



# ECCE Activity Pack

Week 6 Term 3

## Supporting Children's Emotions in the Transitioning Process

At this stage children are interacting with their physical and social environment and learn how to express themselves, interpret information and understand their own feelings as they observe others around them. A critical observation to note at this stage is, as your little-one communicates with others, they are building, expanding and elaborating their understanding of social interactions. They are learning about expectations on how they should behave and how their actions impact others and vice versa. So, as we continue to develop our children's emotional well-being, we must be mindful of the social experiences, beliefs and values that we are exposing them to.



As parents, we want to influence our children towards the best experiences that will shape their overall emotions. Yes!!!! We want our little ones to be

happy and healthy. Even in the face of the pandemic, we want to create an environment that supports happy thoughts and actions. So here are some tips for creating the most emotionally nourishing environment for your children:

- Appropriately share how you are feeling
- Ask your child to describe how he or she is feeling
- Use language that communicate emotions, (happy, sad, excited, hurt etc)

We cannot write this article without insisting that you also assiduously focus seriously on your health. This pandemic has taught us that how we care for ourselves will inform our ability to prevent or go through and recover from any adverse health concerns. Lifestyle diseases which we were 'okay to live with' now present us with health vulnerabilities. To reduce these vulnerabilities, get your regular health check-ups, be responsible for ensuring that you are the 'best you' that you can be, and that means being in the best of health.

**Materials:** Paper, cardboard/bristol board, crayons, markers, magnet, string, cookies, icing, sprinkles



Remember children learn what they live, and they will look to you to see how to become the best adult they can be... Teach them what is important, let them see how you took care of you!

## Remote Learning Daily Schedule

Time	Activity
9:00 - 9:30	<b>Personal Awareness</b> Preparation for the day
9:30 - 10:00	<b>Circle Time (Online)</b> Discussion about values: Reading stories
10:00 - 10:15	<b>Individual Activity (Online)</b>
10:15 - 10:30	<b>Fruit Time</b>
10:30 - 11:00	<b>Outdoor Play</b>
11:00 - 11:30	<b>Stories/Rhymes</b>
11:30 - 12:30	<b>Lunch Prep</b> Lunch Break & Clean up
12:30 - 12:45	<b>Recall - Discussions based on the day's activities</b>

## Activities for three (3) and four (4) year olds—PART 1

### Monday

**Creating emotions puppets. See Pete and Petra on the Ministry of Education's Facebook page discussion about emotions**

- Discuss with child the different emotions they feel (happy, sad, angry, frightened, surprised)
- Using a mirror, child will mimic the facial expression
- Using Bristol board/coloured paper, pallet sticks/strips of cardboard, scissors and glue, create emotions puppets as seen in the picture



### Physical Activity: Match Emotion to Action

- Use the puppet to do the actions
- Happy - clap and smile
- Sad - hands on cheeks, bow your head
- Angry - fold arms and frown
- Frightened - hide face behind hands



### Tuesday

**Fishing for Feelings - Simon Says Feelings Game**

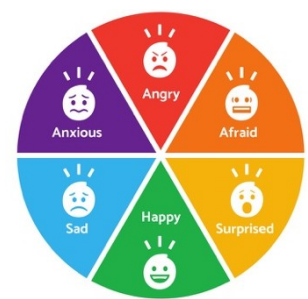
- Cut out circles for five (5) emotions (happy, sad, angry, surprised, frightened)
- Attach a paper clip behind each face. Next create a fishing pole using a string, attach a magnet at the end.
- Provide the child with clues e.g When I eat ice cream I feel? Happy!
- The child is then allowed to fish for the emotion



