

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 Down Syndrome Achievement Centers educate. inspire. believe.		<b>PRAGMATIC AND SOCIAL SKILLS CALENDAR</b>		1. Play name that emotion with Sesame Street:  <a href="https://www.youtube.com/watch?v=ZxfJicfyCdg&amp;list=PLoGuYno_SVzEy_U3VtsduRO-emYgmClSv&amp;index=5&amp;t=0s">https://www.youtube.com/watch?v=ZxfJicfyCdg&amp;list=PLoGuYno_SVzEy_U3VtsduRO-emYgmClSv&amp;index=5&amp;t=0s</a>
3.	4. Model stating the problem for your child. Ex. "You're feeling bored. That's a problem." Then help think of a solution.	5. Watch Belly Breathe by Sesame Street on YouTube  <a href="https://www.youtube.com/watch?v=mZbzDOpyIA">https://www.youtube.com/watch?v=mZbzDOpyIA</a>	6. Practice taking turns while eating lunch together. You take a bite, then I take a bite.	7. Do something that makes you feel happy and draw a picture of what you are doing!	8. Call and sing a song for your favorite family member or loved one you haven't seen in awhile!	9.
10.	11. Talk about emotions at home by reading (or watching on YouTube!) the book <a href="#">Glad Monster, Sad Monster</a> .	12. Demonstrate using a strong respectful voice vs. a whiny or yelling voice to your child. Make it fun using stuffed animals, puppets, or action figures.	13. Give your child "big jobs" around the house. This gives your child a sense of confidence and importance! Ex jobs: Stirring while cooking, finding matching sock pairs during laundry, scooping food for a pet, etc.	14. Bring dramatic play into your house! Create a grocery store, toy store or coffee shop. Pretend play is a great way to work on social-emotional skills!	15. Validate your child's feelings. Resist the urge to say things like "Calm down, it's not a big deal." Instead, say, "I know you're really upset right now. Let me know how I can help you." Teach your child it's OK to have feelings and you can work through them together.	16.
17.	18. Watch Sesame Street Make a Strategy and talk about solving problems:  <a href="https://www.youtube.com/watch?v=x-rIPVzwLrI&amp;feature=youtu.be&amp;list=PLoGuYno_SVzEy_U3VtsduRO-emYgmClSv">https://www.youtube.com/watch?v=x-rIPVzwLrI&amp;feature=youtu.be&amp;list=PLoGuYno_SVzEy_U3VtsduRO-emYgmClSv</a>	19. Say, "please" and "thank you" during your day. What are some other polite words you can use?	20. Do a freeze dance to practice self-control! Play some music, dance while it is on, freeze when it stops!	21. Practice self-control while waiting for something. Example- Sit at the table and wait for everyone to be done with their meal.	22. Help your child call a relative or friend. See if they can ask and answer the question "How are you?" or "How are you feeling today?"	23.
24.  31.	25. Model stating the problem for your child. Ex. "You're feeling bored. That's a problem." Then help think of a solution: "Let's go read a book, play a game, play with toys, go outside", etc.	26. Learn about solving problems with Daniel Tiger!  <a href="https://www.youtube.com/watch?v=jzgJEvB7pxk">https://www.youtube.com/watch?v=jzgJEvB7pxk</a>	27. Practice listening and following directions throughout the day. Praise your child by telling them what they've done well (ex: Nice job putting your toys away!)	28. Practice following directions! Have a grown up give you two things to do!	29. Practice naming the feelings of a character in a book you are watching. How do you know they are feeling that way?	30.