House

Parents: This activity is designed to help your child identify tasks that go on around the house that they could help out with. By allowing them to help you around the house you are teaching them to be more independent.



What is this little boy doing?

Do you help your parents do this at home?

Could you help your parents do this?

What is this little girl doing?

Do you help your parents do this at home?

Could you help your parents do this?



What is this little boy doing?

Do you help your parents do this at home?

Could you help your parents do this?



What is this little boy doing?

Do you help your parents do this at home?

Could you help your parents do this?



I Can Do It!

Parents: This activity will allow your child to use their imagination to help them realize that what ever they dream, they have the potential to achieve. Whether it be a doctor, astronaut or racecar driver, as a parent you should encourage your child to be the best at whatever they choose to do.

You can do anything.



You can climb the highest mountain!



Swing from the highest tree!

What will you do today?

You can be anything you want to be.



You can be a soldier on the look out!



You can be an airplane pilot flying through the sky!

Who will you be today?

You can go anywhere you want to go.



You can go to the beach and play in the sand!



You can go to the lake to catch a great big fish!

Where will you go today?

How Tall Are You?

Parents: This activity is designed to teach your child self-actualization. It is important to relay to your child that no matter how tall he or she may be, it's what is on the inside that is important.

Some of us are taller than others.
Compare yourself to the things below
to see how tall you are.

Are You
As Tall
As ...

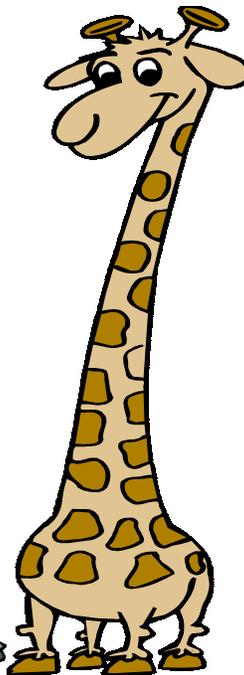
Your Mom?



A Basketball
Player?



A Giraffe?



A Tree?



What are you taller than?

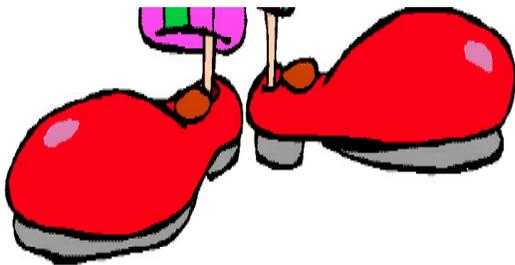
How tall do you think you will be?

Put Yourself in Someone Else's Shoes

Parents: Putting yourself in someone else's shoes means seeing and feeling things from that person's point of view. You can do the following exercises with your child to help them identify the feelings others might experience. Follow along the exercise sheet and have your child identify who wears the shoes below and what activity they may be involved in and how they might feel when they have their shoes on.

Have you ever tried to walk in someone else's shoes? Maybe your mommy's high heel dress shoes, or your daddy's tennis shoes? Because their shoes are so large you may have found it difficult to walk.

What would happen if you had to walk in your parent's shoes for one whole day? How would you feel? Look at the shoes below:



Who do these shoes belong to?

Where do you see this person the most?

Is this person usually mean or nice?

When have you felt this way?

Who do these shoes belong to?

Does this person perform on stage?

Is this person usually scared or excited?

Is this person usually loud or quiet?

When have you felt this way?



Who do these shoes belong to?

Where do you see this person the most?

Is this person usually happy or sad?

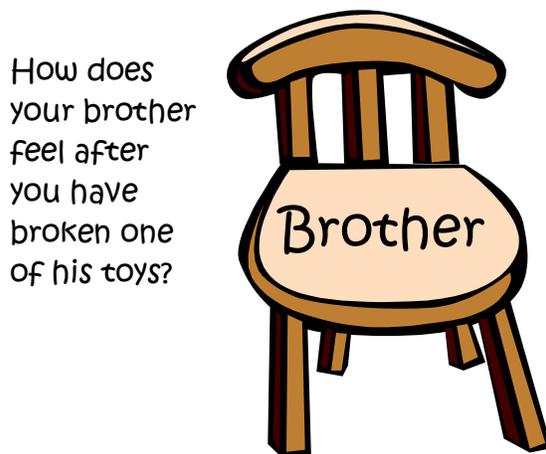
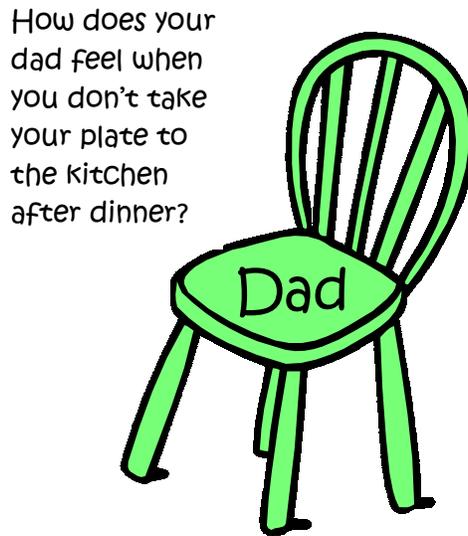
When have you felt this way?

