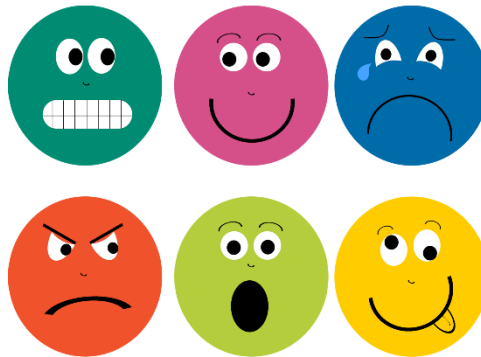


Emotions Week Wednesday

Try some of these activities today to help your child express how they feel and begin to understand various emotions and how we begin to manage them.



Continue to ask your child daily how they feel and comment on how you know that i.e. 'you look happy today I see your smile'. This will help your child recognize their own emotions and begin to have the words to describe them.



Listen and enjoy the 'Emotions Song'

<https://youtu.be/-J7HcVLsCrY>

Can you begin to talk about what you could do when you feel these emotions.

i.e.

- When I am happy I laugh
- When I am sad I get a cuddle from someone in my family.

This will help your child to begin to manage their own feelings and knowing its ok to feel different emotions.

Making Puppets-

Make a puppet together talking about the different feelings and how we know that.

Enjoy watching this short clip of one of the nursery ladies making her puppet.

Take a photo and share it with the nursery ladies on your Learners Journal if you like.

Emotions Story – Please choose one to listen to

'Ruby's Worry'

Mrs Blackley

'Huge bad of worries'

<https://youtu.be/CDrnuPj7xfs>