

	Monday <a href="#">Activity link</a>	Tuesday <a href="#">Activity link</a>	Wednesday <a href="#">Activity link</a>	Thursday <a href="#">Activity link</a>	Friday <a href="#">Activity link</a>
<b>On the Move</b>	<u>Emotion Building Blocks</u> Help your child to identify emotions and improve their fine motor skills.	<u>If You're Happy and You Know It Puppet Party</u> If you're happy and you know it, pick a puppet.	<u>Finding Feelings</u> Have you ever been on an emotion hunt? Well here's your chance!	<u>Happy/Sad Sort</u> Your child will enjoy this happy vs. sad sorting relay.	<u>Pass the Ice Cream</u> Even though ice cream is hard to share, we love sharing with our friends!
<b>Adventures Online</b>	<u>Mindfulness</u> What is mindfulness from a child's perspective?	<u>R is for Routine</u> During a pandemic, routine is very important.	<u>Empathy</u> Learn about Empathy with Mark and Murray.	<u>Super Salad</u> Make a healthy salad with Bert and Ernie.	<u>Mindful Movement</u> Learn these movements to calm your body.
<b>Sensory Time</b>	<u>Exploring Emotions</u> Our days are filled with emotions, happy, sad, mad and excited.	<u>Happy Snack</u> What's better than a snack? A happy snack.	<u>Musical Emotions</u> Music is a fun and creative way to express emotions.	<u>Expressive Walk</u> Feeling emotions can make you react in different ways.	<u>Self Portrait</u> Making faces can be so much fun. Tell me what face you're making.

<p><b>Story Time</b></p>	<p><u><i>Rachel's Day in the Garden</i></u> Practice yoga poses as you act out a day in the garden with Rachel.</p>	<p><u><i>I Am Peace</i></u> Learn what mindfulness means and find new ways to stay calm.</p>	<p><u><i>In My Heart</i></u> Read along to this charming story about feelings and emotions.</p>	<p><u><i>Bedtime with Blippi</i></u> Enjoy this great bedtime story for young children.</p>	<p><u><i>NOW</i></u> Enjoy this story about a little girl who takes us on a tour through all her favorite things.</p>
<p><b>Arts and Creativity</b></p>	<p><u><i>The More We Get Together</i></u> Have fun singing this "happy" song with your toddler.</p>	<p><u><i>My Book of Feelings</i></u> Toddlers will have a great time, creating a book about their feelings.</p>	<p><u><i>Happy &amp; Sad Paper Plates</i></u> A great activity to assist you with tuning in to your toddler's different feelings.</p>	<p><u><i>Show Me How You Feel</i></u> Your toddler will have fun creating this fun art choice.</p>	<p><u><i>Shape Feelings</i></u> Enjoy this collage of shapes while creating their emotions.</p>