

Social-Emotional Learning Activities

- Introduce routines and rituals to your day-to-day
- Practice following a schedule
- Play ball: Take turns tossing or rolling a ball to each other
- Give and receive affection
- Label your emotions
- Role play
- Read books and talk about how the characters feel
- Play with puppets
- Play listening games like *Simon Says* or *Red Light, Green Light*
- Play board games
- Practice yoga and deep breathing
- Problem solve