



Art and Play for a Happy Child Ages 6-10

Attachment

GAMES

Cuddle and exchange back rubs
Collaborative board games (Ex:
Yoga Garden, Dino SOS)

Create unique family name,
motto, songs and handshakes

ART

Exchange art for loved ones

Family art projects (Ex: each
member makes a square for a
paper quilt; and tree mural with
each person's handprints as
leaves)

Friendship bracelets

Self-Control

GAMES

Building with Legos

Cooking that requires waiting,
musical chairs

Taking turns in board games
Pretend to blow candles or a
feather to calm down when upset
(promotes breathing deeply)

ART

Charm bracelets symbolizing
one's strengths/qualities

Multi-step projects that require
waiting for materials to dry

Poster with photos of self
expressing different emotions

Initiative

GAMES

Challenging physical games

Hide and seek

Having a favorite toy, art or
clothing as transitional object for
adjusting to new places

When playing pretend
house/doctor/teacher, allow the
child to be the adult while you
take child's role.

ART

Projects that allow the child to
choose the medium/topic

Draw self doing what he /she
loves.

Three Strengths for Resilience

The activities in this list promote each of the three strengths of social-emotional health, 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

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Self-Control

MUSIC

Daniel Tiger's songs

Sesame St. App "Breath, 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

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)*

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