



Government of the Republic of Trinidad and Tobago

MINISTRY OF EDUCATION

ECCE Activity Pack

Week 7 Term 1

Helping Young Children Develop Emotional Intelligence

Label the Emotions

To appropriately identify, articulate or even understand our emotions we need to first learn the correct words associated with those emotions. Books are a great tool to help guide children in understanding a wide range of emotions, and can also help them learn words to adequately express them.

What emotions might feel like - hot, shaky, sweaty, warm, prickly

What emotions might sound like - loud, quiet, crackly

What emotions might look like - pale, red, tight, flushed



Own the Emotions

Children can sometimes feel very confused and alone because of their emotions. As adults, we can help them understand that experiencing a range of emotions is normal by simply talking to them about how we are feeling at different times. Physical activities can also help children manage those big emotions. Examples of such physical activities are bouncing a ball as hard as they can, running to touch different objects in the back yard or jumping on a trampoline as high as they can. Some children may prefer less strenuous activities such as sitting or lying down in a quiet place to read or draw.

Give your child the space and direction they need to manage their big emotions and then try to talk to them later (when they are calmer) about what happened.

Remote Learning

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

Learning Outcomes

Children will be given opportunities to:

- * learn new vocabulary – emotion, happy, sad, angry, surprised, scared, red
- * learn mathematical concepts – colour, shapes, numbers, distance
- * develop gross motor skills (walking, running, jumping, balance) and fine motor skills (drawing, colouring, sticking, molding, cutting, writing)
- * develop confidence to express their emotional needs



Materials: Paper, Bristol board, playdough, glue, markers, pebbles, small ball, contact paper, used magazines/newspaper

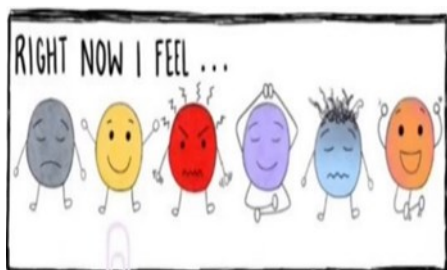


Activities for three (3) and four (4) year old—PART 1

Monday

Emotion Sculpture Image

- Show the child pictures of different facial expressions
- Explain that everyone experiences different feelings (happy, sad, angry, confused, excited etc.)
- Make up a song about different emotions, using any tune
- Allow the child to use playdough, twigs, or pebbles to create an emotion sculpture of one feeling
- Allow the child to explain why that feeling was chosen



how the characters are feeling, and act out those feelings or make faces that correspond with the feelings as you read the book

- E.g. Goldilocks and the Three Bears has lots of opportunities to talk about emotions, (**disappointed** when the bears have to wait for the porridge to cool, **curious** what the beds feel like, **surprised** to see Goldilocks, **Scared** to see the bears...)

Wednesday

Sticky Emotion

- Draw and cut out four emoji's (happy, sad, surprised, angry)
- Place in four blocks as seen in the picture
- Engage in discussion, bringing to the child's attention the different details that show which emotion it is (e.g. Tears or upside down smile = sad)
- Allow the child to find faces with different emotions in a used magazine/newspaper and cut it out
- Allow the child to stick the pictures in the correct emoji block



Physical Activity

Feelings Ring Around the Rosie

- Hold hands with the child and play "Ring around the Rosie"
- Encourage the child to choose an emotion and sing the song and act it out using those emotions
- Change the end action to match the emotion
- Instead of "all fall down", for **angry** say "take a deep breath" or for **excited** say, "all shout HOORAY!"



Physical Activity

Target Throwing

- Pick a space outdoor and draw a circle target
- Allow the child to hold a small ball in one hand then step forward
- Encourage the child to AIM and throw the ball at the target
- Allow the child to repeat until he/she hits the centre of the target



Physical Activity

Racetrack Tracing

- Draw a racetrack for a ride-on toy, tricycle, bicycle, or scooter
- Allow the child to follow the track "



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

Thursday

The Colour Monster

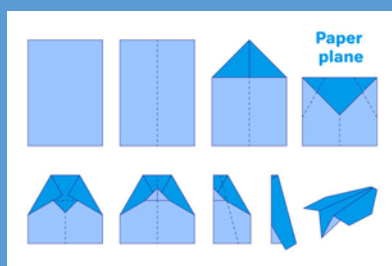
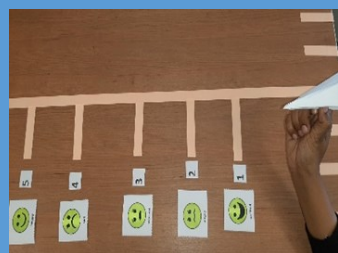


- Read the story, "The Colour Monster" by Anna Lelnes
- Child will draw his/her own Colour Monster, use different colours to express the emotions he/she is feeling
- Engage in discussions on what the child can do to feel happy and calm

Physical Activity

Landing Strip

- Create a landing strip as seen in the picture
- Make a paper jet
- Allow the child to run, aim and throw the jet to a number or emotion
- Wherever the jet lands, the child will identify the number and emotion



Friday

Mindful Bites, Sensory Snacks



- Place a variety of foods available at home with different tastes and textures on a plate (e.g. carrot sticks, apples, raisins, crackers, chunks of cheese, popcorn etc.)
- Encourage the child to express gratitude before eating
- Allow the child to slow down while eating, completely finish one bite before picking up another

Questions to guide the session:

What colours do you see?

