**Children’s Mental Health Week**

**Feelings Friday**

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| **On the Move** |
| If you’re happy and you know it, pick a puppet.  Create various emotional faces puppets (happy, mad, sad, surprised, etc.) using paper plates and popsicle sticks. 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. |
| **Sensory** |
| **Being me**  Beautiful faces everywhere. This one is mine.  **Materials:**  1. Child safe mirror  2. Paper  3. Crayons  **Instructions:**  1. Have your child look at themselves in the mirror and describe what they see.  2. Now celebrate being YOU! |
| **Art 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. |
| **Story Time** |
| **The Good Egg**  Dynamic duo Jory John and Pete Oswald hatch a funny and charming story that reminds us of the importance of balance, self-care, and accepting those we love (even if they are sometimes a bit rotten).  [The Good Egg | Book Read Aloud I Self Care & Self Love - YouTube](https://www.youtube.com/watch?v=PCGgoQQDf0M) |
| **Adventures Online** |
| Friday Dance Party to celebrate our minds and bodies:  [Dance and Freeze](https://www.youtube.com/watch?v=A1vdKfXlB_g)  [Move!](https://www.youtube.com/watch?v=VsgpUHUYuJI)  [Happy Dance](https://www.youtube.com/watch?v=-WmJEdye_gQ) |