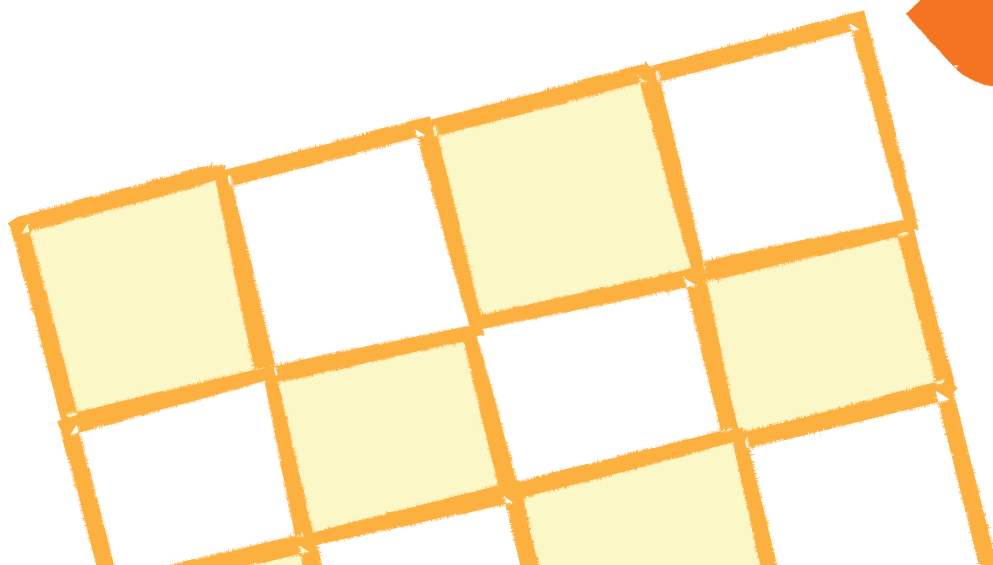




Beanstalk SOCIAL EMOTIONAL

Development Bingo Game

Nurture your child's social emotional development with this fun bingo designed in collaboration with Mrs Ang-Oh Chui Hwa!





Ang-Oh Chui Hwa
ECDA Fellow
Principal
Far Eastern Kindergarten

About

Mrs Ang-Oh Chui Hwa, the Principal of Far Eastern Kindergarten, has been in the EC sector for over 30 years. She was appointed as an ECDA Fellow in April 2015.

Mrs Ang firmly believes that character, construction, compassion and communication are important cornerstones of children's development.

Instructions for parents

1. Download and print out the bingo game card according to your child's age.
2. Stick the bingo card onto a flat surface where it's visible (e.g. refrigerator, whiteboard, or wall).
3. Pick out one activity prompt with your child to complete that day, week, or month.
4. Have fun with the activity prompt and strike out the square after you are done!
5. Move on to the next square and repeat steps 3-5.
6. Cover 4 spaces in a row – vertical, horizontal or diagonal – and shout **BINGO!**



Tip from Mrs Ang –

“Every child develops at a different pace. Remember to set an achievable goal according to the learning capabilities of your child to complete the bingo game! Enjoy!”



For Ages 1-2

For parents: Your child is beginning to develop self-concept, cooperation and begins to display instrumental aggression. Children are also developing an understanding of basic emotions. This is where the development of empathy begins.

For child: Get your Mum/Dad to strike out the box with you after you complete the task! Shout "BINGO!" when you get 4 boxes in a row! Have fun!

<p>Self-Awareness I can make faces in the mirror to show happiness, sadness, anger, fear and other funny feelings</p>	<p>Problem-Solving I will complete a fun puzzle today</p>	<p>Independence I will help bring soiled laundry to the washing machine</p>	<p>Emotional Management I can copy Mum/Dad's facial expressions</p>
<p>Independence I can help fold my clean clothes and put them away</p>	<p>Self-Awareness I can make a "Happy" scrap book with Mum/Dad with photos and drawings of my favourite things and places</p>	<p>Independence I can help wash my cup</p>	<p>Collaboration I can learn to wait for my turn</p>
<p>Problem-Solving I can sort and stack my toys</p>	<p>Independence I can decide what to wear and attempt to put it on with some assistance</p>	<p>Emotional Management I will tell Mum/Dad what I want instead of crying</p>	<p>Independence I can help to take out the clean laundry</p>
<p>Collaboration I will give Mum/Dad a hug when they are tired or sad</p>	<p>Independence I can help carry used dishes to the kitchen</p>	<p>Collaboration I can watch media content with Mum/Dad and stop immediately if Mum/Dad has work to do</p>	<p>Emotional Management I will say "I am angry" instead of throwing a tantrum</p>

For parents:

Completed the BINGO prompts with your child? Share your experiences and how your child has learned with fellow parents and tag us [@BeanstalkSingapore](#) on Facebook and Instagram.

