**Children’s Mental Health Week**

**Thoughtful Thursday**

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| **On the Move** |
| **Emotion Building Blocks**  Draw separate facial features (eyes, nose, and mouth) in a range of emotions on individual blocks. Help your child roleplay and identify each emotion during block construction. |
| **Sensory** |
| **Pay it Forward**  **Spreading kindness is as simple as…**  1. Smiling at people.  2. Ask someone to join in a game.  3. Help clean-up the classroom or your bedroom.  4. Give someone a compliment.  5. Make a special effort to say thank you.  6. Make a card for a fiend.  7. Draw a picture for someone.  8. Help a friend with something. |
| **Art and Creativity** |
| **Happy & Sad Paper Plates**  A great activity to assist you with tuning in to your toddler’s different feelings.  **Materials:**  • Paper plates • Paper • Crayons/markers • Glue/tape • Popsicle sticks • Hand held mirror or a mirror your toddler can see themselves in  **Instructions:**  1. Have your toddler look in the mirror and make a happy face in the mirror.  2. Have them draw their happy face on one side of the plate including eyes, nose, hair and smiling mouth. If you do not have paper plates, you can cut a large circle out of paper.  3. Have your toddler look back in the mirror and draw themselves with a sad face.  4. Glue or tape a craft stick to create a handle on the bottom of their face.  5. Use their plate throughout day and ask questions about feelings. They can turn their "face" to show the side that |
| **Story Time** |
| **Pass It On**  When you laugh or smile, pass it on! A fun story about giving, sharing, and joy.  Read Aloud: <https://www.youtube.com/watch?v=RBvy9nK2q3E> |
| **Adventures Online** |
| [One Little Finger](https://www.youtube.com/watch?v=eBVqcTEC3zQ)  Sing along and follow the directions. When you finish, see if you can come up with your own moves.  Our little fingers are much smaller than an elephants trunk! Watch the [elephant yard cam](https://www.houstonzoo.org/explore/webcams/elephant-yard-cam/) at the Houston Zoo and see if you can spot how many fingers an elephant has on the tips of their trunks. |