

## Mindfulness, Emotions & Feelings Activities for Wednesday

### On the Move

#### Finding Feelings

Have you ever been on an emotion hunt? Well here's your chance!

Materials:

- Paper
- Art Materials
- Tape
- Basket or Container

Instructions:

1. Draw and cut out faces representing several emotions from the paper (mad, happy, sad, scared, etc.)
2. Tape the faces throughout your home or in various places outside.
3. Ask your child to find the emotions and collect them in their basket/container.

### Adventures Online

#### Empathy

Learn about Empathy with Mark and Murray. Talk with your child about his/her feelings and the feelings of others as you explore and learn about empathy.

<https://www.sesamestreet.org/videos?vid=3204>

### Sensory Time

#### Musical Emotions

Music is a fun and creative way to express emotions. What kind of music describes how you're feeling today?

Materials:

- Various types of music
- Musical instruments/household items as instruments (pots/pans, boxes, wooden spoons, etc.)

Instructions:

1. Play some music and ask your child if the music sounds exciting, happy or scary.
2. Play the musical instruments with your child and discuss if the music you're making is exciting, happy or scary.

### 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=xlfLgHBwYx4>

## Arts 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 corresponds to the question or statement. (Example: "You need to go to bed early. Are you happy or sad?" or "We are going to the playground. Are you happy or sad?")