### Wednesday

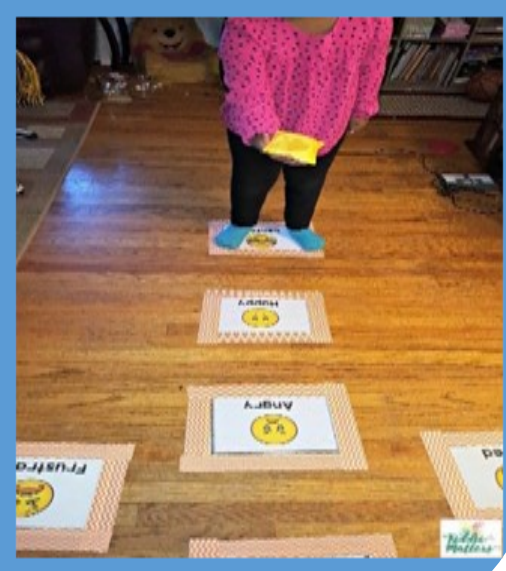
**Colour My Emotions**

- Use the colour wheel to have a discussion with the child about how they are feeling
- Allow the child to draw and paint a picture of him/herself using the colour to represent how they feel



### Physical Activity: Jump to My Feelings.

- Using the emotion cards from previous activity
- Allow the child to stand at the starting line and toss the bean bag or any other object
- Allow the child to hop to the image that the beanbag has landed on.
- When the child gets there, have them shout out the emotion he/she is standing on.



### Physical Activity: Musical Feelings

- Place feeling cards in a circle
- Put on some music and allow the child to walk, hop, run, jump or dance from card to card
- Stop the music and have you child freeze, allow the child to identify the feelings on the card and make the face



## Activities for three (3) and four (4) year olds—PART 2

### Thursday My emotions Tree

- On a large piece of paper or Bristol board draw a tree
- Allow the child to draw or stick someone or something that makes you happy.
- Colour and decorate the tree



### Friday

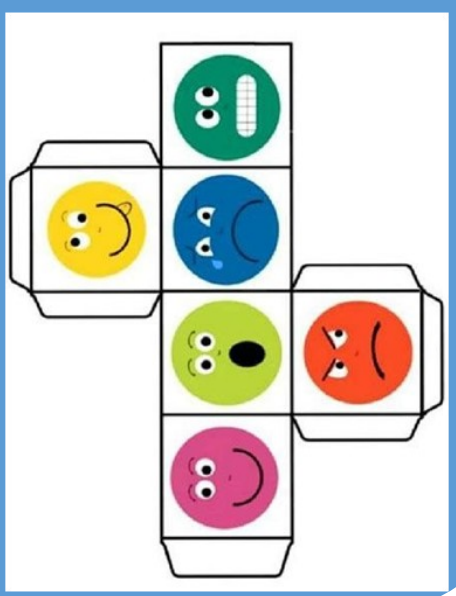
#### Facial Expression Cookies (draw your own)

- Use any cookies available at home
- Allow the children to create faces on the cookies showing the different emotions



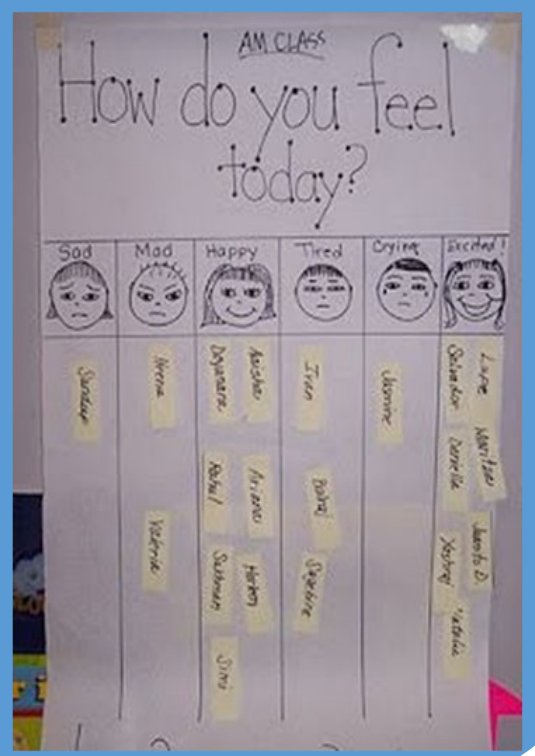
#### Physical Activity: The Emotions Scavenger Hunt

