Ideas to Practice Social Problem-Solving Skills at Home

1. Play a board game with someone. Congratulate the other player if he/she wins and be a gracious winner. Try role playing the words to use in either circumstance prior to starting the game. You can also have your child draw a picture of what his/her face would look like if he/she won/lost. Be sure to label feelings as a way to further develop the child's emotional vocabulary.

2. Brainstorm creative ways to be kind to people in your home. Younger children can draw pictures of different ways to be helpful while at home for an extended period.

3. Put on your child's favorite TV show and lower the volume. See if you can guess what is happening based on their nonverbal body language, facial expressions, and context clues.

4. Grab a mirror and practice making different facial expressions with your child. Be sure to point out what his/her eyes, eye brows, and mouth are doing.

5. Read any children's book (either from home or online) and talk with your child about the problem or decision that the main character needs to make. Talk or draw different solutions and possible outcomes to help your child develop different strategies for compromise. This will also help your child link the connection between actions and consequences.

6. Schedule movement breaks within your home. Try things like doing wall pushups, heavy lifting, bunny hops down the hallway, etc. Be creative! Your child might like pretending to be his/her favorite animal. Roar!!

7. Be sure to build in some quiet time for your child while home. It is helpful to slow down and rest during the day especially as routines and procedures are not as consistent. Our students have access to "take a break" sections in their classrooms. Some of these tools can be replicated at home. For example, create a space for your child that has some sensory tools such as play dough, clay, shaving cream, blocks etc. Again, be creative!

8. Remember to take advantage of all the teachable moments that may happen during the day. Model language to use for social problem solving. Kids learn to react to things by watching us, be a great role model and talk things through!