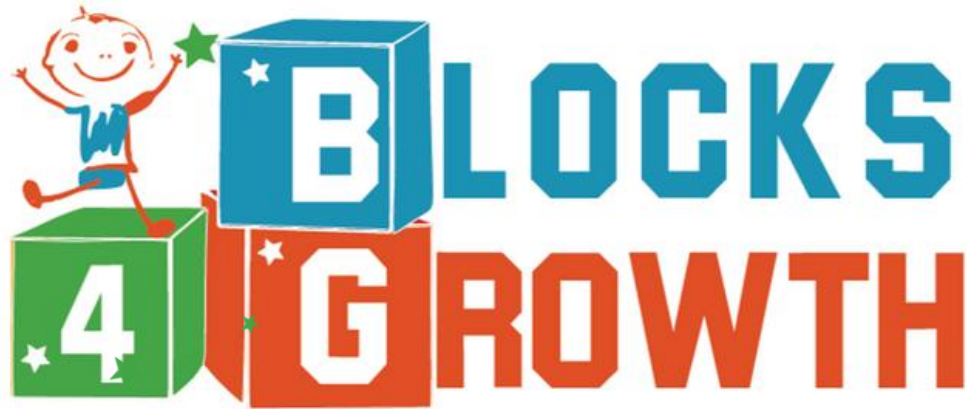




a product of The Learning Initiative



Fun activities
to learn about



my body and

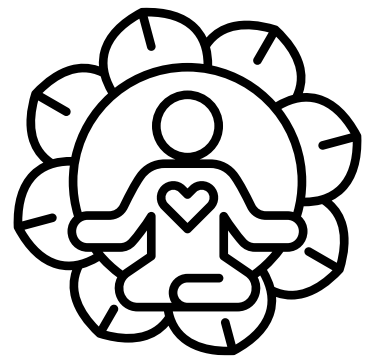


emotions

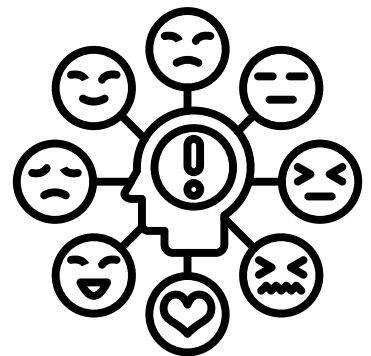
WELCOME CAREGIVERS,

In this booklet you will find activities for you and your child to enjoy together. Children learn best through play, so have fun with these activities. We will be focusing on developing your child's body awareness and knowledge about feelings.

Body awareness involves understanding all body parts, their movements and where they are. This awareness enables us to for example walk without constantly looking at our feet, it helps us judge distances accurately to reach objects, and helps determine the necessary height to lift our leg when stepping on a stair etc.



It is important for children to recognise and name feelings so that they can manage their own feelings. Children who cope well with their feelings are less likely to be aggressive, they can learn better and make friends easier.



Enjoy spending time with your child. You are your child's first and most important teacher.

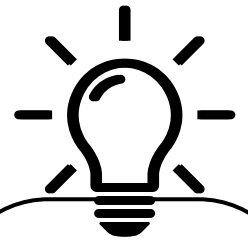


To introduce the different body parts to your child, start by singing the 'Head, Shoulders, Knees and Toes' song.

Head, Shoulders, Knees and Toes

Head, shoulders, knees and toes - knees and toes
Head, shoulders, knees and toes - knees and toes
And eyes and ears and mouth and nose
Head, shoulders, knees and toes - knees and toes.

Arms, hands, legs, and feet - legs and feet
Arms, hands, legs, and feet - legs and feet
And eyes and ears and mouth and nose
Arms, hands, legs, and feet - legs and feet.



Point to
the
body part
as you
say it.

Copycat

Stand face to face with your child and turn them into a 'mirror' copying your every move. From balancing on one foot to moving in slow motion, some actions may pose a challenge based on your child's age and skills. This playful activity can motivate them to master these tricky moves with a splash of fun!

