

BUILDING CONFIDENCE

We build our limbic system and our mid-brain region as we try new things. We struggle with self-doubt and shame as we encounter uncertainty and mistakes. Learning from experience builds our confidence. We feel increasingly independent and we feel comfortable accepting help, when needed.



Play

Help the child explore new ideas and skills playing on their own, around peers, and with a supportive adult.

- Provide unstructured play time
- Provide choice and allow for switching activities
- Provide opportunities to play close by others and observe what they do
- Facilitate symbolic play where objects represent other things
- Facilitate imaginative play where roles are assumed, and stories are created
- Play card games and board games with basic rules

Movement

Involve the child in a variety of gross motor and fine motor experiences so that they can gain greater control of their body.

- Walk up and down stairs
- Run (sprinting and longer distances)
- Jump from the ground and from a height
- Play games of catch
- Play games requiring aiming
- Set up and go through obstacle courses
- Do skipping games
- Go biking
- Play games that involve some light touch
- Dance together to favourite music

Expressive Arts

Invite art that expresses emotion and/or provides opportunities for achievement of satisfying results. Personal choice is important.

- Use materials like crayons, markers, paint and brush, or colouring pencils to share feelings through visual means
- Create and use play materials
- Create puppet or costume dramas
- Guide craft projects to experience success and enhance cultural identity
- Dramatize emotions through movement

Skill-building

Develop self-care and social skills that help build a stable identity.

- Practice personal hygiene routines
- Do cleaning and organizing
- Read and follow instructions
- Develop and answer questions about a topic of interest
- Reflect on what was learned from attempts and mistakes
- Practice sharing with others
- Practice meeting new people
- Practice conflict resolution skills
- Provide constructive feedback and point out successes