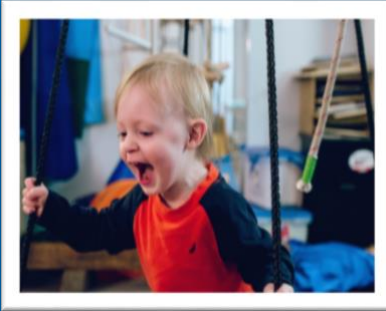# Why is Social-Emotional Development Important?

What is Social-Emotional Development?

Social-emotional development includes the child's experience, expression, and management of emotions and the ability to establish positive and rewarding relationships with others (Cohen et al., 2005).


The fundamentals of emotional development:

- Ability to identify and understand one's feelings
- Accurately read and comprehend emotions of others
- Regulate emotions and behaviors
- Develop empathy for others
- Establish and maintain relationships

Why OT?

Occupational therapists help children gain the skills for developing emotional stability, regulation of emotions, frustration tolerance, and socialization skills. Children with developmental delay, Autism, or other disabilites may benefit from additional assistance in this specific area. Meaningful games and activities are used to help children with identify emotions.
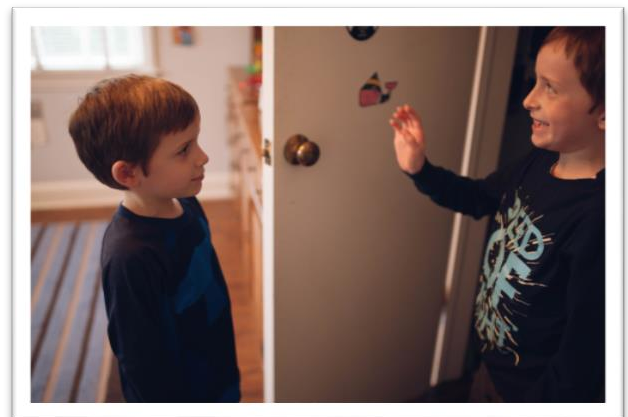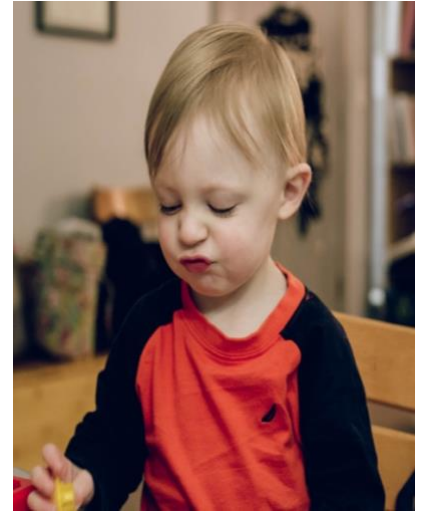
Charlie's Emotions Chart

HAPPY

SAD

MAD

SILLY

SURPRISED

SCARED

Charlie's Emotions Chart Directions

1. I took these photos of Charlie during the intervention sessions. These pictures were taken with a Nikon D3100 camera and a Sigma 35 mm lens. The pictures were taken informally during play and other activities in the therapy session.
2. Download the pictures to my computer.
3. Open a Microsoft Word Document.
4. Create a table.
5. Drag the photos into each box that was created in the table.
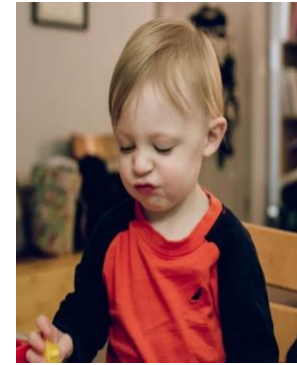6. Identify/ label each of the emotions.

How Do I Feel Today?

Happy

Sad

Mad

Surprised

Silly

Scared

How Do I Feel Today Directions

1. I took these photos of Charlie during the intervention sessions. These pictures were taken with a Nikon D3100 camera and a Sigma 35 mm lens. The pictures were taken informally during play and other activities in the therapy session.
2. Download the pictures to the computer.
3. Open a Microsoft Word Document.
4. Go to Layout and click Columns and select three. (This will line up the pictures evenly)
5. Drag the pictures of the child to the page and type the emotion you want under each picture.
6. This activity will help the child to circle and identify which emotion they are feeling using their own pictures.

Charlie's Feeling Chart

	Happy	Sad	Mad	Scared
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Charlie's Feeling Chart Directions

1. Open a Microsoft Word Document
2. Click Insert then Table
3. Select the number of boxes you would like
4. Type in the days of the week on the left and the feelings on the top right
5. Copy and paste desired pictures to go with emotions from Google.

How Do I Feel Today?