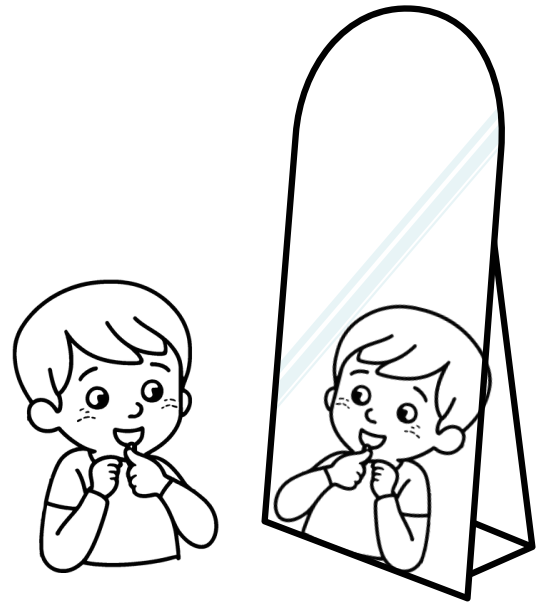


Mirror games

Using a mirror is a great way to help your child see themselves and to learn about the different body parts.

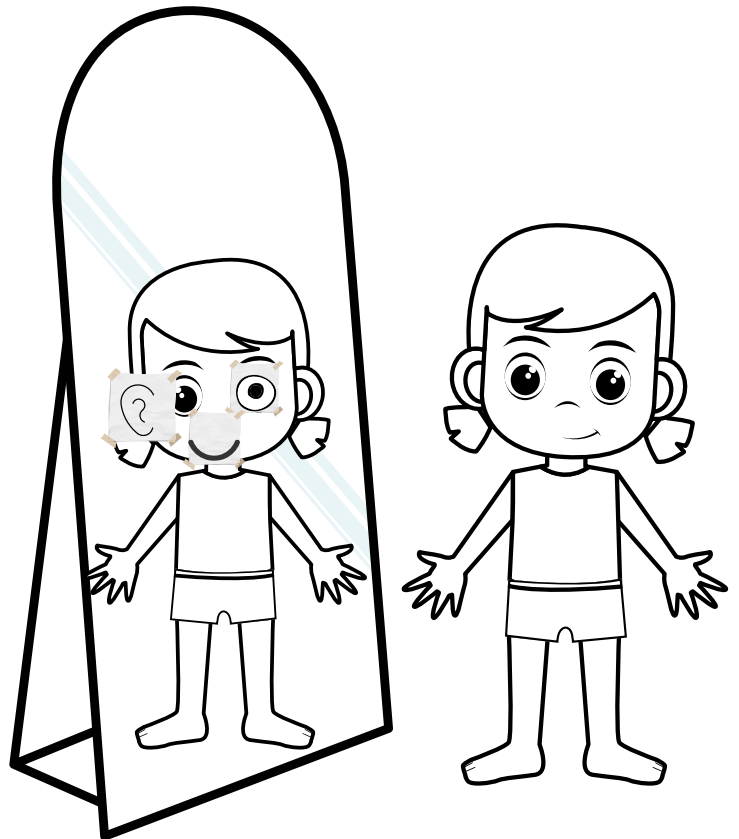
Mirror game 1

Let your child sit in front of a mirror. Talk about their reflection, pointing out their eyes, nose, mouth, hair, etc. Make sure that when you talk about a body part, your child is touching the same body part.



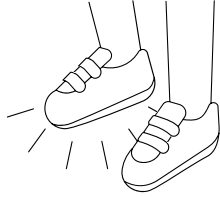
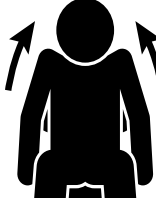
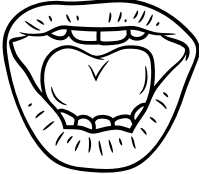
Mirror game 2

Ask your child to draw their different body parts on a piece of paper. Cut out the body parts. Let your child stand in front of a mirror and point to a body part. Say the name of the body part and let your child find the drawn body part and paste it on the mirror reflection. Repeat for each body part.



