

**Miami-Dade County Public Schools**  
**Prekindergarten Program for Children with Disabilities**  
**Extended School Year (ESY) Activities**  
**\*Home Packet\***

**Behavior**

- Read at a special time with your child every day! Have your child pick out their own book. Read together at the same time each day and start your own "special time together".
- Talk to your child about positive and negative feelings. Let your child know it is ok for them to have different feelings (sad, happy, tired, frustrated), and it is important for them to talk about those emotions.
- Teach your child the words used to name feelings (ex: happy, sad, mad, scared). It is important for them to understand that communicating (sharing) their thoughts with an adult will help them through difficult times.
- Listen when your child shares his/her strong feelings. When children are able to verbally express their feelings and feel that they are being listened to, they are less likely to act inappropriately.
- Help your child learn how to relax & calm himself/herself. One calming technique is the "pretzel". \*
- Talk with your child about meaningful stories of your childhood. Hearing about your childhood will help establish a bond and create a tradition.
- Establish family rituals where everybody spends time together. For example have everyone sit together to eat dinner, or play a game or read a bedtime story at the same time each night.
- Give your child "real" important jobs in the house and work together. Completing a task together with your child will show them the value of working cooperatively with others.

**\*see attached page for instructions**

- Ask for your child's help in an activity so that they can feel successful. This will help build your child's self-esteem and confidence.
- Make a plan to prevent difficult situations in and out of the home. For example
  - tell your child where he/she is going and what he/she is going to do before you leave the house so that they will understand your plan.
- Start a bedtime ritual with your child (Ex. read a short story, talk about the pictures, snuggle, hug and give them a good night kiss).
- Use pictures that identify different emotions. Discuss those emotions and be honest with your feelings. Children understand more than we sometimes might think.
- Establish a play activity for example: taking turns. A board game is a good activity to demonstrate that everyone has to wait before it is their turn.
- Play the Freeze game. This will help teach your child to learn the concept of "stopping" when told. This will help when crossing the street or in a crowded area.
- Support your child's special interests & talents. Your interest will help them develop their skills and may start a lifelong hobby.
- Modeling positive behaviors will show your child appropriate behavioral skills (offer an alternative and help prevent potential problems).
- Have your child look in a mirror and make different emotional faces (happy, sad, and angry). Discuss different situations that might result in these feelings.
- Set up your home so things your child needs are within reach. This will reduce their frustration and give them a sense of independence and increase their self worth.
- Listen to your child! They need to know that you value their opinion.

**\*see attached page for instructions**

- Model cooperation with other family members. Seeing adults working together will show your child the value of teamwork.
- Take a family picture. Discuss the importance of each member of the family and how each person contributes to the family unit.
- Do the "I Love You Ritual"... "Round and Round the Garden.". This helps the parents and child connect with each other. \*
- Comment on your child's good behavior. Acknowledging positive behaviors will help reinforce them.
- Go over the safety rules with your child. Discuss dangerous situations (for example what to do in case of a fire).
- Do an "I Love You Ritual" with your child: "Twinkle, Twinkle". \*
- For a calming activity: Blow bubbles with your child.
- Ask your child to help you sweep the floor. Knowing that you value their help will increase their willingness to help out.
- When angry, do the "stop, take a deep breath, and relax." (STAR). This helps to disengage stress. \*
- As you read to your child have him/her describe the pictures (there are no right or wrong answers- just let them describe what they see).
- Go outside at night, lie on a blanket and look at the stars. Talk about what you see. Count the stars.
- Prepare your child for any change of activity, for example tell them that they can play for 5 minutes longer and then they will have to leave- this will give them a signal for an easier transition.
- Do the "I Love You Ritual": "I'm hiding". This helps the parent and child connect with each other. \*

**\* See attached page for instructions**

- Allow your child to eat dessert before dinner as a "Special night." Being treated special is a great reward.
- Give your child a bubble bath with lots of bubbles. This is a great relaxing technique.
- Make a tent together; take some pillows and a blanket. Use a flash light and read a book to your child.
- Talk to your child about the activities of the day. He/she needs to know what will happen next to prepare himself/herself for the activity.
- Before going into a restaurant or store, remind your child of the rules (i.e. stay with me, quiet voice, need to sit down).
- Show your child how to help others feel good. Have your child help you around the house with something and thank him/her for it (say" thank you for doing this for me" "That was helpful" "That was kind" "That was caring").
- Take your child to the backyard & have him/her walk barefoot. Talk about how he/she feels. Add some water and soap. Have your child slide in it and tell you how it feels.
- Look through a family album with your child. Point out your relatives. Tell your child their names, who they are, where do they live, and have him/her call them to say hello.
- Have your child sit on your lap with you while you read a whole story. Show him/her the pictures of the story. At the end, give him/her a kiss and a big hug.
- Go outside with your child; lay on a blanket and look at the clouds. Talk about what would he/she like to do when he/she grows up (there's no right or wrong answer).
- Plant seeds with your child. Watch them grow. You can do this in the park, in your backyard. Take the time to check as it grows. If it is in a pot, give your child the job to water the plant.
- Allow your child to try on your clothes. Let him/her pretend that is you or whoever he/she wants to be. Ask him/her what he/she would do if he/she was you.
- Do "Bunny Breathing" or the "Butterfly" to relax with your child.\*
- Hug your child, tell him/her you love him/her, and seal it with a big hug.

