



Activity template B

Social-emotional development activities for babies and young children

SUSI activity template for Child YY

Here are some ideas on what to look out for when YY is feeling upset or insecure, how to respond, and activity ideas to help her feel more confident.

- YY loves drawing and games which involve pretend play, e.g. with a doll's house and small figures and larger soft toys. These activities involve being close to each other and this helps her to communicate ideas as well as giving her the comfort of sitting close together. This will help YY to feel more settled at other times and build her confidence to express her thoughts and feelings in general.
- As YY likes pretend play, you could use animals or dolls, have a tea party, pretend to go shopping, that you are in a park or any other ideas you have! While you are playing, help YY to know you are interested in her thoughts and ideas by commenting on what she is doing. Ask her simple questions such as: what are they doing/feeling? What will happen next? Start a conversation between the toys and see if YY can join in with what they might be saying.
- YY will need some specific times to play like this without her sibling being present, who she can still try and look after as if she is the parent.
- When YY is feeling settled she is good at coming up with ideas for play or her pictures. At other times YY gets distracted and finds it difficult to play in this way. At these times YY really benefits from having an adult sit close to her and give her some ideas and simple directions to get started. YY is helped to stay calm with reassurance.
- YY will require support to express difficult emotions such as being cross or worried, in part as she does not always understand what she is feeling herself. Simple statements are best, for example, 'You looked sad when you said that' or 'I think you're cross with me'. Helping her to express feelings rather than bottle them up will help her to feel more secure and less anxious.
- Comment on her feelings when you are asking/telling her what to do at times. YY can appear a bit 'tough' when being told off but we know she feels worry too underneath and will need support when you have to set any limits. She will benefit from physical reassurance at this time, for example holding her hand.
- Help YY to develop an understanding of herself by commenting on what she likes and doesn't like. Comments like 'You're really enjoying that' or 'I don't think you like that' will help her to understand her thoughts and know you are interested in what she thinks.

We hope these activities will be helpful for YY and yourself, and support the development of her expression of thoughts and feelings day to day.

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