Musical Chairs

Sitting in someone else's seat can teach you a lot about how they feel.

Parents: The goal of this game is to learn things about other people from their point of view. Review each question with your child and make sure they understand how others feel.

Take a seat in each chair and see how you feel.



Recycle!

Here is your chance to make a difference in the world.

Parents: This activity will teach your child social responsibility. Recycling products such as plastics, cans, and paper products not only reduces the garbage that goes to the landfill, it also saves energy. Help your child create a recycling station at your house. Contact your local city services refuse collection center to see when they pick up the recycled items.

Start recycling at your house.

Materials Needed:

Recycling Bins

Paper

Magic Markers

Directions: Take a piece of paper and a magic marker and make a sign for your recycling bin. Make one for paper, one for plastic and one for cans.



Once you get your recycling bins ready, make sure you tell your family so that they can recycle too.

Do your part to make the world a better place!

Thank You and Please!

Parents: This activity is designed to teach your child the importance of saying thank you and please, which in turn teaches them about being socially responsible. It is important to teach your child to say thank you and please whether they are talking to you, other family members or people in the community.

When do you say thank you and please?

Draw a line to the activity you would say "thank you" and the activity you would say "please".

What if . . .

You were taken to the movies?

You wanted to go outside and play?

You want to watch TV?

You are taken to a ballgame?

You want a new toy?

You got a new toy?

You've received birthday gifts?

Your mom has fixed you dinner?

You were given a new bike?

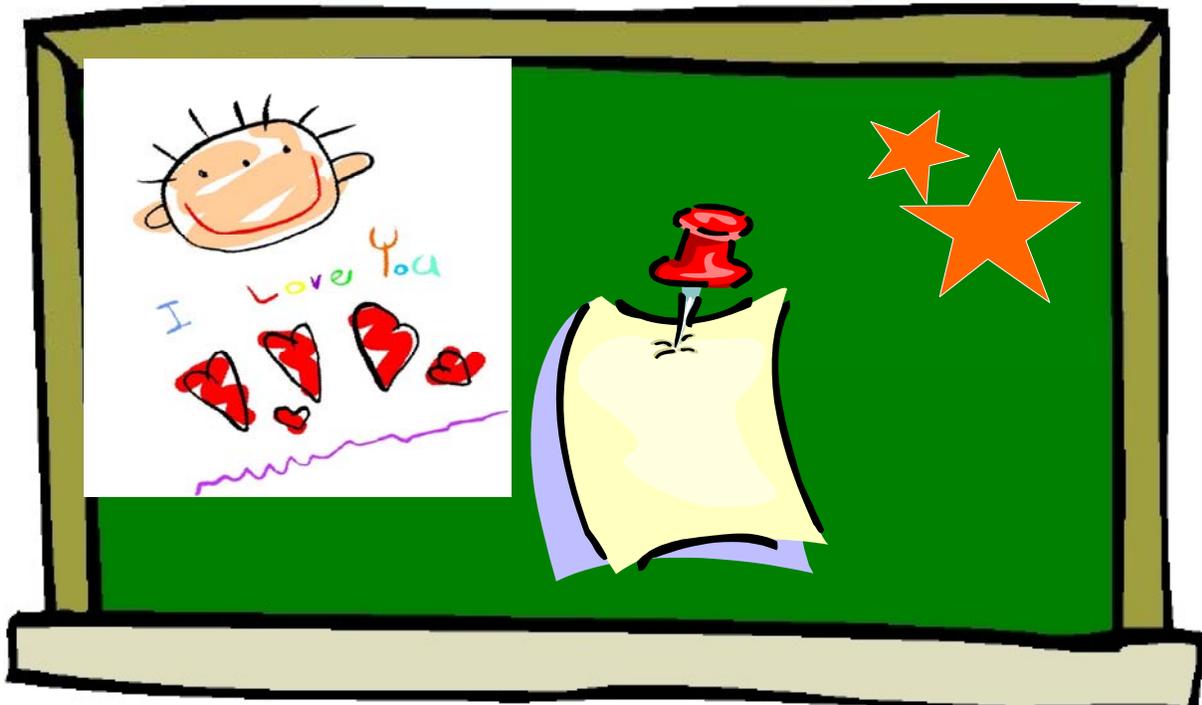
You want to go to your grandparents
and stay the night?