Simon says

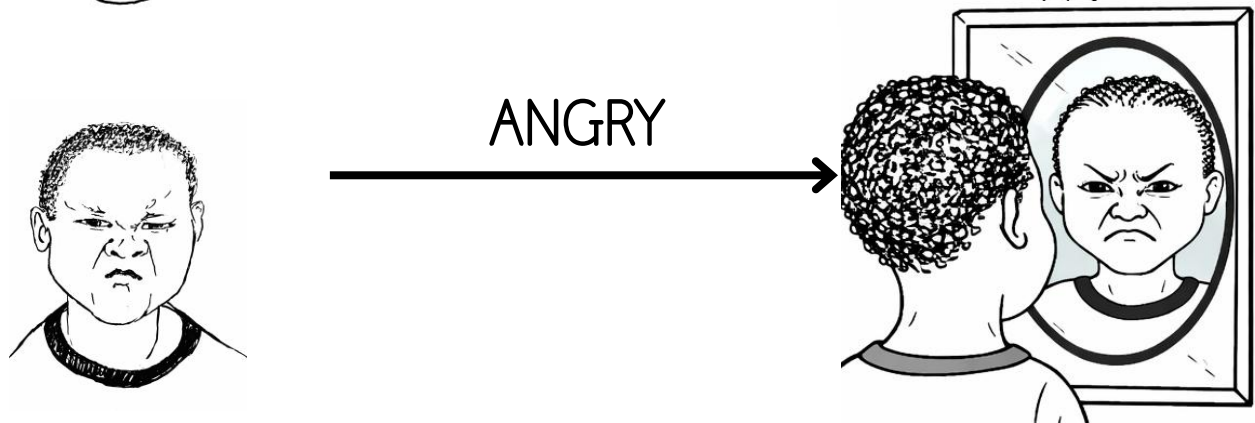
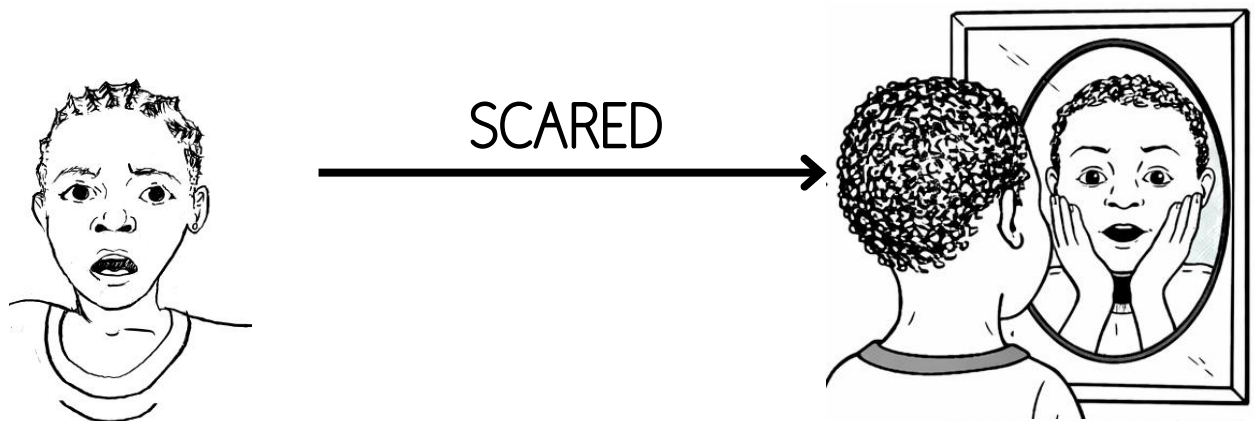
