



Activities at Home

Dear Parents,

The activity for week 6 beginning 12th October is: 'My feelings'

The activity we will be covering involves:

- introducing mood monsters and the children will be encouraged to name and describe emotions and feelings
 - talking about children's emotions and feelings
 - singing our own version of 'If you happy and you know it'
 - participating in an art activity – making 'Mood Monsters'
-

Our activity includes:

- At first we will go through the power point and the children will be introduced to mood monsters. We will talk about various emotions featured in the presentation (happy, sad, scared, worried, excited etc).
- We will sing a song "If you're happy and you know it". We will encourage the children to think about what makes them happy and how that can be shown. We will also change the words of this song to represent our feelings such as "If you're sad and you know it" or "If you're angry and you know it". The children will be asked to come up with actions to represent those emotions.
- Later the children will be asked to participate in an art activity and they will be making 'Mood Monsters'.

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 can listen to the following story:
<https://www.youtube.com/watch?v=S4jJ6woWkpA&safe=active>
Encourage your child to draw a picture of any of the feelings listed in the book. This could be a picture of a face with a specific expression or it could be much more abstract- simply using colours and shapes. Ask questions such as 'Which colour would be a good colour to use if you felt angry?' 'Which colour would be a good one to use if you were feeling calm?'
- Why not try listening to different types of music and asking your child how it makes them feel?