## Behavior/Social Skills Activities for Extended School Year (ESY)

Developed by Dr. Becky Bailey, I Love You Rituals are simple games with the sole purpose of interaction through acceptance. These delightful moments are shared between adult and child in order to strengthen a relationship, create trust, and develop a true sense of unconditional love.

### **I Love You Ritual: Round and Round the Garden**

**Preparation and Instructions:** Begin by holding your child's hand in your hand, palm up.

Round and round the garden  
Goes a teddy bear.  
One step, two step  
Tickle under there.

#### **How to do it:**

**Say:** Round and round the garden (**Do:** Draw circles on the child's hand with your index finger as you say, "Round and round the garden.")

**Say:** Goes a teddy bear. (**Do:** Continue drawing circles in cadence with the chant.)

**Say:** One step, two step (**Do:** Walk your fingers up the child's arm-heading for the armpit).

**Say:** Tickle under there (**Do:** Give a gentle tickle under the child's arm.)

## Activities for Behavior/Social Skills for Extended School Year (ESY)

### I Love You Ritual: I'm Hiding

I'm hiding, I'm hiding,  
No one will find me here.  
I'll be as quiet as I can be  
When anyone gets near.  
And when the've looked all over,  
Around and all about,  
I'll jump out from my hiding place  
And give a great big shout.  
"It's me!"

**Materials:** Two small baby blankets or beach towels.

**Preparation and Instructions:** Sitting side by side, cover the child and yourself each with a blanket

**The Game:** When you get to the part about giving a great big shout, both of you pop out from under the blankets and shout, "**It's me**". After you model this game with your child, the child will soon be able to hide by himself or herself and jump out on cue.

**Variations:** Instead of shouting "It's me", you or your child may shout, "**Here I am**" and in response you would say, "**There you are, and I am so glad. I thought you were gone. I missed you**". The child may say "**Boo**", your response may be, "**You wanted to scare me. I see your brown eyes and black hair. I am glad to see you**".

Whatever the child shouts, you respond by sending the message, "**I see you. I am glad you are you. I missed you while you were gone.**"

## Activities for Behavior/Social Skills for Extended School Year (ESY)

### I Love You Ritual: Twinkle, Twinkle, Little Star

**Preparation and Instructions:** It is important that you be at the same height as the child for this activity. You may choose to stand, kneel, or sit with the child.

Twinkle, twinkle, little star,  
What a wonderful child you are!  
With bright eyes and nice  
round cheeks,  
Talented person from head to feet.  
Twinkle, twinkle, little star,  
What a wonderful child you are!

#### How to do it:

**Say:** Twinkle, twinkle, little star, (**Do:** Hold your child's hands and raise them above your heads. Wiggle your fingers together to represent the "twinkle" of the stars.)

**Say:** What a wonderful child you are! (**Do:** Bring your arms down and rest your hands on your child's shoulders with the child's hands on your shoulders.)

**Say:** With bright eyes and nice round cheeks, (**Do:** Take your hands off the child's shoulders and touch the child's face with your index fingers. First, touch the child next to his eyes. Then draw your fingers down around the child's cheeks)

**Say:** Talented person from head to feet. (**Do:** Take the child's hands in yours and swing them up high- above the child's head- and sweep them down low- to the child's feet.)

**Say:** Twinkle, twinkle, little star, (**Do:** Raise the child's hands and touch fingertips as in the beginning. Wiggle your fingertips to represent the shining stars.)

**Say:** What a wonderful child you are! (**Do:** End the interaction with a hug.)

## Activities for Behavior/Social Skills for Extended School Year (ESY)

### Activities to Relax...

**Pretzel:** Arms straight out in front of you, cross your hands at the wrists, and then clasp your hands together. Bring hands toward your body, twisting them down and then up towards your chest. Hold them close to your chest, letting go slowly as you take nice deep breaths.

**Ballooning:** take a deep breath, filling your cheeks up with air. As you do this, make a balloon shape with your hands. They move apart, becoming larger as your cheeks fill up. Push air out by pressing your cheeks with the palms of your hands as you exhale. (Your cheeks are “Balloons” filled with air).

**Draining:** Extend your arms out in front of you, closing your fists tightly. Describe your arms as being a faucet filling up with water. As your hands open slowly, “water” rushes out.

**S.T.A.R:** Stop, Take a deep breath, And Relax!!  
As you say this phrase, do the actions!

**Bunny Breathing:** Take three short sniffs. Hold up one finger as you take the sniffs. Then give one long exhale.

**Butterfly:** Hold your hands over your chest, elbows out to the side. As you breathe in, your arms go up like wings. As you exhale, your arms go down. Do this 2-3 times.



Becky Bailey  
Disengaging Stress Techniques

ballooning



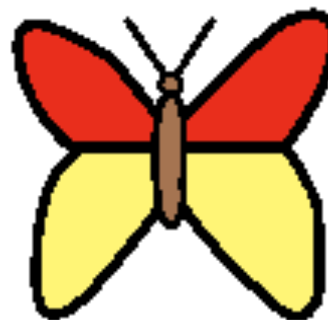
be a STAR



bunny  
breathing



butterfly



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Disengaging Stress Techniques

pretzel



draining



I love you  
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