I Appreciate You!

Parents: This exercise is designed to teach your child about relationships and how to appreciate people. Allow your child to create this bulletin board so that he or she can show thanks and appreciation to other family members when they do something good. Be sure to encourage your child to continue with this appreciation all year long.

You can create an Appreciation Bulletin Board for your family. Whenever you or someone in your family does something that you appreciate you can recognize them on the board. This is a great way for you to express your feelings to your family members.



To show your appreciation, you can:

- Write their name on a star.
- Draw a picture of them doing their good deed.
- Make a thank you card to put on your board.
- Write his or her name in big letters for everyone to see.
- Put their picture on your board.

My Hero

Parents: This activity is designed to teach your child the importance of having someone to look up to. Explain to your child what a hero is and give them some examples. Tell them about your hero.



Do you have someone you look up to or want to be just like?

Who is your hero?

Draw a picture of your hero in the space below:

A large rectangular area defined by a dashed blue border, intended for a child to draw a picture of their hero.

Why is this person your hero?

Have you told them they are your hero?

Is It Really My Job?

Parents: This worksheet is designed to teach your child real life responsibility and structure. Go over each everyday activity and take the time to explain the reason why these are important. This would be a good time to negotiate the consequences and outcomes that accompany each event if they are done and if they are left undone. Add your own tasks then cut this sheet on the dotted line and hang it in your child's bedroom as a reminder.

For: _____

(Child's Name)



2. Pick up your toys

1. Brush your teeth



3. Take your bath

4. Pick up your clothes



5. Wash your hands

6 _____

7 _____

8 _____

9 _____

10 _____

What Are They Doing?

Parents: This activity is designed to teach your child responsibility. Review each of the pictures with your child to determine what each person is doing. Help them figure out when they would do these things.



What is this person doing?

When would you do this?

What is this person doing?

When would you do this?



What is this person doing?

When would you do this?



What is this person doing?

When would you do this?



Sharing

Parents: This activity is designed to teach your child how to share with others. When we share, we learn respect for others, trust and responsibility. To complete this activity, you and your child will need the following items:

Construction Paper
Scissors
Glue
Magazines and Catalogs

Let's make a collage!

Directions:

Look through the magazines and catalogs your parents have given you.

Find pictures of the toys you already have.

With help from your parents, cut out the pictures.

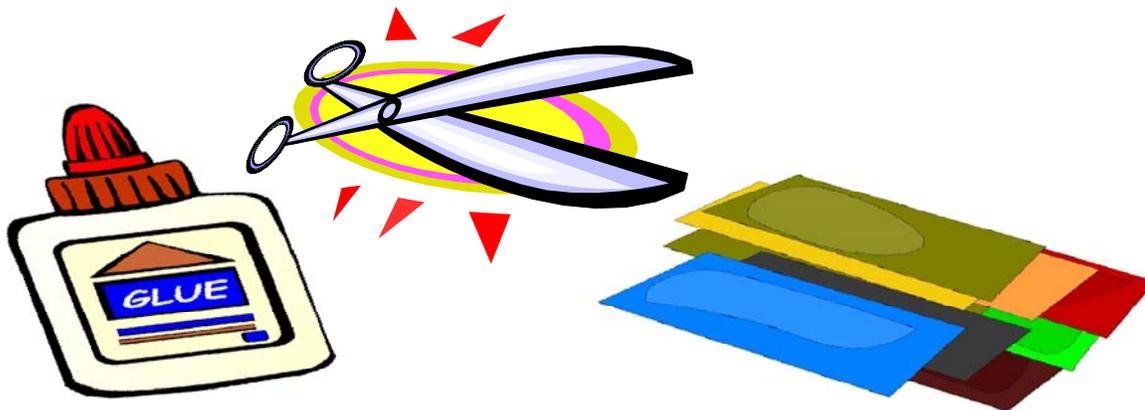
Now, pick the pictures of the toys that you would share with your friends and family members.

