

Helping your child understand social situations

Role Play: Use puppets or other toys to act out social situations. This could include situations where someone hits, takes a toy, says something mean, etc. Have your child be both the puppet doing something wrong and the one who deals with the issue. Talk through ways they could deal with the problem.

Role play: Engage in dramatic play activities with your child where both of you are making decisions. Play house, school or another make-believe situation. During the activity have both of you make your own decisions for how you will play.

Practice taking turns: Such as flipping the pages of a book, cleaning up toys, playing games where there is turn taking, or any other activity.

Talk with your child about their day. Talk to them about times they felt big emotions (happy, sad, angry, excited) and why they felt that way. You should also talk to your child about your day! Encourage them to listen!

Attached you will find some different scenarios you can role play! Try these with your child!

You notice a group of friends playing and you would like to join them. How do you ask?

Someone said something mean to you. How can you ask an adult for help?

You are mean to a friend, how can you apologize for that?

You did something naughty. Your teacher/parent gives you a consequence. What should you do?

Someone made fun of you. What should you do?

You want a toy that your friend has. They say "no." What should you do?

Someone asks you to do something you don't want to do. How do you respond?

Someone blamed you for something you did not do. What do you say?

Someone took your toy. What do you do?

Your teacher/parent is busy and you want to tell them something. What should you do?

You are playing with a friend, and they do not want to do what you want to do. How should you respond?

Someone breaks the rules! What should you do?