

Activities at Home

Project: My Thoughts and Feelings/Marvellous Me

Dear Parents,

The activity for week: 3 beginning: 21st September

Is: Identifying our feelings & emotions

The activity we will be covering involves:

- **Learning to identify different feelings and emotions through facial expressions and actions**
 - **Developing self-confidence/self-esteem**
 - **Developing an understanding of the body language of others**
 - **Understanding different emotions**
 - **Developing self-expression, language, and observational skills**
 - **Developing gross and fine motor skills**
 - **Introducing Wilbur, the Worry Monster**
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Our activity includes:

- **Introduce the activity/theme by showing the children a selection of picture mats depicting different emotions and feelings. Encourage the children to identify the different feelings and emotions by looking at the expressions depicted on the cards. Ask them why they might sometimes feel sad, happy, anxious, or cross.**
- **In a circle invite the children to look in a mirror and make a facial expression to express/talk about how they are feeling on the day.**
- **Set out the feeling mat cards around the room and explain that when the music stops the children should choose a card to stand on. Invite the children in turn to describe/act out the feelings mat either through talk, facial expression, or action.**
- **Introduce Wilbur the Worry Monster. If the children have any worries, they can draw a picture or ask me to write down their worries and then ‘feed’ it to Wilbur who will eat up your worries and make them go away! Wilbur will become a permanent feature in the classroom for the children to have access to express their feelings or worries at any time. The Worry Monsters are available on Amazon if you would like to have one at home?**
- **To end the activity we will sing a version of If you're happy and you know it incorporating different feelings, for example, If you're sad and you know it rub your eyes “Boo hoo”....**



Extension Activities:



You might wish to help your child to explore this topic at home or when you are out and about. Please feel free to approach the teachers for further explanations.

Our suggested activities are:

- **You might like to get a ‘Worry Monster’ for home and give it your own name?**
- **Encouraging your child to express/talk about their feelings with you**
- **Make up some feeling’s cards (x 2 of each) and play snap or memory pairs game**