Unhappy

Sneaky

Content

Nervous
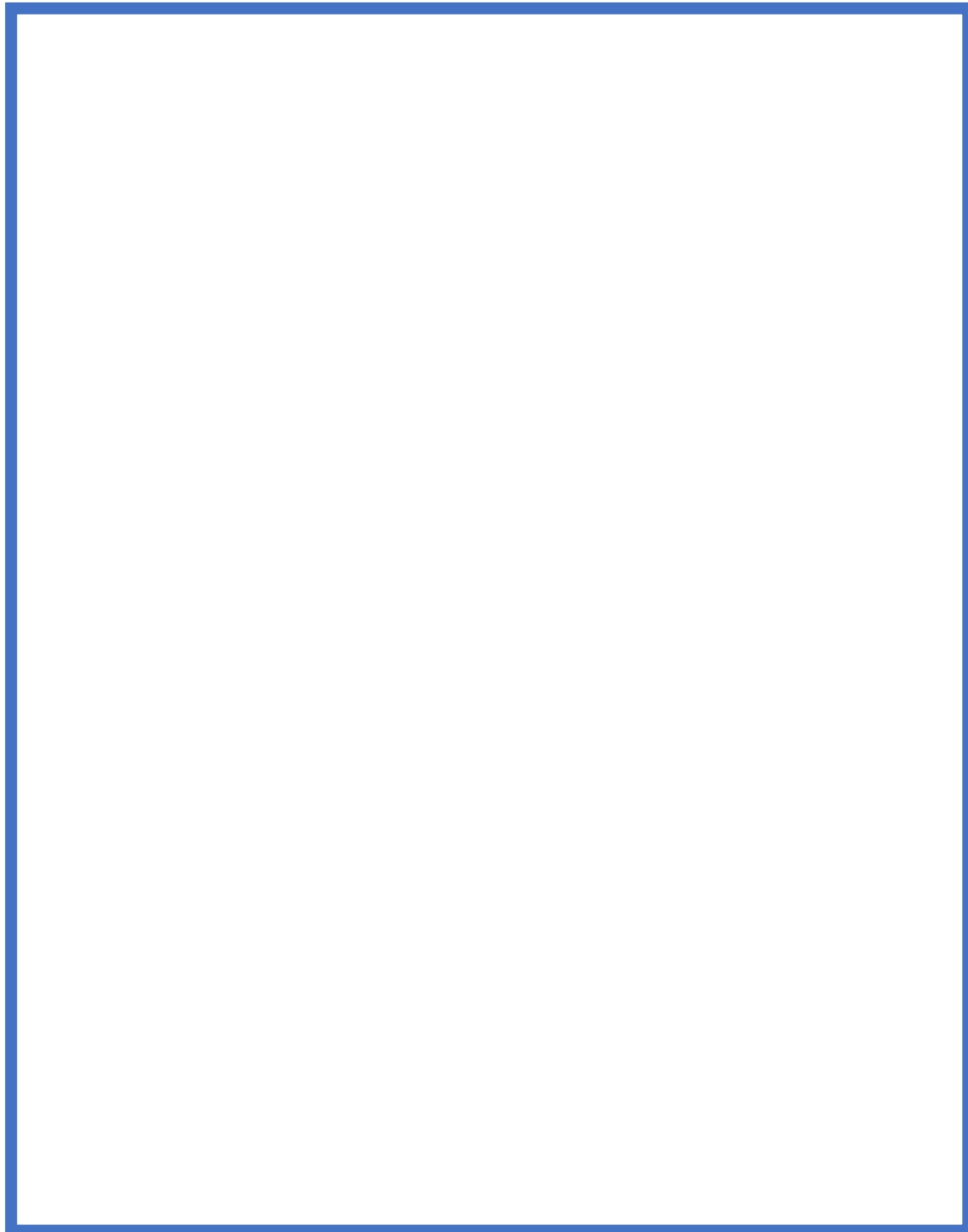
Unsure

Satisfied

Sad

Loving

Happy

Mad

How **Charlie** Feels Today

I feel _____ today because….

How **Charlie** Feels Today Directions

1. Open a Microsoft Word Document.
2. Click Design and then Page Border to select desired format.
3. Click Insert and then Shape to make the blue box in the middle.
4. Type a title page and "I feel ____ today.." above the blue box.
5. The purpose of this activity will be for child to use his individual pictures to place in the box to show how he is feeling each day.
6. Go online at Walgreens to print the pictures of the child's different emotions and order them in a 4x6 size.
   a. Price for 4x6 photos at Walgreens- $0.12/ photo
7. Order VELCRO dots from Walmart so that the pictures can be changed each day depending on the child's mood.
   a. Price for VELCRO dots at Walmart- $2.97 / pack

Emotions PlayDough Fun

Embarrassed	Happy	Sad	Scared

| Mad	Surprised	Curious	Proud

Purpose:
Children can learn about emotions and how to deal with them through play. Emotions can be learned in this activity by role playing with these characters and pretend playing the different emotions the children on the popsicle sticks may be feeling. This is a fun way for Charlie to develop fine motor skills, self expression, frustration tolerance when role playing specific scenarios with different characters, and socialization skills.

Emotions PlayDough Fun Directions

1. Go to pinterest.com and type in PlayDough fun with emotions
   a. Click on the activity that looks similar to the one I have above. The link provides free prints for the public.
2. Purchase PlayDough from a Dollar Store, Walmart, or Target
   a. Price varies
3. Print the characters out using cardstock paper for stability.
4. Laminate and cut the characters.

