



Infant and Toddler
Children's Mental Health Week
Activities



Georgia Dept
of Early Care
and Learning
BRIGHT FROM THE START



Nutrition
Services
DECAL

	Mindful Monday, May 6 th	Talk It Out Tuesday, May 7 th	Wellness Wednesday, May 8 th	Thoughtful Thursday, May 9 th	Feelings Friday, May 10 th
On The Move	<p>Happy/Sad Sort CD-MA4.2b</p> <p>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.</p>	<p>Friendship Bracelet PDM6.1b</p> <p><i>Create a colorful bracelet to share with a friend!</i></p> <p>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.</p>	<p>Finding Feelings PDM3.2a</p> <p>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.</p>	<p>Starfish Breathing PDM1.2e</p> <p>Choose a hand to be your starfish. Use the pointer finger of your other hand to trace your hand as you breathe in and out envisioning your starfish.</p>	<p>Hug Relay PDM5.1b</p> <p><i>Quickly collect and hug all your favorite toys!</i> 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.</p>
Sensory	<p>Yoga for Kids and Babies PDM5.1a</p> <p>Start the week off perfectly positioned.</p>	<p>Upside Down Mural SED5.2e</p> <p>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.</p>	<p>My Book of Feelings CP1.2a</p> <p><i>How do I feel?</i></p> <ol style="list-style-type: none"> 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! 	<p>Musical Emotions SED2.2b</p> <p>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.</p>	<p>Feelings Finger Play PDM 5.2a</p> <p>Each emotion is different in their own special way. Have fun with this finger play about all types of families.</p> <p>Some feelings are big (spread arms out wide) Some feelings are small (bring arms together) Some feelings are fast and fierce (run in place) Some feelings are calm and quiet (bring hands together) But I LOVE my self and ALL of my feelings!! (cross arms across chest as if you are hugging yourself)</p>
Art & Creativity	<p>Feeling Faces: Play Dough Mats CLL1.1a</p> <p>Use the mats to make feeling faces out of play dough or other sand/clay material. Laminated mats can also be used with dry erase markers for easy wipe off when play is done.</p>	<p>I Love Me!: SED1.1a</p> <p>Create a self-portrait to show who you truly are!</p> <p>Materials: Paper plate, Crayons, Yarn/String, and Glue</p> <p>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.</p>	<p>I'm Glad to Be Me SED 1.2c</p> <p>Enjoy this fun fingerplay all about you!</p> <p>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)</p> <p>I am bold. I am glad to be me. My hair, my face, and my personality. (point to yourself)</p> <p>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)</p>	<p>Feelings Tree CD-CR2.1a</p> <p>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.</p>	<p>Art Adventures: CLL1.1c</p> <p>Set up art experiences for children, such as painting on newsprint or wallpaper samples. Talk about what they are creating. Say, "Tell me about your picture." Record their comments, write them on their artwork and read them to the children. "Here's what you said about your picture."</p>
Storytime	<p>Leo's Road Trip by Lisa Balsler</p> <p>Let's learn about our emotions and how to name them with Leo on a road trip!</p>	<p>Suri the Spider Selects a Solution by Chelsea T. Morris, Carlie Sandefur, Cristina Alicot, and Lise Fox CLL3.ob</p> <p>Help Suri to find a solution and learn about sharing with her friends.</p>	<p>The Way I Feel by Janan Cain: CCL 2.2b</p> <p>There are so many different feelings for us to experience. How are you feeling today? Let's talk about it.</p>	<p>Giraffes Can't Dance by Giles, Andreae CLL2.2b</p> <p>Everyone is different and we all have our own special dance.</p> <p>Join us as we hear about Gerald the giraffe's dance moves.</p>	<p>How do Dinosaurs Stay Friends? PDM1.oe By Jane Yolen</p> <p>Our friends make every day better! What are some ways you like to play with your friends and treat them with kindness.</p>
	Happy, Sad, and More	Name that Emotion	The Selfish Crocodile SED2.ob	Daniel Tiger: "Things you	Friday Dance Party

Post pictures using #DECALCMHWeek2024 #KidsMindsMatter <http://www.decal.ga.gov/PreK/WelcomeToGAPreKAtHome.aspx>