

# 3 Years Relationship builders

Relationship Builder activities help your child develop a positive view of themselves and learn to play with others.



## Highs And Lows

- ✓ Child learns it is okay to have feelings
- ✓ Child learns to talk about feelings

Find a quiet time each day to talk with your child about their day. It could be during a drive, during bath time or at bedtime. Ask your child,

**What were some good parts of the day or happy times?**  
(the Highs)

**What were some of the bad or sad times of the day?**  
(the Lows)

Share the Highs and Lows of your day in a way that your child can understand. You could say,

**My favorite time of the day was picking you up at school!**

**The saddest part of my day was when i dropped my lunch on the floor.**



## Simon Says

- ✓ Builds child's listening skills
- ✓ Child learns to follow directions

Play a game of "Simon Says" to help your child learn to follow directions. You can play this game with one child or many children. Face your child or a group of children. Tell them that when you say the words, Simon Says, they should follow your directions. Say,

**Simon says to jump up and down.** Show them how to jump up and down.

Then say,

**Simon says pat your head.** Show them how to pat their heads.

Then give a direction but do not say, **Simon says**. For example, say,

**Touch the ground.**

The children should NOT touch the ground, because you did not say **Simon says**.

If your child follows the direction but you did NOT say **Simon says**, remind them to listen carefully. Say, wait for me to say,

**Simon says**

See how many times your child or children can follow your directions. They will have to listen very closely! Then, let the children take turns being "Simon" – the one giving directions. Try this! Practice some feelings and emotions by saying,

**Simon says, show me a sad face.** Or,

**Simon says, show me a mad face!**



# Hello/Goodbye

- ✓ Child learns social skills
- ✓ Child learns to use words to have a conversation

When you are having a family gathering or a party with friends, ask your child to be the greeter. Tell them that their job is to say hello as each guest arrives. Your child can say,

**Hello, or**

**Welcome to our house!**

Ask your child to smile and shake the hand of each guest or family member. Ask them to talk with them for a few minutes. When it is time for someone to leave, have your child tell the guest,

**Goodbye.**

**Thank you for coming.**

If this job seems too hard for your three year old, ask an older brother or sister to help. They can be the welcoming team.



# Taking Turns

- ✓ Child learns to take turns
- ✓ Child learns patience
- ✓ Builds child's social skills

Teach your child how to take turns by showing them how you do it. Talk with them about waiting in line at the store or taking turns with other cars at a Stop sign. You might say,

**I am waiting at the stop light. These cars are waiting too. When The light turns green it is our turn. It is our turn to go now!**

Talk about how your child takes turns on a swing or slide at the park, playing with a toy, or choosing the book for bedtime. You could say,

**I will pick our first book. Then it is your turn to pick a book.**



# My Job!

- ✓ Child gains confidence in their abilities
- ✓ Child learns that they are an important part of your family

Your child will be able to help you with simple household tasks as they get older Think of two or three chores they can help with each day or week. This can include:

**Sorting laundry**

**Picking up toys**

**Putting away silverware**

**Throwing away trash**

**Watering plants**

**Wiping up spills**

**Setting the table**

**Filling up your pet's food dish**

They gain confidence as they practice these tasks. Routine is important for your child so let them do the same chores each day or week. Make a chart to hang on the wall or refrigerator. They can put a star or mark on the chart each time they do their job. Remember to praise their effort!

**You helped get our table ready for dinner! It looks great.**