How does it feel in your hand? (texture- hard, soft, squishy, hot, cold)

How does it have a smell? (sweet, spicy, delicious, rotten)

How does the food feel in your mouth? (tasty, yummy)

Physical Activity

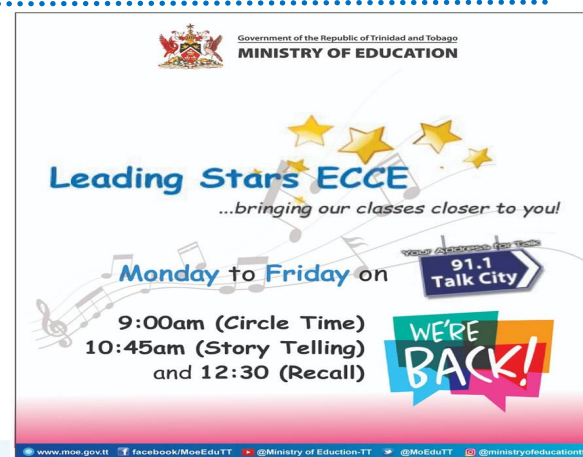
Sidewalk Chalk Obstacle Course

- Draw an obstacle course outdoors with instructions (walking on a line, jumping through squares, stomping on some circles, drawing hand and footprints to walk on, or any other ideas)
- An adult can call out the instructions and demonstrate
- The child will complete the actions

ECCE RESOURCES

For All ECCE Activity Packs <https://www.moe.gov.tt/ecce-activity-packs-2/> they are free to download and print anytime at your convenience

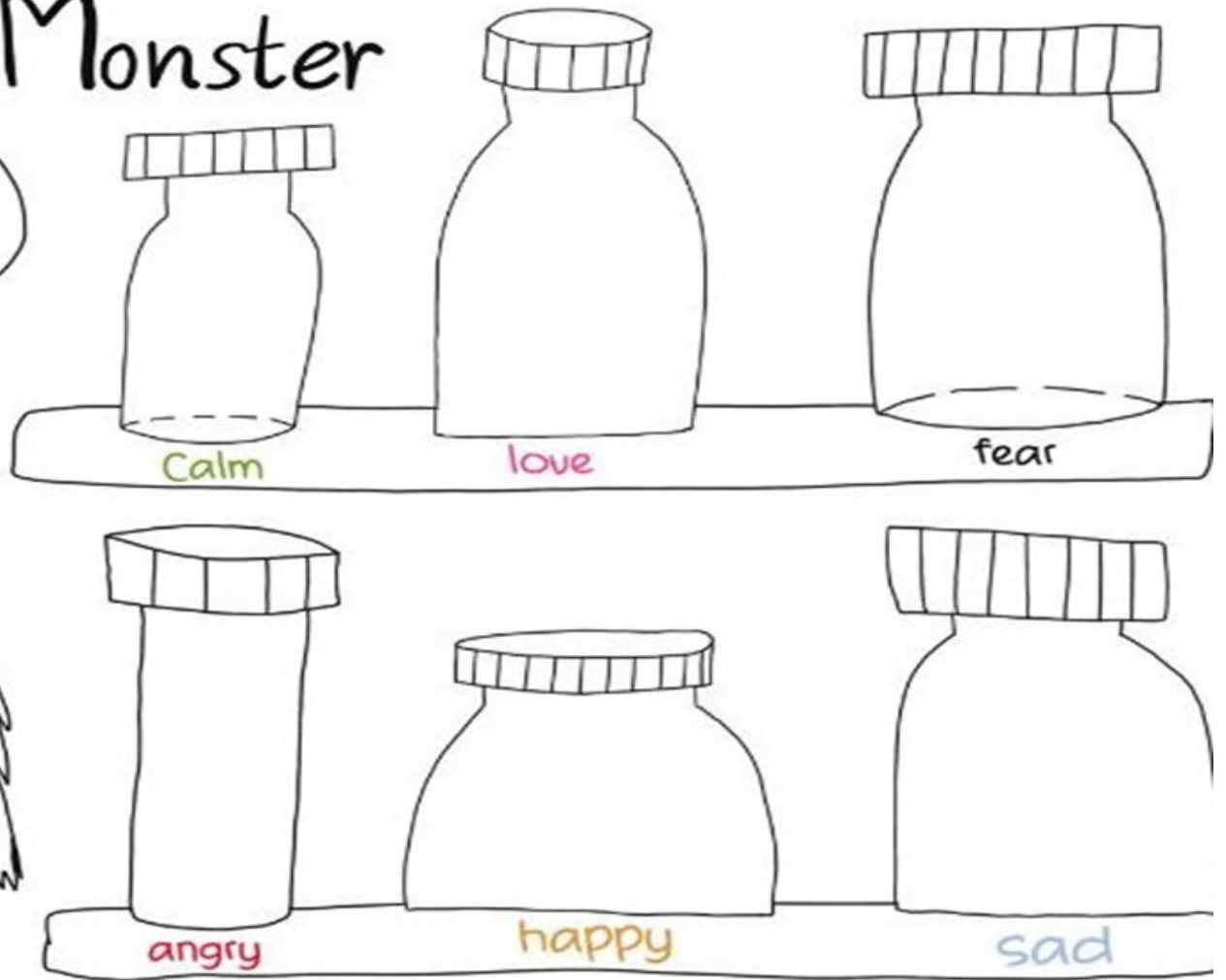
YouTube link for radio programming <https://bit.ly/3Bxz2WO>



Colouring Page

The Colour Monster

The Colour Monster is all mixed up and very confused. Can you help him sort his feelings?



Calm a Llama