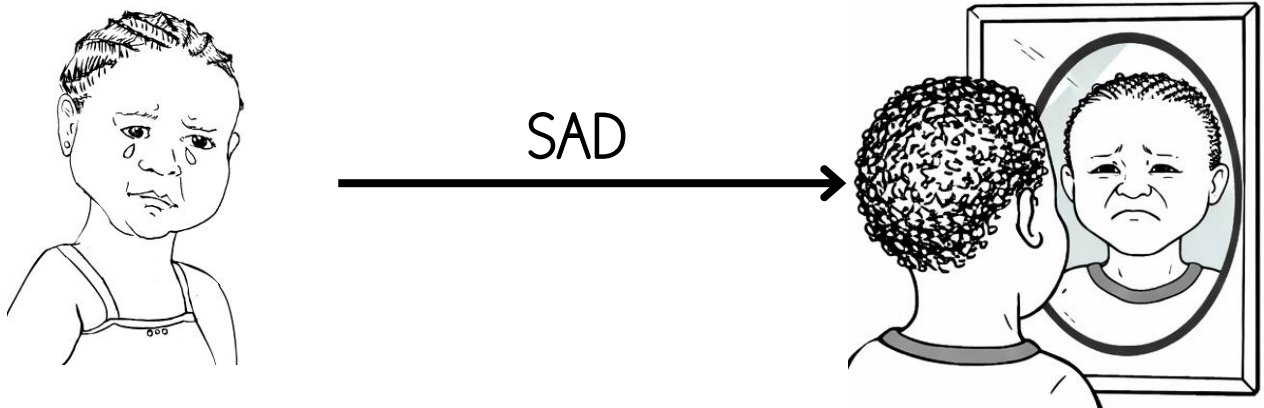
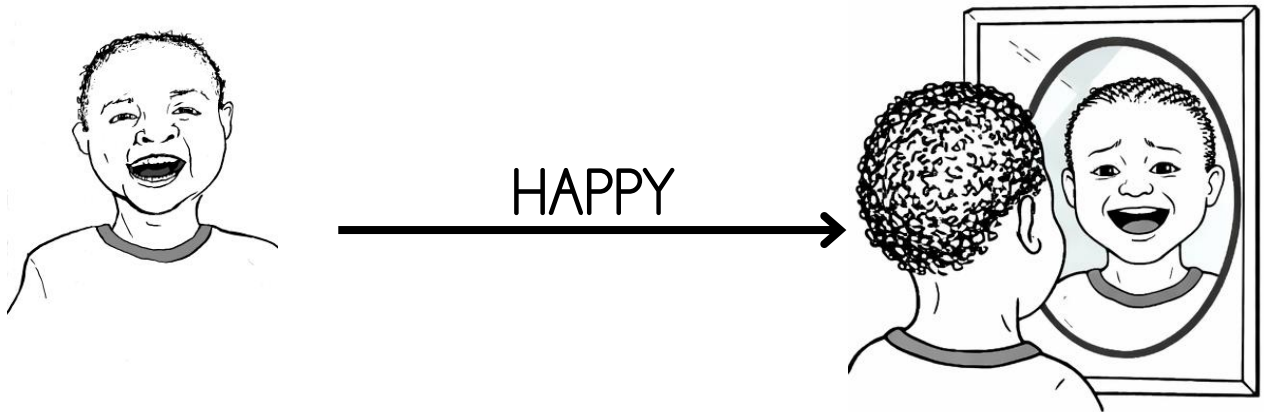
Ask your child to do the different actions below.

stomp your feet	
touch your nose	
shrug your shoulders	
open your mouth	
close one eye	
clap your hands	
stand on one leg	
raise your hand	



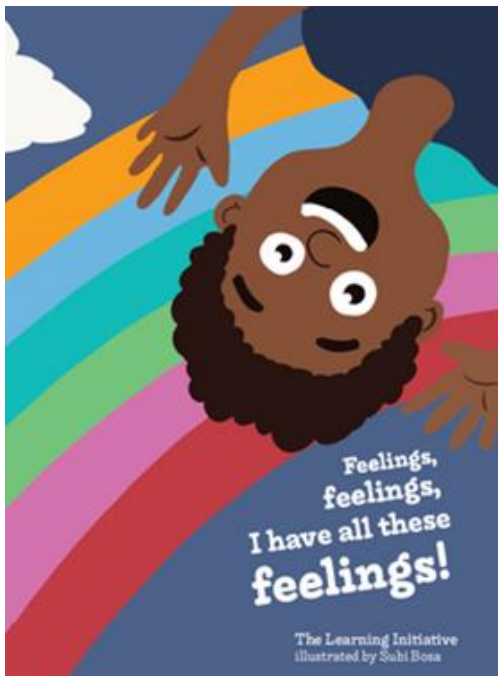
Emotions in the mirror

Ask your child to look in the mirror and make different faces e.g. a happy face, a sad face, an angry face. Ask how their face changes as their feelings change.



Dance your feelings

Tell your child to make up a dance that shows how they are feeling e.g. a happy dance – jump around with a big smile on your face; an angry dance – stomp around the room, with an angry face.



Storytime

Read the “Feelings, feelings, I have all these feelings” book. Talk to your child how they are feeling. Read this book often to your child, so that they feel comfortable talking to you about their feelings.

Sharing circle

While sitting at the table with the family, share your own feelings or something positive about your day. Let each person have a turn. Listen to, and support each other.

Guiding questions:

1. How are you feeling today?
2. What did you like doing today?



Feelings thermometer

A feelings thermometer is a visual aid that helps children identify and express their emotions on a scale. Colour in the different feeling faces using a range of colours. For example: red = angry. Ask your child every day to show you, on the thermometer, how they are feeling. Talk about why they are feeling that way and what they can do to feel better if they are not feeling happy.

How are you FEELING ?



-----ANGRY-----



-----WORRIED-----



-----SAD-----



-----HAPPY-----

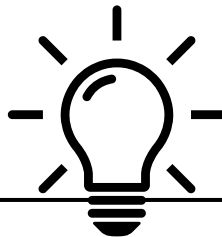


Calm down bottles

Calm down bottles are bottles filled with glitter and water to help children relax and regulate their emotions. This will help your child to self-soothe and manage strong emotions.



Together with your child, fill a clear plastic bottle with water and glitter or small cut up pieces of tinfoil/sweet packets. Ask your child to shake the bottle and watch the glitter settle. This will help to calm your child down when feeling upset or overwhelmed.



What can you add to the calming bottle?

Glitter: A popular choice, as the slow descent of glitter while shaking the bottle can be calming.

Small objects: Tiny plastic animals, buttons, beads, or even small pieces of broken jewellery can add visual interest.

Natural objects: Shells, dried flowers, or small pebbles can be incorporated for a nature-inspired theme.

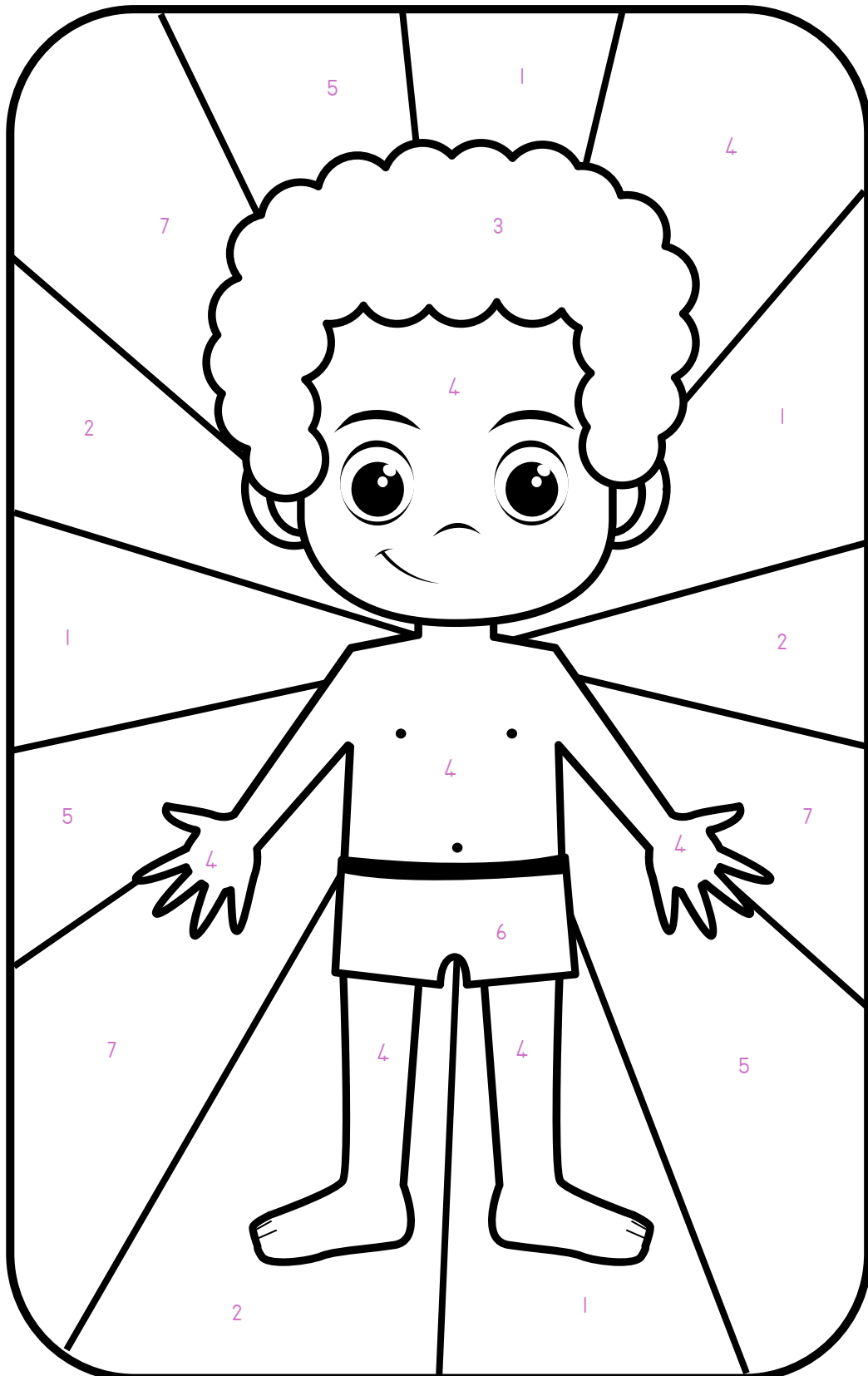
Food coloring: A few drops can add colour to the liquid.

Liquid consistency: While water is most common, some people might use a mixture of water and glycerin/soap for a slower movement of the contents.



Colour by number

- | | | |
|-------------|--------------|--------------|
| ○ 1 - blue | ○ 4 - brown | ○ 7 - orange |
| ○ 2 - green | ○ 5 - red | |
| ○ 3 - black | ○ 6 - yellow | |

