Mindfulness, Emotions & Feelings Activities for Tuesday

On the Move

If You're Happy and You Know It Puppet Party

If you're happy and you know it, pick a puppet.

Materials:

- Paper plates
- Scissors
- Markers, crayons, or any art materials
- Popsicle Sticks
- Glue

Instructions:

1. Cut each paper plate in half.
2. Draw various emotions (happy, mad, sad, surprised, etc.) on the lower half of the paper plate mouths to make each facial expression.
3. Glue a popsicle stick to the back of each emotion plate.
4. Sing the song "If You're Happy & You Know It" and change the emotion with each round. Ask your child to hold up the paper plate to their face that matches the emotion you sing.

Adventures Online

R is for Routine

During a pandemic routine is very important. Create and talk about your daily routine with your child. Having a routine helps a child to know what comes next in their day. This can help with anxiety and stress.

https://www.sesamestreet.org/videos?vid=25351

Sensory Time

Happy Snack

What's better than a snack? A happy snack.

Materials:

- Bread
- Cheerios or cereal of your choice
- Bananas
- Peanut butter or spread of your choice
- Knife

Instructions:

1. Apply peanut butter (or spread of your choice) to your bread.
2. Use cereal or cut bananas to make a happy face on the bread.
3. Rearrange the cereal or cut bananas to make other emotions and talk about them with your child.

Story Time

I Am Peace

Learn what mindfulness means and find new ways to stay calm.

Read Aloud: https://www.youtube.com/watch?v=hXA3837uv3w

Arts and Creativity

My Book of Feelings

Toddlers will have a great time, creating a book about their feelings.

Materials:

- Paper
- Crayons/markers
- Glue
- Pictures of your child or pictures of toddlers making different faces

Instructions:

1. Assist your toddler in drawing a variety of emotions (happy, sad, mad, excited etc. on different sheets of paper) and label each emotion that the child made. You can also take pictures of your child or cut out pictures from magazines of children making the different faces.
2. Add the pictures onto each sheet of paper labeling each emotion.
3. As you make each page, decorate the paper however your child will like.
4. Staple, hole punch or glue pages together to make a book.
5. Have your toddler read the book to you and enjoy their book of feelings.