Take the pictures and glue them on a big sheet of construction paper.

Cover the entire sheet with the pictures.

Now you have made a collage of all the things you would like to share!

When you are playing with your friends or family members, be sure to share your collage with them and see which toys they would like to play with.



Simon Sez

Parents: This activity is designed to teach your child flexibility. After you play the game be sure to explain to your child the importance of being able to be flexible in certain situations, especially when playing with others, when plans change, etc.

Stand up and see if you can follow these simple commands:

Remember, you only do the things that Simon Sez!

Simon Sez put your hand on your head

Simon Sez jump up high

Stoop down low

Simon Sez open your mouth

Close your eyes

Simon Sez touch your nose

Simon Sez wave your arms in the air

Touch your toes

Simon Sez put your right hand under your chin

Simon Sez jump up and down on one foot

Turn all the way around

Simon Sez take two steps forward

Simon Sez take three steps backwards

Simon Sez game over

Simon Sez hug your parents



Making Choices

Parents: This topic has to do with decision-making. The object of this exercise is to help your child identify how they feel about making choices. Ask your child to choose one object or the other. Once they have made a decision, ask them the following questions:

1. Why did you choose the object?
2. How did you feel about giving up the thing you did not choose?
3. If you could choose again, would you choose the same object?



Taking
A
Bath

or

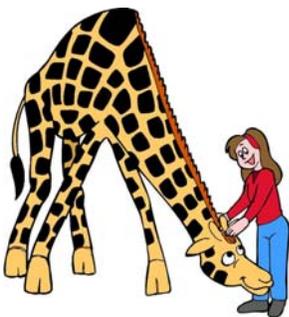
Going
for an
Ice Cream
Cone



Go
To The
Park

or

Clean
your
Room



Go
To The
Zoo

or

Get
a
Haircut



Brush
Your
Teeth

or

Ride
Your
Bike

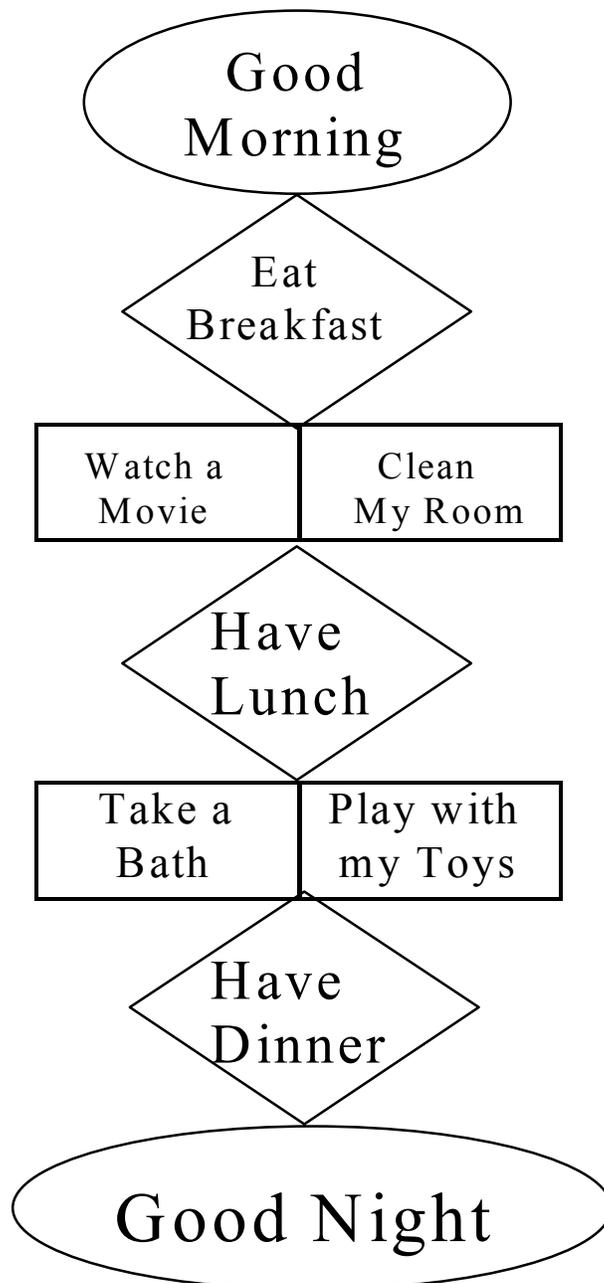




Let's Play Hopscotch!

