

Age Group: 2 to 3-year-old

Objective: Social Emotional

Happiness Container

Instructions:

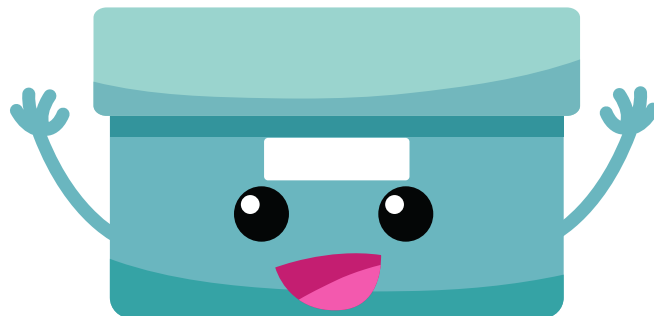
1. Gather the container and decorate it with a happy face allow your child to help you with decorating the container.
2. Explain to the child the purpose of the happiness container and why the items are being placed inside the box.
3. Encourage the child to open the happiness container whenever they feel sad or use it each day to recall happy moments with your child.

Questions to extend learning:

- Can you name some of the items that make you happy?
- How do you feel?

Materials:

- Old shoe box or any container box you may have at home.
- Gather a few items that make your child happy such as picture of family members, a letter from a loved one, book or a small toy etc.



What will children learn?

- Children will practice social emotional skills along with language skills by expressing how they feel and what makes them smile and happy.
- Regulates own emotions and feelings.