Towards a brighter future for all children

Developing Emotion Awareness through Play

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Benefits of Playing with your Infant

Children learn how to express their emotions in early infancy. Through play, infants will develop greater emotional awareness and regulation skills.

- Infants will learn about different emotions.
- Infants will understand why different emotions appear.
- Infants will strengthen their language skills.

Try to play with your child everyday!

Setting up a Play Environment

1. Choose a quiet and clean place or room

2. Select your toys

Tips on Playing with your Child

- Choose a toy, such as a doll, that can show emotion
- Face your baby.
- Speak to your child using short phrases.
- Use words that describe different emotions.

Examples

- Hi [baby]. Do you see the Teddy Bear? The Teddy Bear is very happy because they like to play with you!
- Hi [baby], Let's play with this dog together. This dog is very excited to have a snack and play ball."
- "It is raining today. This doll forgot their umbrella. They feel sad."