



Young Children's Preschool  
Santa Maria Valley YMCA

# Power of Words and Play



**"Words are seeds.. Plant the ones that make children grow." - Anonymous**

We know that words shape feelings and behavior. Preschoolers are highly influenced by tone, phrasing, energy, and body language. Communicating with families and our staff and being on the same page is one of our main goals for our center.

## ● When is the last time you played?

During staff training we invite teachers to reflect on when the last time they played. Asking teachers to describe their experience. Remembering who your favorite person to play with was. What made the experience fun?

## ● Why Play Matters

Play is how preschoolers make sense of the world.  
Play= Learning + Connection  
Discuss which types of play offers the best opportunity for emotional growth.  
Provide opportunity for children to learn through play when they are calm and alert.  
Working with staff to support play.  
Increase meaningful teacher-student engagement

## ● Positive Strategies for Social Emotional Skills

Filling Yours and the Children's Emotional Cup  
5:1 Positive to Negative attention ratio  
Play: 5 min. daily (parents play and or teacher to student).  
Avoid using words: NO, DON'T, STOP, QUIET, and NOT



**Total # of Children**  
**20 children NOW**  
**Enrolling up to 36**  
**Total Staff:**  
**4 Teachers**  
**1 Coordinator**

**Serving ages:**  
**2.5 to 5 years**

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Contact Us  
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Visit Our Website  
**[www.smvymca.org/preschool](http://www.smvymca.org/preschool)**



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