

Session for 0 to 3-Year-Olds

Children learn best through play, and emotional regulation is no exception. From birth to age 3, children explore a wide range of emotions that can sometimes feel overwhelming. As they may struggle to express or cope with these feelings, developing emotional regulation skills will help them manage their emotions and lay the foundation for lifelong social and emotional learning (SEL).

With "Weplay SEL Starter Kit", we present three play-based activities designed to support the development of emotional regulation. Let's begin this emotional discovery through play!

Weplay SEL Starter Kit:

- A** KF0013
Bean Pods 2 sets
- B** KP2004-00C
Rocking Bowl (Clear) 1 pc
- C** KP5001
Jungle Trial 1 set
- D** KT0008
Rainbow River Stone 1 set
- E** KT0016
Honey Hills 1 set
- F** KT3002-006
Weplay Squeezer 2 sets



Emotional Regulation Play

Suggested Age: 18 months to 3 years old

Activity 1: Calming Play – Tea Party at Honey Hills

Set up a tea party at the Honey Hills with colorful Beans, Squeezers, and guests of children's choice. This safe space encourages role-play and emotional exploration with trusted companions. The gentle rocking motion of Rocking Bowl also helps soothe feelings and ease pent-up tension.



Activity 2: Physical Play – Conquering the Jungle Trial

With twisty forest trails, varying stepping heights, and scattered rocks, children must focus on each step for balance. As they navigate the path and overcome physical challenges, big emotions begin to settle. Finally, by stacking the Beans on the Squeezers, children regain a sense of calm while practicing steady hand control.



Activity 3: Sensory Play – Squeezy Beans

If children are struggling to identify and express their feelings, let the Squeezers help! Children can squeeze the different firmness levels of the Squeezers to release overwhelming emotions. Squeezing the Beans provides a comforting sensory experience, helping transform an emotional storm into a peaceful breeze.

