

Items around Your Home that Build MESH Skills

Looking for something to do today to build mental, emotional, and social health in your child?
Great! Here are some ideas that you can use right now.

With three to six year olds:

Build problem solving and perseverance through:

- Sorting utensils into their correct spots in a drawer
- Bringing pairs of shoes to place next to the beds or in closet of their owners
- Matching kitchen storage containers and lids, then organizing in cabinet

Build story-telling by:

- Looking through a picture album and asking your child to make up a story about what might be happening in a picture
- Ask your child to make different “mood faces” like sad, happy, worried, angry. Take pictures with your phone and then let your child tell you which picture was which emotion.
- Looking out the window and asking your child to tell you a made up story about a person or group you see

Face increasing challenges by:

- Seeing who can stack the most pillows straight up in a pile
- Play a memory game: place 3 items on a tray, covered with a paper towel, take the towel away for five seconds and then cover, see if you can remember all three items. Play again with five items, then seven, then nine, etc.
- Create a tongue twister using words that start with the same letter. Try saying it three times in a minute, then five times in a minute, then seven, etc.

Draw adults and kids together by:

- Playing ‘War’ with a deck of cards
- Play “I spy” in a room of your home
- Turn on some music and have a dance party!

