



Additional Activities - Unit 6: Feelings (Part 2)

In this lesson, children learn **how to recognize and express feelings**. The goal of this lesson is for your child to be able to name their feelings, state an appropriate way to express those feelings, and state something they can do when they feel happy, sad, mad, or scared. Here are some activities you can do with your little one to strengthen the HALO at Home lesson!

Stomp It Out

This activity will help children deal with anger or feelings that make them mad.

Materials:

- Marker
- Paper
- Scissors

Directions: Have your child stand on the piece of paper while you trace their feet. Cut out the shape. Discuss situations/incidents that may cause people to be angry or mad. Write examples on the footprint and place it on the wall or floor. Remind your child that when angry or mad feelings come up, they should use their feet to show their emotions. When children feel angry or mad, they can stomp on the feet cut out they made. Let your child know choosing to “stomp it out” is a healthy way to handle their emotions.

Feelings Bag

This activity will allow children to associate feelings with items or experiences.

Materials:

- A fabric bag containing an assortment of objects such as: a feather, picture, plastic animal, leaf, cinnamon stick, etc.

Directions: Place objects in bag and allow your child to reach into the bag to grasp and feel and object. Before removing the object, ask your child to describe it by its feeling (i.e. soft, cold, rough, warm, etc.). Ask your child to guess what the object is. Once they have made a guess, they can remove the object from the bag. Encourage your child to briefly discuss the object and express any emotions or experiences they have about the object. For example, “the feather was so soft it made me think of my birdie that flew away and that made me sad.” This activity can be extended by discussing with your child how they process any uncomfortable feelings.

Shaving Cream Drawings

This tactile activity is very calming yet, very entertaining. It is also good practice for children who are having trouble coloring.

Materials:

- Clean table
- Shaving cream
- Paper towels
- Bucket of water and sponges for cleaning up

Directions: Give your child a small pile of shaving cream on the table. Encourage your child to smear and “paint” in the shaving cream with their fingertips. They can draw pictures and write letters.

Have your child assist in clean up by wiping the table with dry paper towels and then a damp sponge.

Remind children not to put their hands in their mouth or rub their eyes.

