

Activities at Home

Project: My Thoughts and Feelings/Marvellous Me

Dear Parents,

The activity for week: 10

beginning: 9th November

Is: Safe place, peaceful pillow

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**
 - **Taking turns and interacting with peers**
 - **Following instructions**
 - **Develop creativity and imaginative skills**
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Our activity includes:

- **Recap on previous topic activities and invite the children to talk about what they enjoyed and why.**
- **Read the story, The Tell Me Tree by Karen Inglis. This story invites children to share how they are feeling whether happy, sad or somewhere in between, through conversation and drawings.**
- **Invite the children decorate a plain white pillowcase, using permanent fabric markers, with pictures of things that help them feel safe and calm, positive affirmations, positive memories. Explain this pillowcase can be a reminder for the child to feel safe and calm before going to bed at night and first thing when he or she wakes up in the morning. This may also be helpful if your child has nightmares and bedtime anxiety?**
- **Sing the feelings song to tune of Twinkle, Twinkle, Little Star:**

I have feelings, you do to,

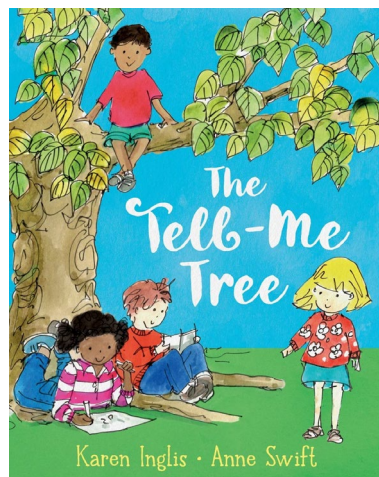
Let's all sing about a few,

I am happy, I am sad,

I get scared, I get mad,

I have feelings, you do to,

We just sang about a few.



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:

- **Look for books about feelings and emotions, for example, How are You Feeling Today by Molly Potter and The Way I Feel by Janan Cain.**
- **Cosmic Yoga for kids online, a lovely way for your child to relax through calming movements and actions.**
- **Take time to explore nature and the environment whilst on a walk, in any weather?**