

TODDLER FEELINGS



Feelings are directly related to behavior. When toddlers have a hard time expressing their feelings they are more likely to get frustrated and aggressive and can lash out at those around them. Here are some activities to help them practice with emotions.

LIKES AND DISLIKES



Toddlers learn by doing. At dinner tell your child what is your favorite food and why. Ask them to share their answer. Taste test different foods to help them increase their self awareness and preferences.

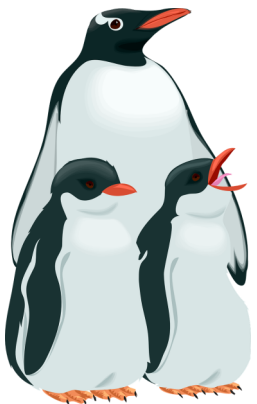
16.1 YT.B Self-Awareness –Personal Traits

USE YOUR IMAGINATION



Encourage imaginative play with puppets, toys, or old clothes. For example, your child could pretend to care for a baby doll or rescue their favorite toys from a tree. *16.3 YT.C Responsible Behavior-*

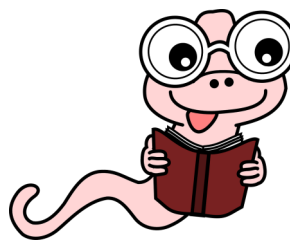
SET AN EXAMPLE



Set rules at home. Give specific rules (no hitting, share your toys, etc.) but this also means following the rules yourself. Children learn a great deal through observing and imitating others,

especially their parents. *16.3 YT.B Responsible Behavior—Understanding Social Norms*

PRACTICE WITH BOOKS



Read a book and prompt your child to think of times when they have felt the same as the main character. For example, the Mercer Mayer classic “I Was So Mad,” encourages children to think of times they’ve been mad and what they can do to feel better. *16.1 OT.A Self Awareness*

PENNSYLVANIA LEARNING STANDARDS FOR EARLY CHILDHOOD: TODDLER

The Department of Education and the Office of Child Development and Early Learning use a Standards Aligned System. The Pennsylvania Learning Standards for Early Childhood are designed to support learning. The key area explored in these activities are Social and Emotional Development.

16.1 SELF-AWARENESS AND SELF-MANAGEMENT

Big Idea: Understanding of self and ability to regulate behaviors and emotions are inextricably linked to learning and success.

- 16.1 YT.B Demonstrate preference for specific objects or activities.
- 16.1 OT.A Make connections between emotions and behavior.

16.3 DECISION-MAKING AND RESPONSIBLE BEHAVIOR

Big Idea: Actions and behavior either positively or negatively affect how I learn and how I get along with others.

- 16.3 YT.B Demonstrate basic understanding of rules.
- 16.3 YT.C Engage in empathy and compassion in some situations.