

	Monday <a href="#">Activity link</a>	Tuesday <a href="#">Activity link</a>	Wednesday <a href="#">Activity link</a>	Thursday <a href="#">Activity link</a>	Friday <a href="#">Activity link</a>
<b>On the Move</b>	<u>Emotions</u> <u>Hokey Pokey</u> Label the different emotions in this fun dance.	<u>Feelings</u> <u>Sensory Scoop</u> Search for and identify emotions.	<u>Animal</u> <u>Exercising</u> Exercising helps with emotional regulation.	<u>If You're</u> <u>Happy and</u> <u>You Know It</u> Find new ways to safely express emotions.	<u>Mommy &amp; Me</u> <u>Yoga</u> Celebrate Mother's Day with a relaxing yoga sequence.
<b>Adventures Online</b>	<u>Are You</u> <u>Happy?</u> Label the different feelings in this animated video.	<u>Mindfulness</u> Mindfulness from a child's perspective.	<u>Guess the</u> <u>Feelings</u> Can you guess the feelings with Daniel and Friends?	<u>Once More</u> <u>with Feelings</u> Count the feelings with Count.	<u>Mother's Day</u> <u>Song</u> Sing along with JJ to this Mother's Day song.
<b>Sensory Time</b>	<u>Musical</u> <u>Emotions</u> Music is a fun and creative way to express emotions.	<u>Play and</u> <u>Clean-Up</u> After every mess comes clean up time.	<u>My Book of</u> <u>Feelings</u> How do I feel?	<u>Fluffy Form</u> It's fun to make and share with a friend.	<u>Happy Mother's</u> <u>Day</u> Prepare and share a Mother's Day treat.

<p><i>Story Time</i></p>	<p><u><i>Can't You Sleep Dotty</i></u></p> <p>What do you do when you can't sleep?</p>	<p><u><i>My Body</i></u></p> <p>Are you curious about your body and all its important functions? Read about all the fascinating parts.</p>	<p><u><i>Bear and Bird Learn to Share</i></u></p> <p>Sharing is caring!</p>	<p><u><i>Breathe Like a Bear</i></u></p> <p>Mindfulness exercises for managing your body, breathing and emotions.</p>	<p><u><i>I Don't Want to Wash My Hands</i></u></p> <p>So many opportunities throughout the day to wash your hands.</p>
<p><i>Arts and Creativity</i></p>	<p><u><i>Relaxing at Home</i></u></p> <p>Create a relaxing area for your toddler to relax when feeling stressed or overwhelmed.</p>	<p><u><i>My Feelings Collage</i></u></p> <p>Create a collage of different feelings and emotions.</p>	<p><u><i>Paper Plate Self-Portrait</i></u></p> <p>Show yourself a little self-love.</p>	<p><u><i>I Love All of Me</i></u></p> <p>Enjoy this fun and interactive tune that is all about you.</p>	<p><u><i>A Book for Mommy</i></u></p> <p>Have a wonderful time creating a Mother's Day book all about your mom!</p>