



Children's Mental Health Week 2025- Infant and Toddler Activities



	Mindful Monday, May 5th	Talk it Out Tuesday, May 6th	Wellness Wednesday, May 7th	Thoughtful Thursday, May 8th	Feelings Friday, May 9th
On the Move	<u>Finding Feelings</u> PDM3.2a Draw and cut out faces representing several emotions from paper (mad, happy, sad, scared, etc.) Tape the faces throughout room. Have your child find the emotions and place in baskets.	<u>Affirmation Toss</u> PDM1.2b Use positive self-talk to regulate your emotions. Practice by throwing a ball into a basket and saying one thing that you love about yourself or a friend with each throw.	<u>Flower and Candle Breathing</u> PDM1.2e Choose a hand to be your flower. Use the <u>pointer finger of your other hand to be your candle. Take turns smelling the flower taking deep breaths in and blowing out the candle taking big breaths out. Close your eyes and take a breath with a friend.</u>	<u>Friendship Bracelet</u> PDM6.1b <u>Create a colorful bracelet to share with a friend! Cut out several small hearts with multi-color construction paper, then poke a small hole in the center of each one. Place pipe cleaners and hearts together and encourage children to string the hearts onto the pipe cleaners in different patterns. Once the children have finished, encourage each child to bend the pipe cleaner into a bracelet to share with a friend or family member.</u>	<u>Hug Relay</u> PDM5.1b <u>Quickly collect and hug all your favorite toys! Place a basket in the middle of the room and soft toys around the room. Encourage your child to run to a toy, run to the basket, give the toy a big hug, and place it in the basket. Encourage the children to repeat until all the toys have been hugged and put away.</u>
Sensory	<u>Molding Emotions</u> PDM4.1a Use play-dough to make different faces displaying different emotions. Practice squishing, rolling, and exploring the many different emotions.	<u>Bubble Sensory Bottle</u> PDM6.2a Fill an empty bottle or tube with water, glitter, clear glue, and 2 drops of soap and seal tightly. Move the bottle up and down and breath as you watch the bubbles move.	<u>Yoga for Kids and Babies</u> PDM5.1a <u>Start the week off perfectly positioned!</u>	<u>Upside Down Mural</u> SED5.2e Work together with your friends to create a mural. Tape large chart paper underneath tables and encourage children to lay on their backs under the table to color and create a picture together to describe how they are feeling.	<u>Musical Emotions</u> SED2.2b What kind of music describes how you are feeling today? Materials: Various types of music. (you may also use instruments or household items as instruments) Play some music and discuss if the music sounds exciting, happy or scary.
Art and Creativity	<u>Feelings Tree</u> CD-CR2.1a Let's make a feelings tree. Use crayons/markers to draw a tree with branches. Each branch will represent one of your feelings. Get creative and draw the sky, some grass or even flowers or birds. Let the children tear strips of construction paper and glue it onto their tree to decorate and talk about their emotions.	<u>I Love Me!</u> SED1.1a Create a self-portrait to show who you truly are! Materials: Paper plate, Crayons, Yarn/String, and Glue Instructions: Talk about facial features (eyes, nose, ears, mouth, chin, forehead, etc.) and draw the facial features. Glue yarn or string to the top of the plate to create hair. Ask your child where they would like to display their self-portrait masterpiece.	<u>My Book of Feelings</u> CP1.2a How do I feel? 1. Help children look for a variety of emotions from magazines of children (or adults) making the different faces. You may take pictures of the children expressing different emotions 2. Add the pictures onto each sheet of paper labeling each emotion. 3. Staple, hole punch or glue pages together to make a book. 4. Enjoy your book!	<u>I'm Glad to Be Me</u> SED 1.2c Enjoy this fun fingerplay all about you! I'm Glad to Be Me I look in the mirror and what do I see. I see the me. No one else can be. (look at yourself in the mirror) I am bold. I am glad to be me. My hair, my face, and my personality. (point to yourself) My size, my shape. The color of my skin. All make up me, outside and in! (point to yourself and give yourself a high five.)	<u>Happy/Sad Sort</u> CD-MA4.2b Select photos to represent happy and sad emotions. Label two empty bucket with "Happy" and "Sad". Ask your child to identify the emotion in each picture and place in matching bucket.
Storytime	<u>Leo's Roadtrip</u> by Lisa Balser SED2.1b Let's learn about our emotions and how to name them with Leo on a road trip.	<u>Alphabreaths The ABC's of Mindful Breathing.</u> by Christopher Willard and Dainel Rechtschaffen SED 3.2c Incorporate this positive coping skill into your class routine, as you Take A Breath Together!	<u>Hot Dog</u> by Doug Salati SED 3.2a Some days can bring stress and worry. Let's find our happy place and breathe calm breathes with a friend or a dog!	<u>Giraffes Can't Dance</u> by Giles Andreae CLL2.2b Everyone is different and we all have our own special dance. Join us as we hear about Gerald the giraffe's dance moves.	<u>The Way I Feel</u> by Janan Cain CCL 2.2b There are so many different feelings for us to experience. How are you feeling today? Let's talk about it.
Math and Technology	<u>Friendship Seeds</u> SED5.1a I am kind. I am strong. I am a good friend. Find some seeds and good soil. Decorate a small planter with a friend. Count how many seeds you put in and see what your friendship can grow together!	<u>Jumping Breaths</u> CD-MA2.2b Let's take some jumping breaths by breathing a deep breath in and jumping high. Then, land and take a deep breath out. How many breaths can you count?	<u>Calming Bubbles</u> SED1.2c Practice dipping a bubble wand into the bubble liquid and then taking it out. Shake or blow out as many bubbles as you can! Count the bubbles and take deep breaths as they fly.	<u>Rock the Baby</u> CD-MA2.2c Use a baby doll and talk about the things that baby's need, such as milk, warmth, hugs, diapers, etc. Practice rocking the baby and counting the baby's fingers and toes. What are some things you need to make you feel comfortable?	<u>Feelings Friday Dance Party</u> CD-MA4.1c Tune-in to our Feelings Friday dance party or dance to your own beat! Have fun with your friends moving and grooving.