



Mindset skills help children understand their emotions, set positive goals, show empathy for others, establish healthy relationships, value diversity and inclusion, make responsible decisions, focus, and stay organized.

SKILLS TAUGHT



Mindset Skill: Social Awareness, Self-Awareness

Area: Empathy, Identity

Rock-a-bye, Baby Lullaby

Materials

- Stuffed animal or doll

How to Play

1. Sing “Rock-a-Bye, Baby” with your child.
2. Talk about these words:
Rock—to move back and forth, like a rocking chair.
Bough—a large tree branch.
Cradle—a tiny bed for a baby on rockers, like a rocking chair.
3. Talk about how babies need a lot of care. Here’s an example:

Adult: When you are a baby there are so many things you can’t do for yourself. Sometimes you get so frustrated you have to cry!

There are special songs grown-ups sing to help babies calm down. Do you know what those songs are called?

Child: Lullabies. (If your child does not know, tell them.)

Adult: How would you sing a lullaby? Excited and happy? Loud and mad because you wish the baby would stop crying? Or soft and gentle so that the baby knows that everything is all right?

(Listen to the child’s answer and talk about it.)

4. Ask your child to sing “Rock-a-bye, Baby” to a stuffed animal or doll. Feel free to sing with them.

Extension

Have your child talk or write about the following topic:
When I was a baby, I couldn’t _____, but now I can!