

Positive Behavior at HOME

Emotional Wellbeing - Toddlers & Twos



Mindfulness Activities:

- **Check-In** - The importance of "Check-in" is to help your toddler learn to understand and share their feelings.
- **Gratitude** - Being able to find positive things to be grateful for can help during high stress times.
- **Meditation** - Learning to breathe deeply and self-regulate is important to help handle our own emotions.
- **Grounding** - The point of these activities is to show toddlers that even in uncertain times, there are constants around them.
- **Kindness** - It is easy to let our emotions take over, but it is even more important to show kindness regardless of what is happening around us.

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Mindfulness Activity: Check-In



Reflect With Me

Taking a moment to check-in with your child can help you understand how they are feeling. It also gives them the opportunity to evaluate their own emotions and navigate themselves to a solution.

Instructions:

1. Using paper brown bags, paper, felt, or socks, work with your child to create your very own check-in puppet!
2. Once you have introduced the puppet to your child, use the puppet to talk about feelings.
3. Role-play with the puppet and talk about your own feelings and the puppet's feelings.

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Mindfulness Activity: Gratitude



The Gratitude Game

Gratitude is a hard concept to teach to young children, but it is an important one. By teaching children gratitude, we are helping them understand the importance of being grateful for the things they have. It also increases happiness and optimism!

Instructions:

1. Collect crayons, markers, and white paper. Color different sections of the paper different colors and cut them out. For example, red can represent a place, blue can represent a person, and green can represent a thing.
2. Encourage your child to pick a color. Prompt them to name something represented by the color for which they are grateful. For example, if your child picks a blue piece of paper, ask them "Who is someone you love very much?" If your child picks a green piece of paper, ask them "Name something in the house that you are happy you have."
3. Continue this until your child is no longer interested. You can also extend this by sharing things you are grateful for as well.

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Mindfulness Activity: Meditation



Animal Yoga

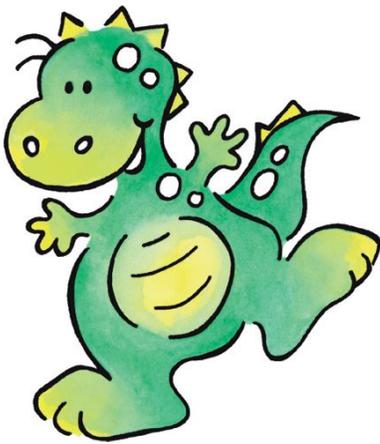
Yoga has many benefits for young children! It helps build strength and flexibility, body awareness, balance, and helps with emotional regulation. Practice different yoga moves with your child to help them feel cool, calm, and collected!

Instructions:

1. Talk to your child about different animals. You can explore the noises those animals make, where they live, and how they move.
2. Then, introduce different animal yoga positions to your toddler and model what those look like.
3. For example, tell your toddler that you are going to rest your body like a turtle and show them how to do the turtle pose.
4. We have attached animal yoga cards at the end of this activity to help guide you and your child.

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Mindfulness Activity: Grounding



Stomp, Stomp, Blow!

It is important for children to understand that they have control in their lives. Help your child feel grounded by practicing this active technique to interrupt stressful parts of the day and make them feel connected to their environment.

Instructions:

1. Talk to your child about strong emotions and how they can make themselves feel better!
2. Tell them that they are going to be a dinosaur to rid those strong emotions! First by stomping the bad feelings and then blowing them away.
3. Show your toddler how to stomp with one foot first and then the other. Once they have stomped with both feet, take a deep breath and exhale like a strong dinosaur!

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Mindfulness Activity: Kindness



My Hand in Kindness

Very young children are naturally egocentric. Therefore, it takes a lot of practice to help them recognize the needs of others. You can start teaching toddlers the act of kindness and bring more positivity into your home!

Instructions:

1. Talk with your toddler about kindness and what it means. Use simple examples of acts of kindness such as giving hugs, helping clean up, and using nice hands.
2. Then, trace your child's hand on a piece of paper and cut it out!
3. Try to find kind things that happen throughout the day with your child and write it on the cutout! You can even encourage your child to "write" the message!
4. Hang up the cutouts around the house to remind you and your child of all the kind things that happen every day!

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RESOURCES

Animal Yoga

Below you will find some different yoga poses that are inspired by animals your child is familiar with. Practice these with your child and model how to do the pose. Encourage deep breathing as your child is in the specific position.

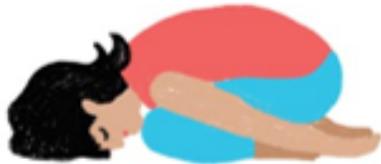
Frog



Downward Dog



Turtle



Cat

