

TODDLER EXPLORERS

16 TO 24 MONTHS



I CAN MAKE FACES!

MATERIALS:

- SMALL MIRROR (THAT YOU CAN USE SITTING ON THE FLOOR WITH YOUR TODDLER)

OBJECTIVES:

- DEVELOP AWARENESS OF EMOTIONS
- DEMONSTRATE EMOTIONS
- BEGINNING TO DEVELOP EMPATHY FOR OTHERS
- FOLLOW SIMPLE INSTRUCTIONS
- LANGUAGE DEVELOPMENT: EMOTIONS, PERSONAL EXPRESSION

INSTRUCTIONS:

THIS IS A SIMPLE AND FUN ACTIVITY YOU CAN DO WITH YOUR TODDLER THAT WILL ALLOW YOU TO ENJOY A CONVERSATION AND EXPLORE EMOTIONS WHILE HAVING FUN.

- SIT DOWN ON THE FLOOR WITH YOUR TODDLER IF YOU ARE ABLE. *SITTING AT THEIR LEVEL WHILE COMMUNICATING IS TYPICALLY MORE EFFECTIVE AND TODDLERS ARE MORE EAGER TO ENGAGE WITH YOU FOR LONGER PERIODS WHEN YOU ARE AT THEIR LEVEL.
- SHOW THEM THE MIRROR AND ASK THEM TO POINT TO THEMSELVES IN THE MIRROR
- ASK YOUR TODDLER "CAN YOU MAKE A HAPPY FACE?" DEPENDING ON THE AGE OF YOUR CHILD, YOU MAY HAVE TO DEMONSTRATE THIS FOR THEM FIRST – AND THAT'S OKAY! TODDLERS LOVE TO MIMIC, AND THIS IS HOW THEY LEARN!
- MIRROR YOUR CHILD'S FACE TO ACKNOWLEDGE "WE ARE MAKING HAPPY FACES!"
- SHOW YOUR CHILD THE MIRROR AND ALLOW THEM TO EXAMINE THEIR OWN HAPPY FACE FOR A BIT WHILE YOU POINT OUT SOME THINGS THAT MAKE THIS FACE A "HAPPY FACE" SUCH AS – "SEE, YOU ARE SMILING! THAT LOOKS HAPPY TO ME!"
- ALLOWING THEM TIME TO EXAMINE HOW THEIR OWN FACE CHANGES WITH EACH EMOTION WILL HELP CHILDREN BEGIN TO IDENTIFY EMOTIONS IN OTHERS SO THEY CAN LEARN TO REACT AND RESPOND APPROPRIATELY.
- CONTINUE TO EXPLORE OTHER EMOTIONS LIKE SAD, MAD, SCARED, EXCITED, AND SILLY WITH THIS MIRROR EXERCISE
- IF YOU'D LIKE, DEMONSTRATE FOR YOUR CHILD HOW TO RESPOND TO OTHERS' EMOTIONS. TODDLERS ARE BEGINNING TO LEARN EMPATHY AND MAY TRY TO COMFORT OTHERS THEY PERCEIVE ARE SAD. THIS IS A GREAT OPPORTUNITY TO DEMONSTRATE SPACE AND BOUNDARIES FOR YOUR TODDLER. FOR EXAMPLE, IF YOUR CHILD IS SHOWING YOU A "SAD FACE," SAY TO THEM "YOU LOOK SAD. WOULD YOU LIKE A HUG TO HELP YOU FEEL BETTER?" AND ONLY IF THEY SAY 'YES' OR REACH OUT FOR A HUG, GIVE THEM A HUG. IF THEY SAY 'NO' OR DO NOT REACH FOR A HUG, ASK THEM "HOW CAN I HELP YOU FEEL BETTER?" THIS TEACHES THEM TO EXPRESS THEIR EMOTIONS AND FEELINGS AND RESPECT OTHERS' BOUNDARIES.

We'd love to see photos of your at home learning! Tag us on Facebook and Instagram with hashtag #SkipwithAtHome

