

Activities at Home

Project: My Thoughts and Feelings/Marvellous Me

Dear Parents,

The activity for week: 6

beginning: 12th October

Is: Feelings and 'Feelings' Bracelet

The activity we will be covering involves:

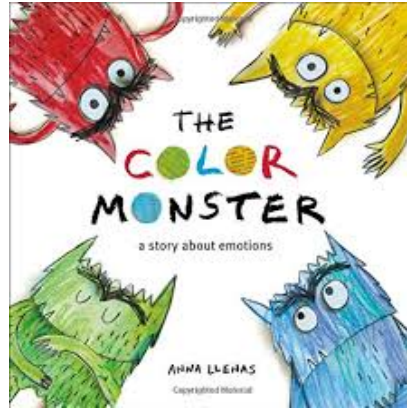
- **Understanding emotions**
 - **Developing self-confidence/self-esteem**
 - **Developing self-expression, language, and observational skills**
 - **Developing fine motor skills**
 - **Expressing emotions and feelings through hands-on activity and using/manipulating different tools**
 - **Taking turns and interacting with peers**
 - **Following instructions**
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Our activity includes:

- **Introduce the topic theme by recapping on previous topics relating to our project, My Thoughts and Feelings/Marvellous Me.**
- **Invite the children to stand in a space in the room. Explain to the children that you are going to play some music and when it stops can they find a partner and do whatever it takes to make them smile.**

Making a feelings bracelet:

- **Read the story The Colour Monster which explores colour concepts and emotions.**
- **Each child will be given a plastic bracelet and a small funnel.**
- **Invite the children to observe as you show them a selection of different coloured sand. Encourage them to decide which colour they associate with a feeling or emotion, for example red sand might be associated with being angry and yellow with happy? Invite them to choose different coloured sand to put in their bracelet depending on how they are feeling on the day. The children will use a small funnel to pour the different coloured sand into their bracelet.**



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:

- **Making a special friendship bracelet using available resources, for example wool, string, or paper.**
- **Taking photographs of your child which depict different emotions and printing them. Your child could then use these to help them describe their emotions and feelings.**