

Bear wants a turn

A simple feelings activity to try together with your preschooler

Gather a soft toy, two age-appropriate toys or blocks, and an adult. Try this during a calm moment for about five minutes, or less if your child prefers.

1. Set the scene

Pretend Bunny is building and Bear wants a turn. Say: "Bear wants a turn, and Bunny is still using the blocks."

2. Leave room for a guess

Ask once: "What might Bear be feeling?" Your child can speak, point, act, draw, watch, or change the story. Different guesses are welcome. A face does not prove a feeling.

3. Try one possible next step

Model: "Can I have a turn when you are finished?" Or let Bear ask an adult for help finding another activity. Ask: "What else could Bear try?" The other toy does not have to give up its turn immediately.

4. Let your child choose the ending

Bear might wait with an adult, find another toy, or suggest building together if Bunny wants to. There is no required answer. Stop or return to ordinary play whenever needed.

Make it easier

Use one toy and tell the story yourself. Offer two possibilities, such as "disappointed or curious," without requiring a choice. Skip questions if your child prefers to watch.

Draw or tell: What could happen next?

Adult supervision required. Use child-safe materials; no cutting or small loose pieces needed. Educational play, not therapy, diagnosis, assessment, or treatment. No guaranteed behavioral results.

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