



Activity template A

Social-emotional development activities for babies and young children

SUSI activity template for Child XX

- Talk to XX about what you are doing and what will be happening next. This will help XX feel more secure.
- Let XX be involved in everyday activities, for instance while making dinner, XX can 'help.' Have a box that he can empty that is full of safe kitchen things such as plastic measuring cups/spoons. Encourage XX to pretend play. In time, he will be able to 'cook' or play 'tea'.
- Go on a walk to a park or a place where children play. Talk to him about what you can both see and hear around you and let him explore. By taking time to watch and talk about sights and sounds with him, you will be helping him learn about the world around him.
- Let XX make simple choices about foods, clothing, toys and events. He will enjoy making choices and it will help him to know his own mind and develop his sense of himself.
- Sing with XX and encourage him to join in. In time he may be able to join in the actions and sing along. You may also enjoy dancing together.
- Play on the floor with XX every day. Crawl around with him, or just sit down and play on his level. Try and follow his lead by playing with the toys he wants to play with. XX will really enjoy having you to himself.
- Play simple games like rolling the ball to and fro, peek-a-boo or simple clapping games. Enjoy and have fun.
- Try to make time to play with other children. Let XX watch them and see his response. XX will like lots of play but will need rest times too. Go at a pace he can manage.
- When you are dressing XX, talk about his body; 'Here is Daddy's nose; here is XX's nose'.
- Try some stacking toys for XX to play with in different colours. Or he can play with food containers in different sizes – he will enjoy putting them inside and on top of each other.
- XX will enjoy sensory games. Give him a bowl of things with different textures that are safe for him to touch.
- Read with XX. Let XX choose books to read and help turn the pages, and name what he sees. You can talk together about the pictures and include books where XX can touch and explore textures or open flaps so he can be involved and you can make a story together.
- Play with child-safe mirrors with XX. You can make faces, copy each other's expressions and in time talk about what kind of faces you are making to help XX have words for feelings like happy, sad or cross.

Note that this template can be adapted by using shorter sentences, formatting it with boxes/bubbles and using colour for visual effect and accessibility.