- Use the template to create a cube
- Hide the emotions cards from previous activities outdoors or indoors
- Allow the child to roll the cube, find the hidden emotion card that the cube rolls on



#### Physical Activity: Emotions Chart (A game for the whole family)

- Allow the child to draw a large emotions chart outdoors
- Allow each family member to write His/her name under the emotion to Express how they feel that day



### Weekly Web Quest

#### What is a WebQuest?



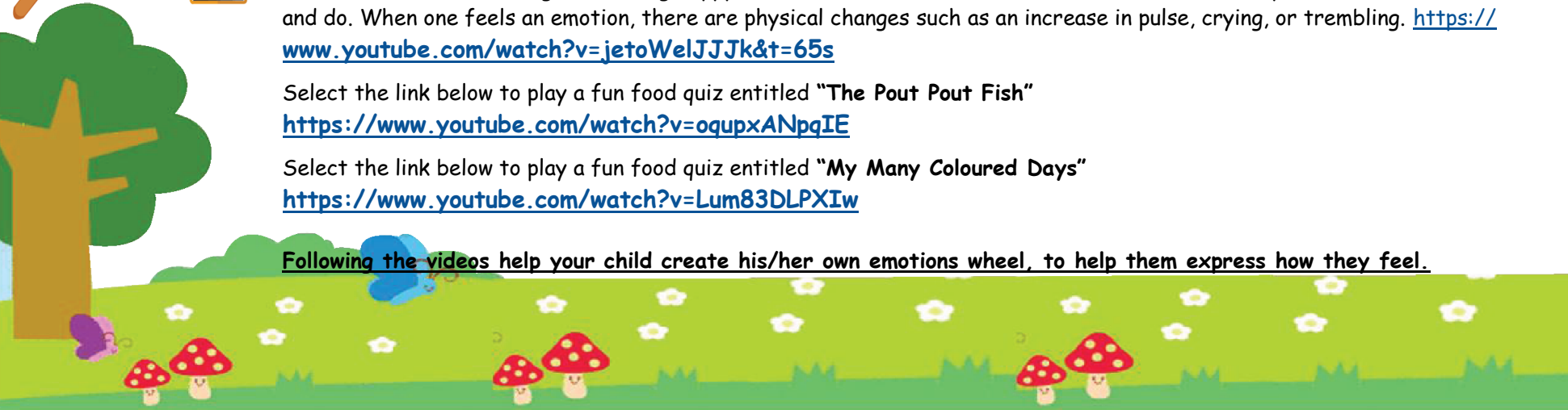
A WebQuest is an activity children complete using the Internet to get information on a specific topic. Select the link below and listen to a story entitled "Emotions for Kids - Happiness, Sadness, Fear, Anger, Disgust and Surprise" to learn about **different emotions**.

Emotions are called feelings, like being happy, sad, mad, or scared. You feel them because of what you see, hear, remember and do. When one feels an emotion, there are physical changes such as an increase in pulse, crying, or trembling. <https://www.youtube.com/watch?v=jetoWelJJJk&t=65s>

Select the link below to play a fun food quiz entitled "The Pout Pout Fish"  
<https://www.youtube.com/watch?v=oqupxANpqIE>

Select the link below to play a fun food quiz entitled "My Many Coloured Days"  
<https://www.youtube.com/watch?v=Lum83DLPXIw>

Following the videos help your child create his/her own emotions wheel, to help them express how they feel.

