

PREK-2 SOCIAL AWARENESS TIPS

(The information below is adapted from the [Parent Toolkit](#).)

1. Discuss Situations That Occur in Everyday Life

Take a conversation you had with a friend, family member, or out in the community (teacher, grocery clerk, etc.) that your child has witnessed and ask them to point out body language and facial expressions that were exchanged. You can also role-play with their stuffed animals or favorite toys to discuss how each person may have felt and how they behaved.



2. Play a Game of "Feelings Charades"

A good way to teach your child about body language, emotions, and empathy is to play a game of "Feelings Charades." You can use flashcards with different faces, look at emojis on your phone or write down a list of emotions or behaviors and let your child pick one to act out. Take turns acting out the way a person would be feeling with either the emotion that's on the paper or the face that's on the card. This will help start discussions on topics that a child this age might be reluctant to talk about otherwise.

3. Observe the Behavior of Pets

If you have pets, you can also use them to help teach your child about social awareness. A dog or a cat, for example, will behave in specific ways when they are feeling happy, angry, playful or tired. Point out these behaviors to your child as they appear, and explain to them how these emotions are similar to those experienced by people.

4. Teach Your Child About Personal Space

Be specific when you are talking about what's appropriate and what's not, and provide theirs with visual cues. For example, you can have them stretch out their arms and explain that this is their personal space and that your child should provide other children with that much space when interacting with them. Remind them that when your child gets too close to another person or touches them, they might react negatively. You can also use stuffed animals or action figures to act out what's appropriate and what is not.

We are interested in your feedback!

Please find the [Family Feedback Survey](#) here.