



Family Engagement Activities

The Heads In, Hearts In family engagement program encourages families to use their minds (putting their “heads in”) as a tool to expand their knowledge around a variety of topic areas. By creating a shared educational experience, the family unit will work, grow and learn together, putting their “hearts in” to the process.

This unit contains the following:

- ▶ Building Encouragement
- ▶ Calming Jar
- ▶ Calming Scavenger Hunt
- ▶ Copycats
- ▶ Feelings Fort
- ▶ Feelings Puppet Show
- ▶ The Feelings Song
- ▶ Guess What Feeling
- ▶ Head to Toe
- ▶ Matching Feelings
- ▶ Peekaboo Feelings
- ▶ Reading With Emotions
- ▶ Ready, Set, Go!
- ▶ Sign & Gestures
- ▶ Stop & Go
- ▶ Why I Love You



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Heads In, Hearts In: Early Social Emotional Health Family Engagement Activities

MSU Extension has created new family engagement resource pages focused on early social emotional health. These activity pages will provide parents and other caregivers with step by step instructions for activities they can do with young children to help them learn and practice crucial social emotional skills. You can check out these resources [Heads In, Hearts In: Family Engagement Activities - 4-H \(msu.edu\)](https://msu.edu/heads-in-hearts-in-family-engagement-activities-4-h). Additionally, the full activity book can be found [Heads In, Hearts In: A Delivery Approach to Family Enrichment Programming – Family Engagement Activities \(mcusercontent.com\)](https://mcusercontent.com/heads-in-hearts-in-a-delivery-approach-to-family-enrichment-programming-family-engagement-activities).