Parents: This activity is designed to teach your child about problem solving. On one side of the board the child has fun choices of things to do and on the other activities that aren't so much fun. It is important to teach your child that if they do the "not so fun" activity then they can do the fun activity. Talk your child through the activities. Then, play hopscotch with them. Use activities rather than numbers for your hopscotch pattern.

What will I do today?



Let's Dance!

Parents: This activity is designed to help your child deal with stress. If your child can learn techniques to deal with stress at this young age, it should help them better deal with stress as they grow up. Encourage your child to relieve their stress in a productive manner.

Do you get mad? Have you ever been sent to your room because you got in trouble? How do you deal with it when things don't go your way? One way to deal with it is to dance!

Get out your favorite music and dance.



What other things can you do?

If You're Happy. . .

Parents: This exercise is designed to teach your child about stress tolerance. It is important to encourage your child to sing, dance, or listen to music when they are feeling upset about something. This could have a positive impact on the rest of their life.

If you're happy and you know it . . .

Let's see you smile!



If you're happy and you know it . . .

Sing a song!

If you're happy and you know it . . .

And you really want to show it ...

If you're happy and you know it . . .

Clap your hands!



How do you show that you are happy?

Too Much For Me!

Parents: This activity is designed to give children the opportunity to practice self-control and share their candy with their friend. Discuss the consequences of eating all the candy with your child and help them learn to make better decisions.

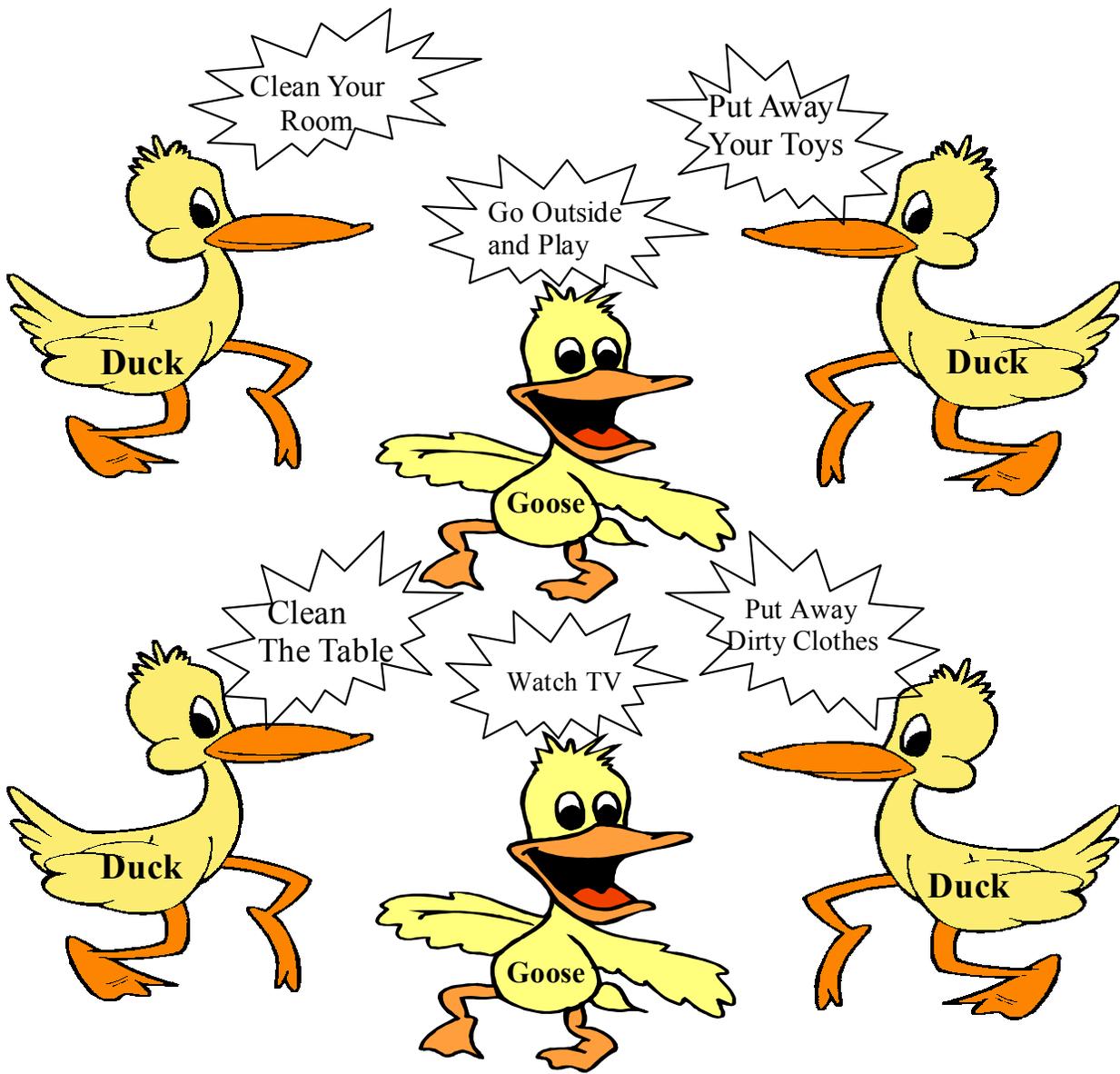
How much can you and your friend eat?
Share the treats with your friend by drawing a line from each piece
of candy to you or your friend.
If you eat all this candy will you get sick?