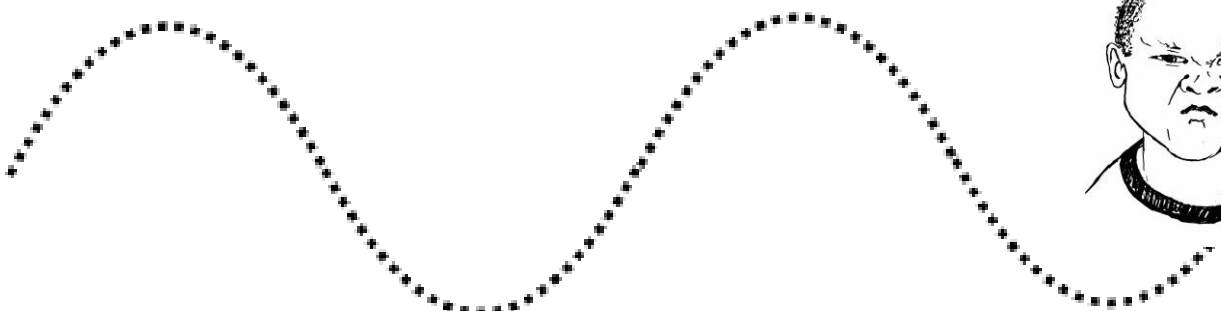
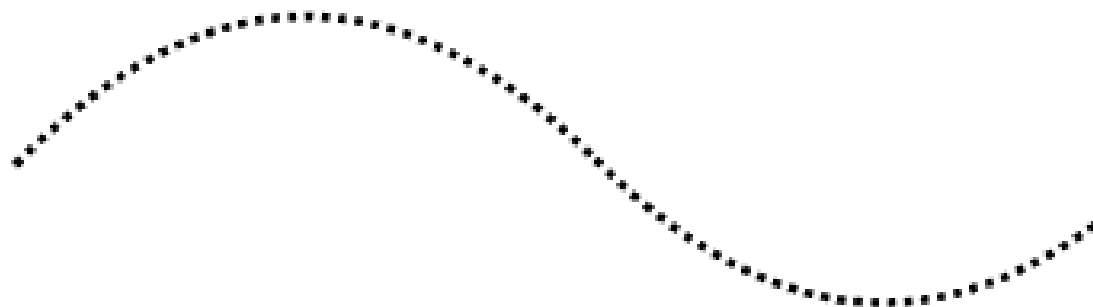


Draw a picture of yourself

Remember, you are special, unique and wonderfully made.



First, trace the lines to the child with your finger, then use a crayon to trace them again.



DIY recipe

DIY Playdough Recipe:

Ingredients:

- 1 cup of flour
- $\frac{1}{4}$ cup of salt
- $\frac{1}{2}$ cup water
- 1 teaspoon vegetable oil
- Food colouring



Method:

Step 1: Place the flour and salt in a bowl

Step 2: Add water, oil and food colouring

Step 3: Stir well and knead

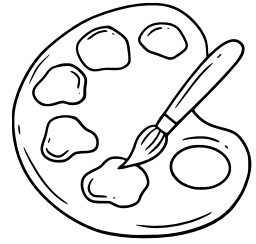
Step 4: If too wet, add more flour

The Playdough recipe can last for a few weeks. Store it in an airtight container in the fridge to last longer.

DIY Paint Recipe:

Ingredients:

- 1 cup flour
- 1 cup salt
- 1 cup water
- Food colouring



Method:

Step 1: Place flour and salt in a bowl

Step 2: Add water and food colouring

Step 3: Stir well

You can also add glitter, sand or more salt to the paint mixture for some extra texture.

DIY Bubbles Recipe:

Ingredients:

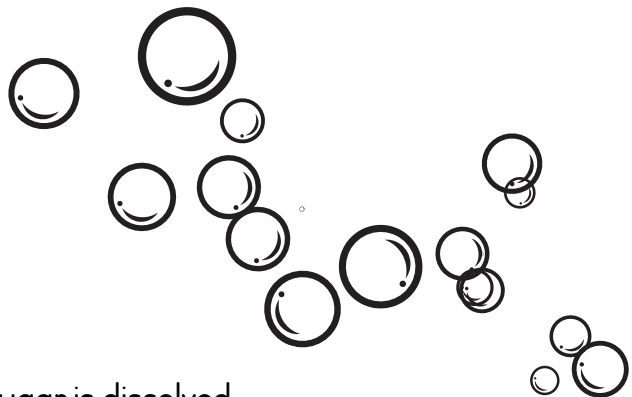
- 4 tablespoons water
- 1 tablespoon dish soap
- 2 tablespoons sugar

Method:

Step 1: Add the water to a small bowl

Step 2: Pour dish soap into the water

Step 3: Add sugar and stir gently until the sugar is dissolved



Fill up your bubble container with the bubble mixture and use your bubble wand to blow bubbles.

You can also just use water and soap without sugar, but the sugar helps the bubbles to stay in shape for longer before popping.

