

# FINDING PURPOSE

We build our limbic system and our mid-brain region as we identify and assert our needs and interests. We encounter guilty feelings as we take actions that may not please others. We learn to balance our needs with the greater good. We practice deferring to authority and exerting personal control as appropriate.



## Play

Provide opportunities for the child to play on their own, with a supportive adult, and with others to discover themselves and their own interests and to experience collaboration.

- Encourage interest in imaginary friends
- Encourage imaginative play where the child plays roles and tells stories
- Offer social play like “playing house”
- Offer play experiences where toys or other objects must be shared or when children must team up to win a game
- Practice turn-taking in sequential games like checkers or tic-tac-toe

## Movement

Promote movement that involves flexibility and cooperation.

- Offer social games like tag or hide and go seek
- Involve the child in team sports like floor hockey, soccer, or softball
- Learn something new like swimming, riding a bicycle, or skateboarding
- Practice walking on a line
- Practice shifting direction when walking
- Play games where the child can imitate other people’s movements
- Invent games with new rules and test them out with others

## Expressive Arts

Use art as to explore and to communicate meaning.

- Do chalk, crayon, or pencil drawings on a variety of topics
- Scribble and then find images in the scribbles
- Name the scribbles
- Create paintings with a brush
- Cut and paste shapes into collage
- Build and share a music collection
- Create new dances
- Work on shared projects
- Find opportunities to share arts experiences with others

## Skill-building

Help the child understand themselves and where they fit in relation to others.

- Do acts of kindness for others
- Take on a regular classroom or school responsibility
- Watch other children interact and discuss what you observe about their challenges and successes
- Bake or cook something and share it with others
- Provide opportunities for small group chats
- Work on a charitable or social justice project
- Set a personal goal and monitor progress in working towards achieving it
- Practice giving and receiving instructions