



Take Something Along

Young children often feel weary about new experiences such as going to the doctor, starting school and other such events. It can help them feel better, even stronger, to bring along a favorite toy that will help them feel more “at home”.

Learning Goals Children are working on:

- Practice with expressing feelings
- Use play as a vehicle to work through feelings
- Practice listening skills and turn taking

Materials:

- None

Directions:

- Ask the children how they felt the first time they did something new, such as:
 - Going to the doctor;
 - Going to the dentist;
 - Visiting a relative’s or friend’s house for the first time;
 - Riding a bus or plane or train for the first time;
- Ask them if they can remember what they did to feel better.
- Ask if anyone brings along a favorite toy to help when they are at school. They might even want to show or talk to the others about it.

During the circle time discussion, let children know that some of us do need a favorite thing to help us feel better now and then during the day. Remind them that the teachers are there to help when they need a hug or lap. Reassure children that the teachers will make sure that each child’s favorite thing will be kept safe and that you understand that sharing it with other children is hard.

Throughout the day, acknowledge and allow children to turn to their favorite thing, and remind them that after they “check in” with it for a hug or squeeze that they need to put it away in its safe place and join others in play.

During free play, encourage children to pretend to play out a new experience. What’s the idea? What materials will they need? What happened first? And then? What did they do?

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