

	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>Finding Feelings</u> Explore your home to find the feelings!	<u>Building Emotions</u> Identify emotions as you practice your fine motor skills!	<u>Affirmation Toss</u> Use positive self-talk to regulate your emotions!	<u>Feelings Sensory Scoop</u> Sort through and identify your feelings!	<u>When You're Feeling &amp; You Know It</u> Find new ways to safely express your emotions!
<b>Adventures Online</b>	<u>How Are You Feeling?</u> Shake off those icky feelings in this emotion regulating activity.	<u>Mindful Breathing</u> Professor Pinwheel shares a technique to help you calm yourself when you're upset.	<u>Feelings</u> Feelings pass and change.	<u>Finding Peace</u> Captain Calm shares a technique on how to calm your thoughts and feelings.	<u>Tea Party</u> Learn important social skills as you have fun at Daniel's Tea Party.
<b>Sensory Time</b>	<u>Musical Emotions</u> What kind of music describes how you are feeling today?	<u>Fluffy Foam</u> This is fun to make and share with a friend.	<u>Super Strong Bubbles</u> So many bubbles. Try to pop them all!	<u>Open, Shut Them</u> Doing things yourself is very rewarding.	<u>Pay it Forward</u> Spreading kindness is as simple as...

<p><i>Story Time</i></p>	<p><u><i>How Do Lions Say I Love You?</i></u></p> <p>A sweet story about how animals show love for their families.</p>	<p><u><i>The Bright Side</i></u></p> <p>The power of being positive even when we are different.</p>	<p><u><i>K is for Kindness</i></u></p> <p>Ways to be a good friend as we travel through the alphabet.</p>	<p><u><i>Everybody Feels Fear!</i></u></p> <p>A story that encourages kids to look at fear in a new way.</p>	<p><u><i>Big Feelings</i></u></p> <p>Helping children navigate emotional challenges they may face in their everyday lives.</p>
<p><i>Arts and Creativity</i></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>Show Me How You Feel</i></u></p> <p>Express your feelings with art!</p>	<p><u><i>Relax, Relate, Release</i></u></p> <p>Create a relaxing space for your child to relax when feeling stressed or overwhelmed.</p>	<p><u><i>Paper Plate Self-Portrait</i></u></p> <p>Show yourself a little self-love.</p>	<p><u><i>The More We Get Together</i></u></p> <p>Have fun singing this “happy” song with your child.</p>