**Child Mental Health Week**

**Talk it Out Tuesday**

|  |
| --- |
| **On The Move** |
| **Finding Feelings**  Draw and cut out faces representing several emotions from paper (mad, happy, sad, scared, etc.) Tape the faces throughout room. Have your child find the emotions and collect them in their basket/container. |
| **Sensory** |
| **Play and Clean-up**  After every mess comes clean up time.  **Materials:**  1. Table or like surface  2. Shaving cream  **Instructions:**  1. Put desired amount of shaving cream on the table.  2. Allow your child to be creative with the shaving cream.  3. When finished assist your child with the clean-up. Washing their hands and the table. |
| **Art and Creativity** |
| **I Love Me!**  Create a self-portrait to show who you truly are!  **Materials:**  • Paper plate  • Crayons/markers  • Yarn/string  • Glue .  **Instructions:**  1. Use your crayons or markers to draw your face inside of the circle of the paper plate.  2. Talk with your child about all their facial features (eyes, nose, ears, mouth, chin, forehead,  etc.) and have them draw the facial features to the face.  3. Glue yarn or string to the top of the plate to create hair.  4. Ask your child where they would like to display their self-portrait masterpiece. |
| **Story Time** |
| **In My Heart**  Have you ever felt happiness, sadness, bravery, anger or shyness? Do you understand why it feels that way? Join us as we read along to this charming story about feelings and emotions.  Read Aloud: <https://www.youtube.com/watch?v=xIfLgHBwYx4> |
| **Adventures Online** |
| [Tip Toe Tuesday](https://www.youtube.com/watch?v=JRMAptlBgTk&list=RDQMuHtDtqiFYYM&index=13)  Walking, galloping, tiptoeing…what other ways can we go around the circle?  Speaking of walking…  Watch [penguins](https://www.calacademy.org/learn-explore/animal-webcams) wobble-walk “live” from the California Academy of Sciences Webcam! |