

Social Emotional Activities
Week of 4/13/2020 – 4/17/2020

Activity: Feeling Calendar

Materials Needed:

- 1 Sheet of paper.
- Colors, crayons or markers
- A pencil
- Help of a grownup
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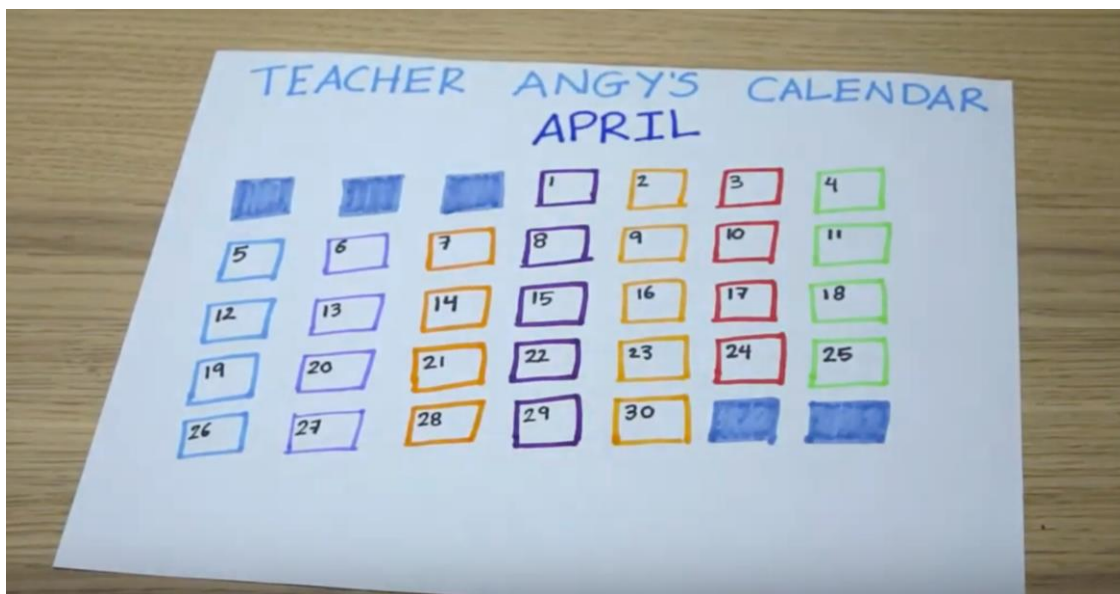
Learning Targets:

- I can name feelings by pointing to a picture of the feelings in my feeling calendar.
- I can identify my feelings by talking to a grown up.
- I can identify my feelings by answer to questions and drawing a picture of my feeling.

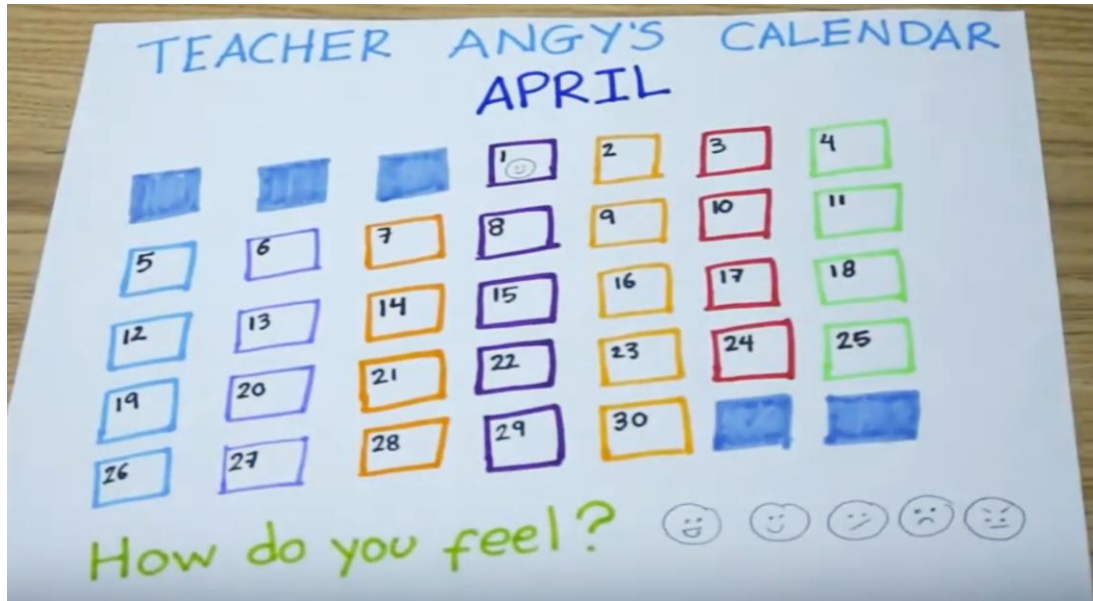
Instructions:

****** You can see a sample video of this activity [here](#).

- On piece of paper write your child's name at the top and the name of the month (APRIL)
- Together with your child draw 5 rows with 7 squares. One square per each day of day week. You can use a different color for each day of the week:
 - Sunday→ **Blue**
 - Monday→ **Yellow**
 - Tuesday→ **Red**
 - Wednesday→ **Purple**
 - Thursday→ **Green**
 - Friday → **Orange**
 - Saturday→ **Pink**
- Write numbers in each square for every day of the month of April. You can use the picture bellow as a guide:



- At the bottom of your calendar write the question: How do you feel? And draw pictures of some feelings like: Happy, Sad, Excited, Okay, Mad, Frustrated



- Explain to your child that every day you will check together her/his calendar and write/draw how your child is feeling that day.
- Put your calendar on a place where you and your child see it every day. Maybe, on the fridge or a wall in your child's room.
- Do this every day and name the feelings and emotions your child feels and record it in the calendar.

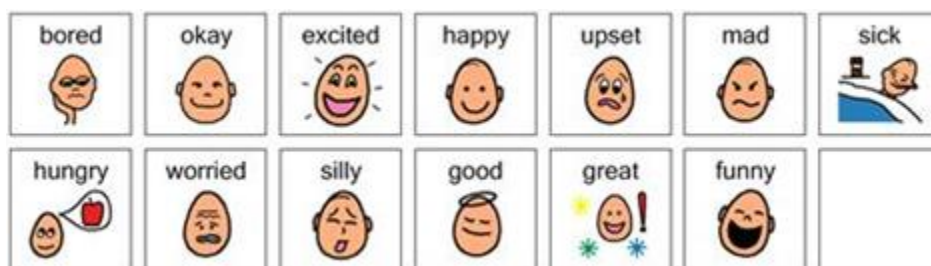
Not Ready Yet:

- Each day ask your child to tell you how she/he feels by pointing to the pictures on the calendar.
- Name the feeling you child points to and draw your child's answer in the calendar, on the respective day.
- Then in a sentence describe to your child how you know she/he is happy, sad, frustrated, etc. E.g. "I notice you are happy because your body is calm, and you are smiling."

Need a Challenge:

- Ask your child to tell you in a sentence how she/he is feeling and WHY. You can prompt or modelling to your child how to answer E.g. "I'm feeling happy today because I eat my favorite breakfast". "I'm feeling frustrated because things are not going as I planned"
- Ask your child if she/he is feeling a comfortable or uncomfortable feeling? And, how can she/he feel better? Or How can your child calm down a strong feeling?

Visuals:



Ready Rosie Videos:

- Emotion Meter Scale: <https://app.readyrosie.com/en/videos/498>
- Talking about your feelings: <https://app.readyrosie.com/en/videos/744>
- If you are happy and you know it: <https://app.readyrosie.com/en/videos/145>
- Talking about my day: <https://app.readyrosie.com/en/videos/299>
- How can I recognize signs of stress in my child and what can I do about it?
<https://app.readyrosie.com/en/videos/867>
- Healthy at home: A toolkit for Supporting Families Impacted by COVID-19
<https://healthyathome.readyrosie.com/en/emotional-well-being/>

Activity: Compliment Game

Activity taken from www.talkingisteaching.org

Materials Needed:

- Family

Learning Targets:

- I can show care and appreciation for others by sharing compliments with my family.

Instructions:

- Sit in a circle with your family.
- Tell your child that you are going to share compliments.
- Go around and take turns using words to say something nice about the person next to you.
- Model to your child how to do this activity. E.g. "I love how you are so..."



1<https://talkingisteaching.org/assets/illustrations/staycation-insta-kindness-v3.png>

Ready Rosie:

- Thank You Note: <https://app.readyrosie.com/en/videos/229>
- Family Talent Show: <https://app.readyrosie.com/en/videos/806>