Charlie's Anger Control Stoplight

When you are angry, use the stoplight to help you calm down. When you feel angry and cannot control emotions appropriately, color red, yellow, and green and follow the steps to stop, calm down, and then go.
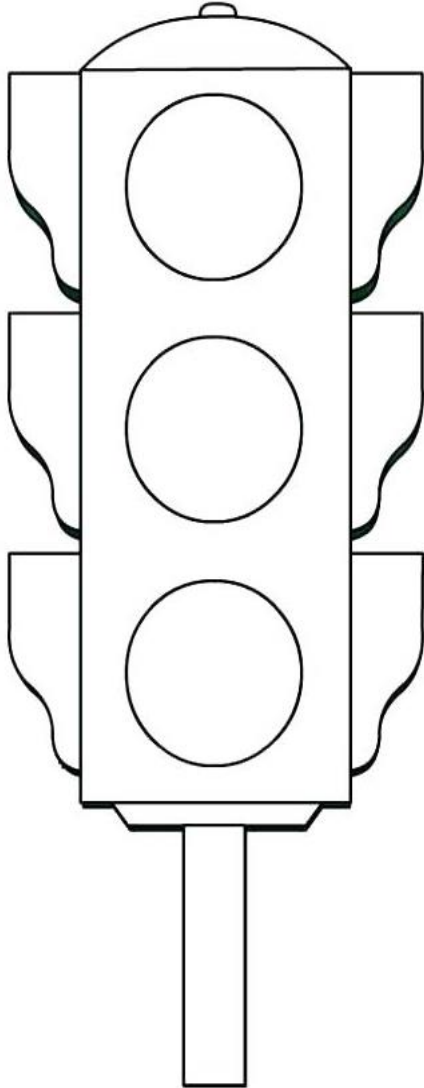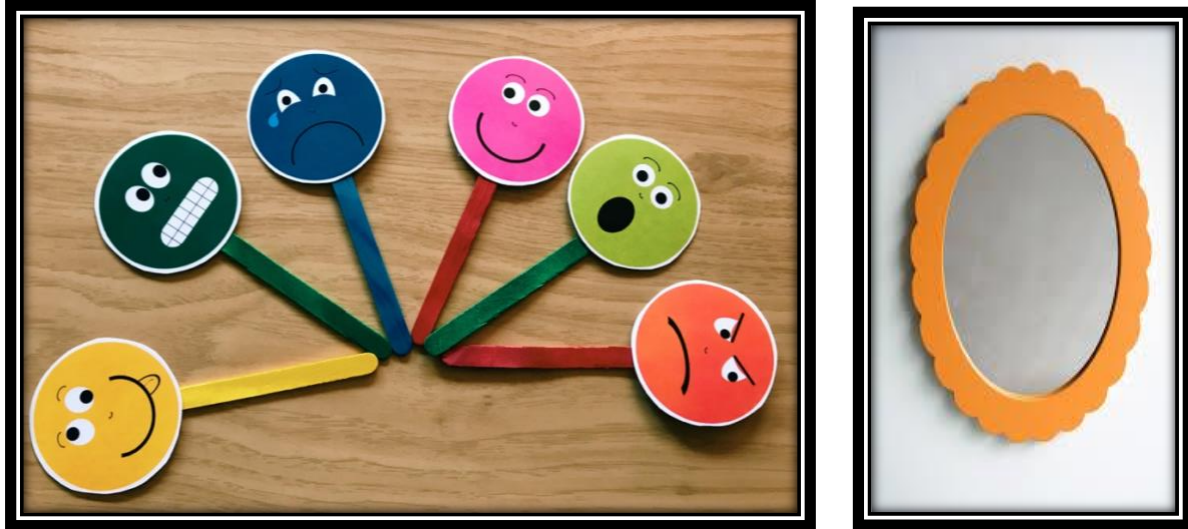
Red= Stop

Yellow= Calm Down

Green= Go

Charlie's Anger Control Stoplight Directions

1. Open a Microsoft Word Document.
2. Copy and paste a stoplight picture from Google
3. Click Insert and then Shape to make the boxes and then type in the middle of them.

Mirror Activity

Purpose:

The purpose of this activity is to differentiate between different emotions. The popsicle sticks represent silly, excited, sad, happy, surprised, and mad. The OT will hold up one of the faces at a time. Then, the child will mirror the facial expression back to the OT and they will both demonstrate the facial expressions in the mirror. Practicing emotions and recognizing what different emotions look like will help the child's socialization and reaction to different situations.

Directions:
1. Purchase popsicle sticks and a mirror.
2. Print emotion faces from Pinterest or Google on cardstock paper.
3. Laminate and cut the faces and hot glue them to popsicle sticks.

Memory/ Matching Activity

Purpose:
This activity is a memory game as well as a game to help the child recognize happy, sad, and mad emotions of other children with his own photos. There are a variety of self portraits of Charlie and 3 other children expressing different emotions. Charlie can use this game to learn different emotions and identifying the emotions of other children.

Pictures for Memory Game

Pictures for Memory Game

Charlie's Pictures Used: