**Child Mental Health Week**

**Wellness Wednesday**

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| **On the Move** |
| **Happy/Sad Sort**  Select photos that clearly represent happy and sad emotions from magazines, family photos, etc. Label two empty containers with “Happy” and “Sad”. Ask your child to identify the emotion in each picture and place in correct |
| **Sensory** |
| **Musical Emotions**  Music is a fun and creative way to express emotions. What kind of music describes how you are feeling today?  **Materials:**  1. Various types of music. (you may also use instruments or household items as instruments)  **Instructions:**  1. Play some music and discuss if the music sounds exciting, happy or scary.  \* you may also use various household items to make expressive music. i.e. Pots and pans, boxes and even a firm pillow. |
| **Art and Creativity** |
| **Show Me How You Feel**  Your toddler will have fun creating this free art choice.  Materials: • Paper • Paint, crayons or markers Instructions: 1. Have your toddler paint or draw how they are feeling today. 2. When they are done, ask them to name their picture with a feeling 3. Talk to your toddler about how they felt while they were making their picture |
| **Story Time** |
| **Rachel’s Day in the Garden**  Practice yoga poses as you act out a day in the garden with Rachel.  Read Aloud: <https://www.youtube.com/watch?v=OP35lIWpm4w> |
| **Adventures Online** |
| [Things you can do when you are feeling sad…](https://www.bing.com/videos/search?q=Daniel+Tiger%2c+sing+a+sad+song+can+help+you+feel+better&docid=607990747962476596&mid=730C7A1D5602F464617E730C7A1D5602F464617E&view=detail&FORM=VIRE)  Talking or hugging, a puppet show too! What else cheers you up when you are feeling sad? |