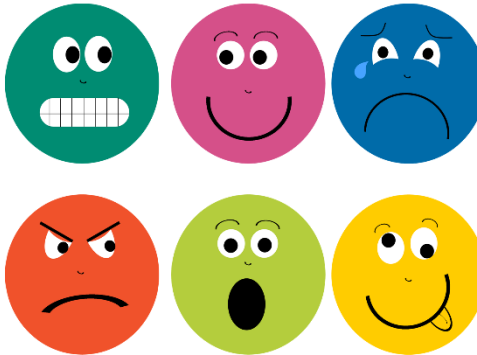


Emotions Week Thursday

Try some of these activities today to help your child express how they feel and begin to respond appropriately to them.



Children gradually learn that others may feel differently about the same thing. They need to be able to do this before they can empathise with others- to understand that their friend is feeling sad because their pet is ill but they do not.



Emotions Story



'I Feel Loved'

https://youtu.be/9mf_VDE8mkk

Watch the video of the nursery ladies singing if your 'Happy and you know it' with a little twist.

See if you can make your own one up. Have fun!

When out on your daily walk you could collect leaves or stones and make different faces on them. During the activity you could talk about each emotion and what we can do to help us when we feel a certain way.



kind

Do something kind for someone and ask how it made them feel, and think about how you felt showing kindness to someone?

