

Personal & Social SKILLS

Personal development refers to children's feeling about themselves. Social development refers to interactions with peers, adults and family members.

Expectations as children enter school:

- Making independent choices for play
- Taking turns
- Sharing materials and space
- Waiting patiently
- Following rules and routines
- Easily changes from one activity to another
- Plays cooperatively with other children
- Participates in group activities
- Shares feelings and stands up for own rights
- Shows respect for others
- Accepts parent's absence
- Attempts to problem solve

Books suggestions:

All By Myself

Today I Feel Silly

Wemberly Worried

When Sophie Gets Angry

Glad Monster Sad Monster

I'm Gonna Like Me

The Way I Feel

I Was So Mad

We Share Everything

Will You Be My Friend?

Someday We'll Have Very Good Manners

We Are All Alike, We are All Different

Mercer Mayer

Jamie Lee Curtis

Kevin Henkes

Molly Bang

Ed Emberley

Jamie Lee Curtis

Janan Cain

Mercer Mayer

Robert Munsch

Nancy Tafuri

Harriet Ziefert

Cheltenham Elementary School

Tip:

Give children ownership and a sense of belonging. Display their artwork, photos of them as part of your group, photos of their families, their names on a birthday chart or growth chart, their names above hooks or cubbies, etc.

Activities Ideas:

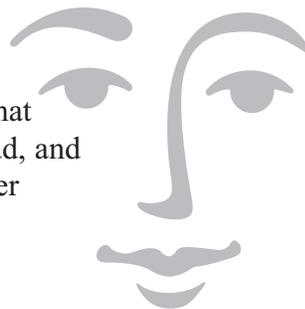
Feelings Detective

To Do: As you read stories ask children to describe what they think the characters might be feeling- excited, mad, and surprised. This will help develop an awareness of other people's emotions.

Body Tracing

Materials: Large roll of paper, markers or crayons

To Do: Using a marker and large piece of paper, have the child lie down and trace around his or her entire body. Children can then add facial features and clothing details as you talk about the special qualities that make him or her wonderfully unique. This activity can also be done on a patio or driveway using sidewalk chalk during warm weather months.



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Sharing and Caring

You can use a variety of techniques to foster a sharing attitude in children. Use a timer to help children take turns. Put away toys that are just too hard to share. Praise successful efforts when you see children sharing with others. Don't always let the same child have the first bite of the cookie or the first choice of crayon. Let children see that others have rights and preferences too.

Game Day

To Do: Pullout some traditional board games like Hi Ho Cherrio, Old Maid, Candyland, Boggle Jr., Pictionary Jr., and Go Fish. Games are a good way to practice good sportsmanship.

As One of a Group

To Do: Props usually encourage participation and help ease feelings of discomfort. If you're singing "Old MacDonald Had a Farm" have everyone hold a small plastic animal to sing about. Doing a flannelboard story? Give each one in the group a flannel piece to bring up to the board. Plan for group exploration where items are passed around to touch, smell, shake, etc. Be sure to open up your plans to include children's suggestions. What songs would they like to do today? What ideas do they have to add to verses?

Bring and Show

To Do: Traditional "show and tell" rarely works well with preschool aged children. Instead plan days where everyone is asked to hunt for something at home and bring it in to tell about. If your group is large, split up into two smaller groups to minimize waiting time. Some ideas might be: favorite color day, favorite book day, baby picture day, etc.

Mirror Play

Materials: Non-breakable mirrors (usually available as locker mirrors in the fall)

To Do: Talk about eye color, hair color, skin color providing one or two mirrors to share. Go on a freckle hunt with a friend. Find something about your body that is the same as your friend and something different. Try performing some nifty body tricks. Who can wink? Who can whistle? Who can wiggle their nose? Who can fold their hands?

Tip:

"She won't let me play with that!" "She's not sharing!" Help children learn the difference between sharing and taking turns. Usually sharing is giving away some and keeping some for oneself. Taking turns involves handing over an object or transferring possession—a much more difficult skill for preschoolers to manage! You'll have to decide what's acceptable for your group. A suggestion is to allow children to continue playing with a toy until they are finished, not necessarily being forced to "give it up" when another child wants a turn. You can encourage children to ask, "Can I have a turn with that?" At the same time let the other child know it is okay to answer "yes or no." If the answer is "no", encourage the first child to ask, "Can I have a turn when you're finished?" This should always result in a "yes" answer. Both parties are usually satisfied.
