



TOPIC UNO

Purpose: Practice emotional awareness

Goal: The goal is for one person to run out of card, except there is an extra deck in play.

Set-up: Have two decks on the table. One is the UNO deck and the other is the activity deck.

Each time a person plays an UNO card, they draw from the activity deck. Shuffle the activity deck if run out of cards.

The deck include: Humor-tell a joke or show meme (1x), feelings (3x), embarrassing story(1x), favorite memory (2x), Pride (2x), Aspiration (2x), I want you to know (3x).

***Feelings card

Feelings

*What are you feeling right now?

*Tell a time of... sadness, happiness, confused, scared, grateful, loved

Rules: Be polite and respectful.

Listen and try to understand each other feelings.

Don't downplay.



RESOURCES

<http://www.readwritethink.org/>

<https://illinois.pbslearningmedia.org/student/#.Xp3ida6Sk2w>

<https://www.khanacademy.org/>

<https://www.thepathway2success.com/free-social-emotional-learning-resources/>

ENGAGING ACTIVITIES

Parents can do with their children



By: Eric Hernandez

Graduate Student

Eastern Illinois University



TAKING TURNS



Purpose: Practice taking turns in conversations and encourage sharing.

Goal: The goal is for the child to complete their puzzle, but they will get their pieces from sharing.

Set-up: Need two puzzles. One for child and other for the parent.

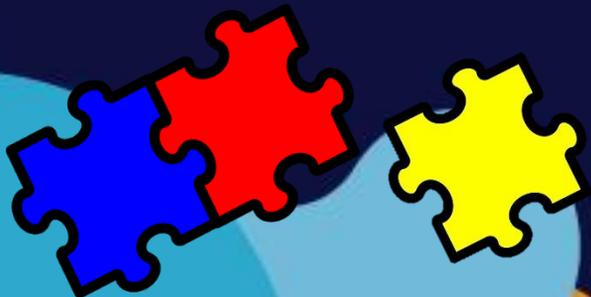
The child and parent will take turns communicating.

When the child is done speaking, the parent will give them 3-5 puzzle pieces (depending how big the puzzle) and it's the parent turn to talk.

This process is repeated until both parties complete their puzzle

Alternative: If puzzles not available, create a bingo sheet. After the child done sharing, they can fill in one box. If they interrupt or do not share the floor for parent to talk, parent can block out a box. The goal is the first person to make a bingo.

List of topics: Video games, current feelings, favorite task, television shows, or music.



MEMORY GAME



Purpose: Strengthen memory and attention.

Goal: The goal is for the child to remember what the parent said after time has passed.

Set-up: The parent will tell the child a list of related words. Have at least 12-15 words.

Example- Bed, pillow, covers, tired, comfy, night, stars, couch, moon, dreams, sleep, quiet.

Child and parent would do an activity together. This could be playing Uno, cook together, clean the house together, or watch TV together.

After the activity is over, the child is asked to repeat the list of words and write down how much they remember.

Advanced: Instead of list of words, parent can tell their child a written story or a detailed chore. Have a break and ask the child how much they remember.



ORIGAMI



Purpose: Practice listening and following directions.

Set-up: Need some construction or origami paper. If construction paper, shorten into a square.



Follow the origami instructions with child. Different origami instructions can be found at the websites below.

- <https://www.origamiway.com/easy-origami.shtml>
- <https://www.origami-resource-center.com/easy-origami.html>
- <https://origami.guide/>
- Other instructions can be found on YouTube or Pinterest.

How to Make an Origami dog face