Duck, Duck, Goose!

Parents: This activity is designed to teach your child how to make choices. The ducks represent chores that aren't the most exciting things to do. The geese represent fun things to do as an alternative to the chores. Explain to your child that in order to do the fun things, they need to complete their chores first.

Let's play a game of duck, duck, goose. Of the items below, what are you going to choose? Are you going to be a duck or a goose?



Ready for School!

Parents: This activity is designed to teach your child about optimism. Whether it is pre-school or kindergarten, your child may feel scared about going to school. Review each of the questions below with your child and encourage them to think optimistically about what will happen at school.

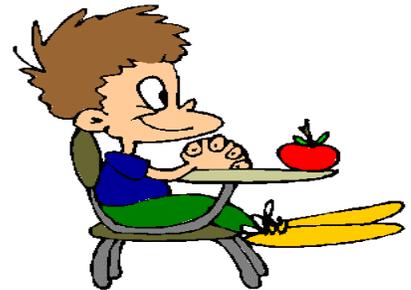
Are you ready to go to school? What do you think will happen at school?



Do you think you will ...

Learn something new?

What will you learn?



Make new friends?

How many friends will you make?

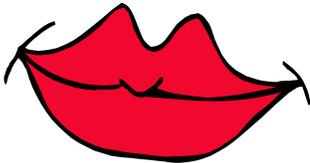
What else do you think you will do at school?



Things That Go Up And Down!

Parents: This activity is designed to help your child identify things that go up and down. It is also an opportunity for you to teach your child about optimism. With each picture explain to your child that whether things go up or down, it is important to keep a positive attitude and look on the bright side.

What things go up?



Smiles



Arms when you hug



Umbrellas when it rains



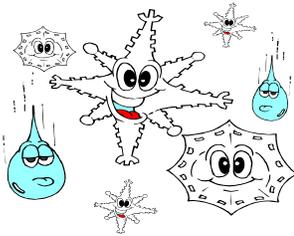
Pigs that are tied to balloons

What else goes up?

What things go down?



Leaves



Snow Flakes



Slide



Helicopter

What else goes down?

Go to the airport and watch the airplanes take off and land.

Make Them Laugh!

Parents: This activity is designed to teach your child about happiness. Telling jokes is a good way to get people to laugh. Encouraging your child to laugh and be happy is one of the most important things you can do.

Have you ever told a joke? Did you make the person laugh? Telling jokes is a great way to make people laugh and make the world a happier place.



What do penguins use for napkins?
Flapkins!

What is the one word a dog can say?
Bark!

Knock, Knock!

Who's There?
Boo!
Boo who?
Don't cry - it's only a joke!



Why do birds fly south
for the winter?
It's too far to walk!



Knock, Knock!
Who's There?
Cargo!
Cargo who?
Cargo beep beep beep!

Beginning, Middle or End

Parents: This activity is designed to teach your child about happiness. By using beginning, middle and end, you can explain to your child how situations can have a beginning that may not be very happy, a middle where things are getting worked out, and an end where happiness can be found.

Put the song below in order from beginning, middle to end:

Gently Down the Stream
Life is but a Dream
Row, Row, Row your Boat
Merrily, Merrily, Merrily, Merrily

What about a book?

Find the beginning of the book
Find the end of the book
Find the middle of the book



What about a calendar?

Where is the beginning of the year?
Where is the end of the year?

Where is the beginning of the week?
Where is the middle of the week?

When is the beginning of your day?

When is the end of your day?

Parents help your child identify and find the following holidays on a calendar:

