



Activities at Home

Project: 'Marvellous Me'

Dear Parents,

The activity for week: 6

beginning: 16th October

Is: 'The colour of feelings'

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:

- Begin with a short recap of previous weeks topics. Invite the children to talk about the activities they have taken part in so far.
- Read the story *The Colour Monster*. This story invites children to talk about their feelings and what colours represent different feelings.
- The children will then be invited to make their own 'colour monster' decorating it with different colours to represent how they feel.



- 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.

Continuous provision/extension activities:

- Colour Monster sensory bin
- Colour Monster feelings cut outs
- Drawing a picture of how you feel and putting it inside the toy feelings monster.

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?**

The Big Question: Ask your child.....

Why is it important to think about your friends and their feelings?