



Art and Play for a Happy Child Ages 0-5

Attachment

GAMES

Cuddle, peek-a-boo

*physical play that involves touch
hugs and kisses,*

*pretend to be a family of birds or
cats, feed each other and defend
each other from other animals.*

ART

*Make cards for loved ones (infants
can make finger paintings/prints)
draw or decorate family portraits
ask toddler to direct you to draw
what they want*

Self-Control

GAMES

Building with blocks, puzzles
follow the leader (Simon says)
cooking that requires waiting
taking turns using any toy/ball
green light, yellow light, red light
(walk, slow down, stop) pretend
to blow candles or a feather
(promotes breathing deeply to
calm down when upset)

ART

Beading (can be with large beads
and laces for toddlers)
Multi-step projects that require
waiting for materials to dry
Leap Frog's App "All About
Feelings"

Initiative

GAMES

Climbing, chasing balls,
peek-a-boo (allowing the child to
be in control of the surprise)
hide and seek
having a "lovie" or transitional
object for going to new places
while playing house/doctor allow
the child to be the adult while you
take the child's role.

ART

Projects that allow the child to
choose the medium/topic,
draw self doing what he /she
loves.



By Dr. Diana Bermudez, Early Childhood
Psychotherapist and Consultant © 2018

www.amarecenter.com



Three Strengths for Resilience



The activities in this list promote each of the three strengths of social-emotional development, based on the work of the Devereux Center for Resilient Children.

Attachment: healthy relationships with family and friends

Self-control: identifying, expressing and controlling one's emotions

Initiative: acting to meet one's needs, explore and persist on tasks

Self-Control

MUSIC

Daniel Tiger's songs

Sesame St. App "Breathe, Think,
Do with Sesame"

If You Are Happy and You
Know It (modify lyrics to express
other feelings and gestures)

Elmo's video "Belly Breathe"

BOOKS

Sharing Time

Llama Llama Mad at Mama

Be Gentle with the Dog Dear

Jilly's Terrible Temper Tantrums

When Sophie Gets Angry

Ahn's Anger

Attachment

MUSIC

Los Pollitos (Spanish lullaby)

Friends 1-2-3/ Amigos 1-2-3

Make up a song about your child

BOOKS

Owl Babies

Animal Kisses

On the Night You Were Born

I Love You Stinky Face

The Invisible String

Initiative

MUSIC

Songs from Music Together CDs

Incy Wincy Spider

Walk, Walk Walk (By Raffi)

Pete the Cat songs

BOOKS

All by Myself (Little Critter)

The Little Engine That Could

The Carrot Seed

The Kissing Hand

*Pete the Cat Books (White Shoes,
Groovy Buttons, School Shoes)*