



## Social and Emotional Development Activity for 30 to 36 Months

### My Little Bird

*Holding children close while reciting this poem will enhance their feeling of security.*

Materials:

- None

What to do:

- Say the following poem and do the actions:

*"Here is a nest,  
All warm inside,  
Where my little bird  
Can safely hide. (Wrap your arms around the child and hold her closely.)*

*Here is a nest,  
All hidden away,  
Where my little bird  
Can sing and play, (Give the child a toy.)*

*Here is a nest,  
All cozy and deep,  
Where my little bird  
Can go to sleep. (Rock the child gently and pretend to go to sleep.)*