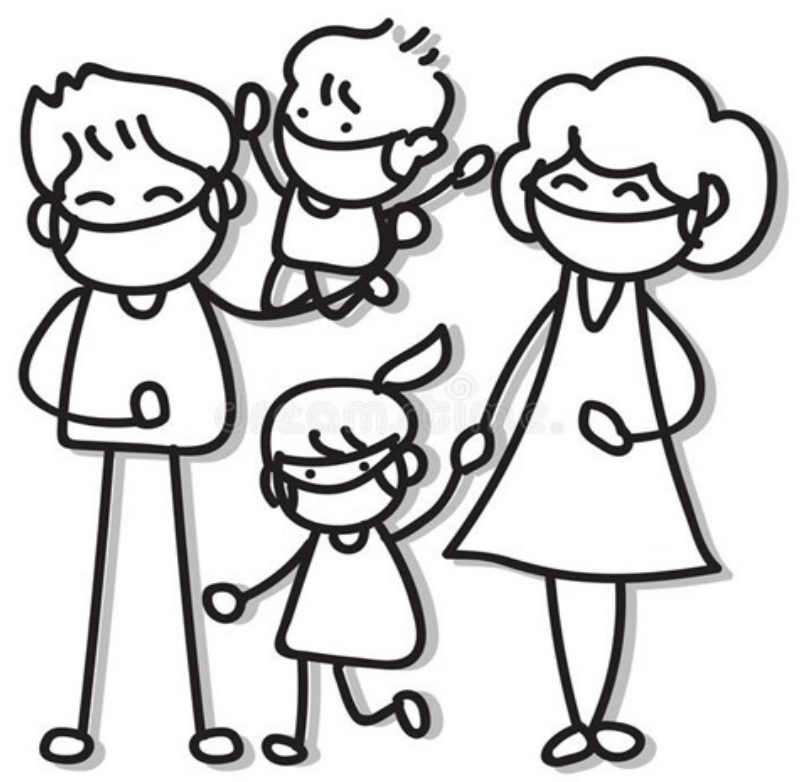


**Colouring Page**

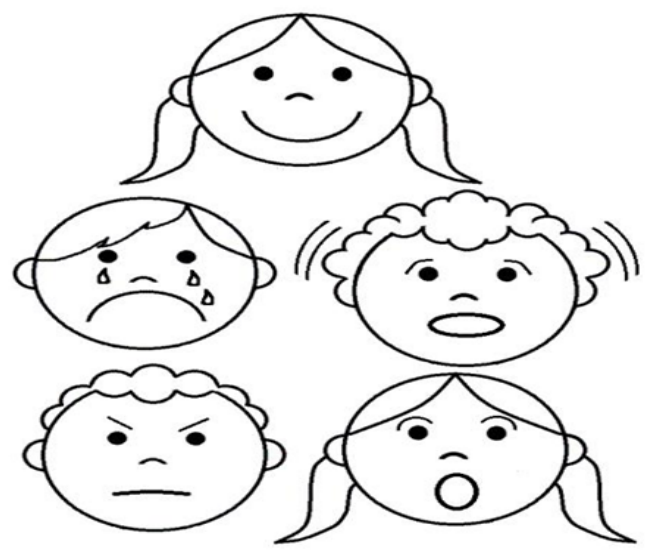
**International Day of Families**, or **International Family Day**, is a global observance that is **celebrated** each year on May 15<sup>th</sup>. Its aim is to raise awareness of issues relating to **families** across the globe, while giving attention to the fact that **families** are the basic unit of a society.

**MY FEELINGS COLORING PAGE**

		
<b>HAPPY</b>	<b>SURPRISED</b>	<b>SCARED</b>
		
<b>ANGRY</b>	<b>SAD</b>	<b>EMBARRASSED</b>



**Feelings**



Government of the Republic of Trinidad and Tobago  
**MINISTRY OF EDUCATION**



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**MINISTRY OF EDUCATION**

**Leading Stars ECCE**  
...bringing our classes closer to you!

Monday to Friday on **91.1 Talk City**

9:00 am (Circle Time)  
10:45 am (Story Telling)  
and 12:30 pm (Recall)

www.moe.gov.tt facebook/MoeEduTT @Ministry of Education-TT @MoEduTT @ministryofeducationtt

From Monday to Sunday  
at 8:00 a.m. & 2:00 p.m.

Digicel Channel 4  
& On Demand / Education folder.  
Flow Digital 104 & Analog 4  
Amplia Channel 104  
Green Dot on Channel 4



in collaboration with



**SESAME WORKSHOP**