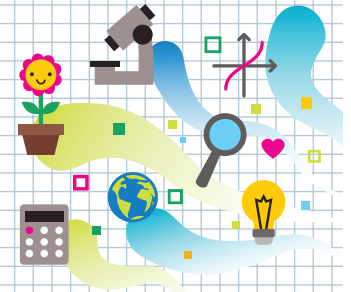




# HEADS IN, HEARTS IN

## Copycats

### Instructions for Set-Up



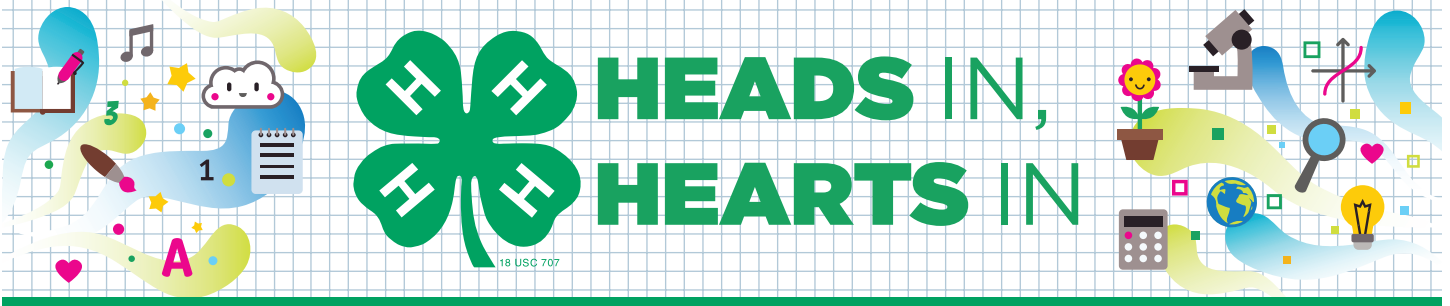
### Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- 2 towels or blankets
- Music
- Toys or other household items (blocks, ball, stuffed animal, cup, book, hat, or others)
- Display table

### Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Arrange towels or blankets, toys and household items.
- ▶ Arrange display table with instructions.





# Copycats

## Guide for Families

### Learning Objectives

#### What you need to know:

Social emotional health is a critical component of healthy development for young children. Social emotional development includes the ability to identify and label or name emotions, and find appropriate ways to express or manage those emotions. For young children, strong emotions can be overwhelming. Since they do not have the skills to handle them, they might act out, get clingy or withdraw. You can help them manage their emotions by giving them permission to feel the way they do, helping to identify how they feel, supporting them and teaching them emotion regulation strategies. You can teach them multiple ways to feel calm and then let them decide which technique they want to try.

Young children learn when we try to teach them things, but they also learn through **modeling**, or watching and copying what you do. Children can learn how to handle strong feelings from watching and modeling how adults handle strong feelings.

#### What you will do and learn:

In this activity, you will practice **modeling** with the child by being copycats. They will practice copying and following you, and you will practice following and copying them as you do various activities. This will help you tune in and pay attention to the child as you copy their behaviors and help the child tune in and pay attention to you.

### Instructions

1. Tell the child you will be playing a copying game where they have to watch and follow what you do. Make sure the child is calm and ready to play.
2. Start by making a silly face. Say, "Can you make a face just like I am?" Encourage the child when they copy you. Say, "You are making a silly face just like I am!"
3. Next, give the child a towel or blanket and take one for yourself. Hold the towel or blanket above your head and say, "Can you hold your towel (or blanket) as I am doing?" Move your towel or blanket a few times and see if the child can follow you.
4. Turn on some music you and the child enjoy and dance. See if they can move their body like yours. Say, "I am waving my arms above my head? Can you do that?" "I am twisting my hips back and forth! Can you twist your hips like I am?"
5. Continue this activity using any toys or household items you like.
6. Switch roles and tell the child that you will copy them. Follow along, copying their movements and encouraging them. Say, "I am sticking my tongue out just like you are!"
7. If the child loses interest at any time, take a break and try again when they are ready to play.