Beanstalk
Social
EMOTIONAL
 Development Bingo Game

For Ages 3-4

For parents: Your child's emotional self-regulation is improving and self-conscious emotions become more common. At this stage, children start to play together with others. They will start to form friendships, learn right from wrong through their interactions and communication.

For child: Get your Mum/Dad to strike out the box after you complete the task! Shout "BINGO!" when you get 4 boxes in a row! Have fun!

<p>Self-Awareness When my Mum/Dad shows a happy face, I can respond with a sad face.</p>	<p>Problem-Solving I can go on a Scavenger Hunt in the park with Mum/Dad and look for things. (e.g. things that begin with the first letter in my name)</p>	<p>Independence I can choose what I would like to have for dinner</p>	<p>Emotional Management I can play a game of Freeze with Mum/Dad and take turns to pause the music</p>
<p>Independence I can practice feeding myself today</p>	<p>Self-Awareness I can use words to request something or express my feelings (e.g. "Can you please help me?" or "I feel happy because..." etc.)</p>	<p>Problem-Solving I will play a game of puzzles with Mum/Dad</p>	<p>Collaboration I can use puppets to role play on how to make friends</p>
<p>Problem-Solving I will start on a difficult task with some help from Mum/Dad (e.g. pack my school bag for the next day)</p>	<p>Independence I can dress myself for a day out</p>	<p>Emotional Management When I am disappointed or angry, I can ask Mum/Dad on how to deal with the negative feelings</p>	<p>Self-Awareness I can share with Mum/Dad about an unpleasant situation today</p>
<p>Collaboration When I play games, I can practice waiting for my turn</p>	<p>Independence I will pack up my toys without reminders</p>	<p>Collaboration I am able to follow instructions of the "Simon Says" game</p>	<p>Emotional Management I will choose to do what is right and tell myself "It's ok to be upset but I will do what is right."</p>

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Social
Emotional
 Development Bingo Game

For Ages 5-6

For parents: Your child has the ability to interpret, predict, and influence others' emotional reactions. Children are able to rely more on language and empathy. They are developing a strong sense of what is right and acquiring social rules and behaviors.

For child: Get your Mum/Dad to strike out the box after you complete the task! Shout "BINGO!" when you get 4 boxes in a row! Have fun!

<p>Self-Awareness I will write a note to my best friend in school</p>	<p>Problem-Solving I will read a book with Mum/Dad this month and think of ways to change the ending of the story</p>	<p>Independence I can return my food tray when I have finished my meal</p>	<p>Emotional Management I can learn something new this month to help me accept change positively</p>
<p>Independence I can help prepare a meal by cutting the vegetables</p>	<p>Emotional Management I can take turns to play Feelings Charades with Mum/Dad or a friend. Describe a situation for the other person to guess the emotion</p>	<p>Problem-Solving I can talk to Mum/Dad on how I should talk to someone whom I am very angry/ sad/ scared etc.</p>	<p>Collaboration I can play a game of musical chairs with my friends</p>
<p>Problem-Solving I will put on the Polar Opposite thinking hat when something unpleasant happens (e.g. I should do something to make myself happy instead of crying)</p>	<p>Independence I will decide on some things for today (e.g. what I would like to eat for lunch or what attire to wear)</p>	<p>Emotional Management I will read a story and think about how the character might be feeling and what I can do to help him/her feel better</p>	<p>Self-Awareness I can play a game, sport or activity and show that I can work together with others</p>
<p>Collaboration I can play a game where the winner helps the opponent to win. (e.g. Mancala)</p>	<p>Independence I can plan a schedule and stick to it for a day</p>	<p>Collaboration When I have a conversation with my friend, I can use the words "Thank you for sharing with me" and "Please"</p>	<p>Emotional Management I will read a story on respect or kindness; and share with Mum/Dad ways to practice these values</p>

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