

	Mindful Monday May 4 th	Talk it Out Tuesday May 5 th	Wellness Wednesday May 6 th	Thoughtful Thursday May 7 th	Feelings Friday May 8 th
On The Move	<u>Emotion Building Blocks</u> PDM1.2b Print out faces that represent various emotions. Have your child describe and build emotions as they build the emotion blocks.	<u>Emotions Scavenger Hunt</u> PDM3.2a Print/ draw and cut out various emotions	<u>Yoga for Kids and Babies</u> PDM5.1 Start the day with the perfect movement to get ready for the day!	<u>Shadow Tag</u> CDCR2.2b Play tag by stepping on shadows, a gentle game that helps self-regulation. You can do this outside or inside using a flashlight.	<u>Musical Emotions</u> SED2.2b Play some music and discuss how the music makes you happy, excited or scared. (add instruments to enhance the activity).
Sensory	<u>Sensory Bottles of Emotions</u> Pdm4.1 Pick 3 feelings to represent emotions, like happiness, anger, or calmness. Select your materials: Use water, glitter, food coloring, and various objects that represent each emotion. Create and seal	<u>Molding Emotions</u> PDM4.1a Use playdough or molding clay to make different faces displaying different emotions.	<u>Calming Sensory bin</u> PDM6.1b Using various colors of pom poms, sorting cups and tongs (hands are optional). The children can match and sort emotions; red pom pom is angry, blue pom pom is calm, yellow pom pom is happy etc.	<u>Colorful Oobleck</u> CD-CP1.4a Let's watch how the formula acts as a solid when squeezed and liquid when it rests. Mix 1 cup of cornstarch and 2 cups of water	<u>Feeling Sensory bag</u> .PDM4.0 You will need Ziplock bags and paint. Draw a different emotion on the Ziplock such as a happy face, sad face, scared face. Then place paint in the bag. Tape the bag to the table or surface and let the children explore with the paint as they discover the emotions.
Art Creativity	<u>World of Colors.</u> CD-CR2.4a Grab some paint and let the children use their fingers express their feelings through colors.	<u>I Love me Book!</u> .SED1.1 a Make a class book of different emotions of the children in the classroom. Once it is completed read it to the class.	<u>Friendship Bracelet</u> PDM6.1b Create a colorful bracelet to share with a friend! Cut out 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. Then tie it together to share with a friend.	<u>If You Happy and You Know it Prade</u> SED2.2b March around the classroom or playground as you listen to If you are Happy and You Know it.	<u>Self-Care Mats</u> PDM6.2b Using various materials to create a place that represents them. These play mats will assist the children with important self-care routines.
Storytime	<u>The Color Monster</u> _CLL2.2b by Anna Llenas. Let's learn about emotions and how to handle our emotion.	<u>When I feel Happy</u> SED3.2a by Paula Bowles Let's talk about what makes us happy!	<u>Alphabreaths: The ABCs of Mindful Breathing.</u> SED 3.2c By Christopher Willard Incorporate these positive coping skills into your class routine, as you Take a Breath Together!	<u>The Way I Feel</u> CCL2.2b By Janan Cain There are so many different emotions for us to experience. Can you tell me how you feel today?	<u>Crayons Book of Feelings</u> CLL1.2 a By Drew Daywalt Let's learn about our emotions through colors and let's compare them to colors.
Math and Technology	<u>Match My Feelings</u> SED2.4b Can you match my emotions. Create a board of various emotions and let the children identify the emotions by matching pictures.	<u>Butterfly Breathing w/ Abby Cadabby (Sesame Street)</u> CD-CR1.1a Let's pretend we have beautiful butterflies and use our wings (arm) to take deep breaths in to calm.	<u>Feelings Bingo</u> _CLL1,0b Play a simple bingo game focusing on facial expressions. You can use your students or magazine clipping.	<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>Hop-scotch Emotions</u> CLL1.0c Make an outline of hopscotch on the ground and use pictures of emotions. Name the emotions as you jump from one square to the next.