

# Social-Emotional Learning: Jenga with a Twist

## Learning Value:

This activity promotes development and learning by encouraging children to express, understand, and regulate emotions, and demonstrate an understanding of cause-and-effect.

## Materials Needed:

- ▶ Jenga game or small wood pieces that can be used to build
- ▶ Painter's tape or masking tape
- ▶ Markers
- ▶ List of questions or emotions



## Participants:

This activity is intended for adult/child interaction, and 2 or more participants/players.

## Directions:

**Step 1:** Place a piece of tape on one side of each of the Jenga or wooden pieces.

**Step 2:** Write a question or emotion on each piece of tape.

**Step 3:** Stack the Jenga pieces.

**Step 4:** Take turns taking a Jenga piece out of the structure; reading the word or activity on the piece that is pulled. **Alternately:** start by giving each player an equal amount of Jenga pieces, have them answer the question then place their piece down to build or create a structure together.

**Step 5:** Each player shares a time when they felt that emotion or completes the activity on the piece pulled. **Suggested questions:**

- ▶ What is something really good that happened today?
- ▶ Give another player a compliment.
- ▶ What is something that makes you frustrated?
- ▶ Show us what you do when you feel scared?
- ▶ Who can you talk to when you feel sad or lonely?
- ▶ Practice what to do when you feel anxious.

Bright Horizons.

World at Home