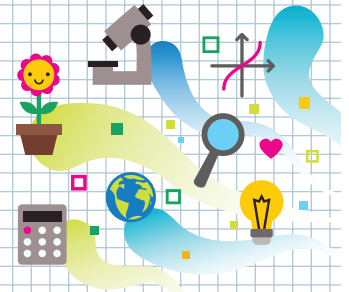




HEADS IN, HEARTS IN

Head to Toe Instructions for Set-Up



Supplies

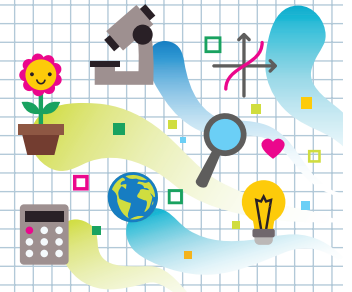
- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Head to Toe” handout
- Display table

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.
- ▶ Print out one copy of the “Head to Toe” handout.



HEADS IN, HEARTS IN



Head to Toe 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, emotions can be overwhelming. Since they do not have the skills to handle their strong emotions, they might act out, get clingy or withdraw. You can help them manage their emotions by giving them permission for their emotions, 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.

What you will do and learn:

In this activity, you will teach the child a technique for feeling calm by doing a head-to-toe body scan. A body scan is like a check-in with your body to see if you are holding tension in your muscles. Paying attention and taking slow, deep breaths can help you lessen any stress the child might be feeling and bring on feelings of calm.

Instructions

1. Tell the child that you are going to practice an activity together called “Head to Toe” in which you will do a check-in to see how their body is feeling.
2. Encourage the child to lay down comfortably or stand if they would prefer.
3. Using the body scan “Head to Toe” handout as a guide, help the child notice and pay attention to their whole body.
4. Starting with toes, ask the child to notice their toes. They can wiggle their toes or squeeze them tightly and then relax them.
5. Pause and encourage the child to take a deep breath.
6. Next, ask the child to notice their feet. They can wiggle their feet or squeeze them tightly and then relax them.
7. Pause and encourage the child to take a deep breath.
8. Continue on in this way until you have covered all of the body parts listed on the handout and the child is calm.

Head to Toe

Head to Toe Handout

Toes

Feet

Belly

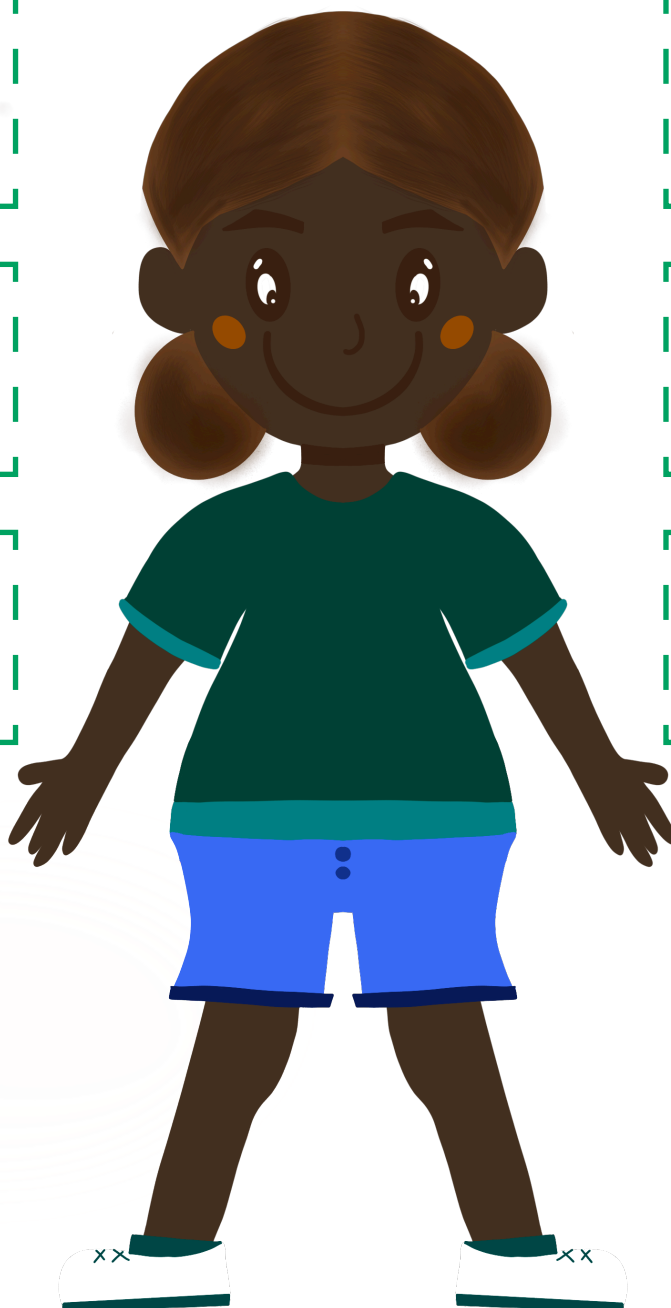
Legs

Shoulder

Arms

Hands

Face



Head to Toe

Head to Toe Handout, continued

Toes

Feet

Belly

Legs

Shoulder

Arms

Hands

Face

