

Mindfulness, Emotions & Feelings Activities for Monday

On the Move

Emotion Building Blocks

Help your child to identify emotions and improve their fine motor skills.

Materials:

- Large plastic linking blocks
- Permanent marker

Instructions:

1. Draw separate facial features (eyes, nose, and mouth) in a range of emotions on individual blocks.
2. Allow the marker to dry fully before manipulating.
3. Allow your child to construct different emotions and identify each as they are created.

Adventures Online

Mindfulness

What is mindfulness from a child's perspective? Try the different calming activities with your child to teach them how to calm when they are feeling anxious, angry or frustrated.

<https://www.youtube.com/watch?v=nqMRbAHANDY>

Sensory Time

Exploring Emotions

Our days are filled with emotions, happy, sad, mad and excited. How are you feeling today?

Materials:

- Colored dot stickers
- Paper

Instructions:

1. Draw a happy, sad, angry and surprised faces on them on each of the colored dot stickers.
2. Give them a name for each emotion.
3. Allow children to put stickers on to the paper.
4. Make the face your child has chosen and have them mimic you. Talk about how you are feeling today.

Story Time

Rachel's Day in the Garden

Practice yoga poses as you act out a day in the garden with Rachel.

Read Aloud: <https://www.youtube.com/watch?v=OP35IIWpm4w>

Arts and Creativity

The More We Get Together

Have fun singing this "happy" song with your toddler.

The More We Get Together

The more we get together,
Together, together,
The more we get together, the happier we'll be.
Because your friends are my friends,
And my friends are your friends.
The more we get together, the happier we'll be!