



**Preschool and Pre-K
Children's Mental Health Week
Activities**



**Georgia Dept
of Early Care
and Learning**
BRIGHT FROM THE START



**Nutrition
Services**
DECAL

	Mindful Monday, May 1 st	Talk It Out Tuesday, May 2 nd	Wellness Wednesday, May 3 rd	Thoughtful Thursday, May 4 th	Feelings Friday, May 5 th
Literacy	First, learn the proper technique to Belly Breathe , then enjoy listening to the story Belly Breathe recall the way we put our hands on our belly to breathe out the bad. SED 3.4b;CLL 5.4d	It's Okay to Be Different Listen to this read aloud with your child. Have your child identify which characters in the book are like them. SED5.4d;CLL5.4c	Don't Feed the Worry Bug Engage in a discussion about how your child feels when they worry. What does a worry face look like? What did Wince do to get rid of the Worry Bug? CLL5.4c;SED3.4b	You Matter Discuss the story as you read along. Has anyone ever said you were a pest? If you fall, has anyone ever been too busy to help you? CLL 5.4D; SED 1.4a	The Boy with Big, Big Feelings Why did the boy try to stuff all his feelings deep down? What changed? Why did he feel he no longer had to hide his emotions? CLL5.4c; SED5.4d
Phonological Awareness	Mother Goose Monday Have your child choose their favorite nursery rhyme to see and say together or introduce him/her to your favorite! SED4.4c;CLL6.4b	I Say, You Say I say /H/...you say /elp/ /H/ - /elp/ /H/ - /elp/ What do we do for others? We HELP our friends! (try it again with other words) SED4.4d;CLL6.4f	Willaby Wallaby Wednesday Help your child make up rhyming words for their name and the names of other family members. You can also try to rhyme some of the Mental Health vocabulary words like: Kind, Feelings, Sad, etc. CLL6.4b; SED3.4b	What's that Sound? Go outside with your child, get comfortable, be perfectly still, quiet, and close your eyes. See who can spot sounds, using only his/her ears. CLL6.4a; SED 1.4c	Sentence segmenting Say simple sentences, like: I can handle it. Using small objects like pebbles or pennies, count the words by placing one penny in a line for each word. CLL6.4d; SED3.4b
Music & Movement	Don't Worry...Be Happy Sad, Bad, Terrible Day Belly Breathe song SED2.4c;CR3.4a	Jungle Yoga Safari Adventure This Is How I Do It Dr. Knickerbocker SED2.4c;CR3.4a	Mood Walk Kindness Make New Friends SED5.4a;CR3.4a	Have A Good Morning Kindness Is A Muscle Friends Song SED5.4a;CR3.4a	Counting by 5's – March Along Run the Red Carpet Celebration SS2.4b;CR3.4a
Math & Science	List of Letters Help your child think of words that describe him. Help him count the number of letters in each descriptive word. Find which word has the most/least letters. MA1.4b;SEC1.4b	Pyramid Builders Using plastic cups, challenge your child to build a pyramid as tall as possible. How tall can she build it before it falls? SED1.4c; MA 3.4a	Water Wednesday Fill a bucket with water. Then fill measuring cups or spoons with water. Discuss which cup or spoon holds the most water? Least? Experiment to see which cups and spoons sink or float? SC2.4a; SED1.4c	Cloud Shapes Go outside with paper/writing utensil, lay down, and observe the clouds. What shapes do you see in the sky? Create the shapes on your paper. Describe the different clouds. SC2.4c; SEC1.4c	Friday Find and Sort Help your child find 5-10 small objects. Have him sort the objects by color, size, number of holes (buttons), number of legs (toy animals), or other attributes. MA4.4b; SED1.4c
Motor Skills	Move with Me Monday After singing and following along, see how long you and your child can balance on one leg. Change legs, try a different pose. SED1.4c/PDM3.4a	Tuesday Tweezer Trek Walk with your child around your yard and see what she can collect using tweezers. Don't forget a tin to put it all in! PDM6.4a;SED1.4d	To Make Me Feel OK Sing about things you can do to feel ok...blow bubbles, play with something you like, think of someone you love, breathe slow, it will all be ok. PDM6.4a;SED2.4a	Playdough Name Party! Have your child make the letters of his/her name by rolling and shaping each letter. PDM6.4a; SED1.4a	Don't Give Up Ramp up these gross motor skills: play catch, row a boat, go skating, or practice balancing. Try and try some more...don't give up! PDM5.4b; SED 1.4c
Social Emotional	Calming down with Cali Cali knows just what to do when it comes to calming down. Have your child recall what to do if...? SED3.4b;CLL5.4d	I Can Handle It Discuss how emotions make us feel, and ways your child can handle anything! Her new mantra should be: "I can handle it!" SED3.4b;CLL5.4c	Shake It Off Shake off those yucky feelings so we can move on with our day. Our body can help by shaking it off. SED3.4b;PDM3.4a	Read The Color Monster Talk about what makes you feel the many different emotions (colors) that were mentioned in the book. SED 3.4b; CLL 5.4d	Big Feelings It is helpful for children to learn that others struggle with big feelings, too. Play the Feeling Faces Game . SED2.4d

Post pictures using #DECALCMHWeek2023 #LittleKidsBigFeelings