

toddler studio:

Problem Solvers

Today, we learned about being a good friend and what we can do to solve problems, show care, and express ourselves with one another. Let's spend some time playing, reading, and getting creative together!

PLAYING

We learn how to be kind friends through our intentional interactions with others. Play is the perfect opportunity to practice social skills and work through conflict in a fun, low-pressure environment.

Play games that require taking turns! Board games, card games, team sports, and tag provide important opportunities for empathy, communication, and sharing.

Use pretend play to act out various social situations and explore emotions with a touch of imagination. Puppets, dolls, action figures, and costumes can open space to learn and communicate without judgement.

For more tips on developing social skills at home, check out this helpful list from the [National Association for the Education of Young Children](#).

CREATING

Are you feeling blue? We all communicate our emotions in unique ways. Some people might express sadness through crying, frowning, singing, wanting hugs, or looking for alone time. Spend an afternoon creating emotional artworks with your toddler and practice the art of expressing yourself!

Change your colors, lines, or shapes based on different emotions.

Look at pictures of diverse facial expressions and try to re-create them.

Pantomime different emotions to one another and try to draw what your partner is feeling.

Looking for inspiration? Find happy, sad, angry, silly Carter artworks [in person](#) or on our [website](#)!

books

*La Catrina: Emotions—
Emociones* by Patty
Rodriguez

Some Days by Karen
Kaufman Orloff,
illustrated by Ziyue
Chen

*B is for Breathe: The
ABCs of Coping with
Fussy and Frustrating
Feelings* by Dr. Melissa
Munro Boyd

Gossie and Gertie by
Olivier Dunrea

*Making Faces: A First
Book of Emotions* by
Abrams Appleseed

Big Feelings by
Alexandra Penfold