

# Box of Feelings

A throwing game with boxes showing different emotions as the target

## You will need

- Baskets or boxes
- Paper and pens
- Balls

Feelings



## ! Why this activity is important

- It will improve your child's understanding of emotions and feelings.
- It helps children to recognise that all feelings are important.



## Playing together

- Collect three empty baskets or boxes and lay them on the floor.
- Draw a happy face, an angry face and a sad face to stick on each basket.
- Use a ball, sock or scrunched up paper and throw it into the sad box then encourage your child to have a go.

*Let's throw the ball into the angry box together.  
Can you throw it into the happy box?*

- You can choose to add more baskets with other emotion faces.
- Whilst playing the game, why not talk about times that they have felt the different emotions?



# Wiggle and Dance

Put on your favourite songs or videos and have fun dancing around!

Feelings

## You will need

- Songs or music
- Dance props (scarves, ribbon, hat)

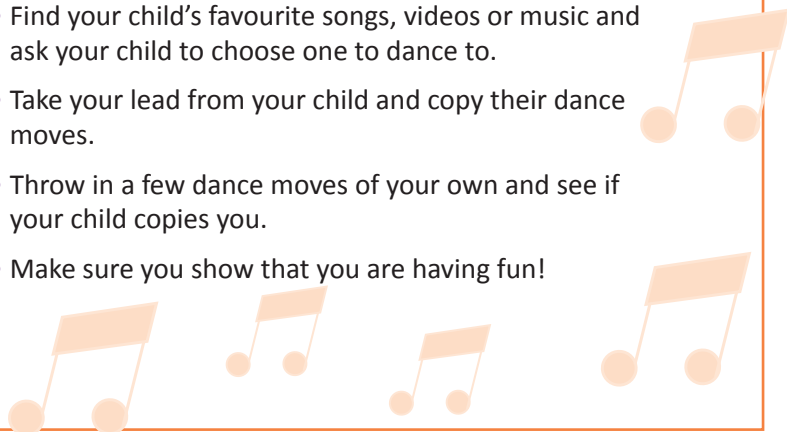


## ! Why this activity is important

- Dancing together makes you smile!
- Being physical has been shown to release 'feel good' feelings.
- Copying is a key way that young children learn. If you show you are having fun, they are more likely to take part in and enjoy activities such as dancing that promote good feelings.

## Playing together

- Find your child's favourite songs, videos or music and ask your child to choose one to dance to.
- Take your lead from your child and copy their dance moves.
- Throw in a few dance moves of your own and see if your child copies you.
- Make sure you show that you are having fun!





# Relax

## Find calmness by practising mindfulness activities together

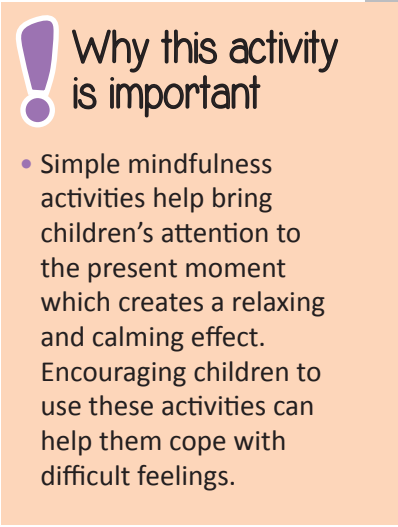


Feelings



### You will need

- Balloons
- Empty plastic bottle and glitter



### Why this activity is important

- Simple mindfulness activities help bring children's attention to the present moment which creates a relaxing and calming effect. Encouraging children to use these activities can help them cope with difficult feelings.



### Playing together

- **Cloud Spotting:** Lying outside or looking out of the window, spot the clouds in the sky. Spend time talking about the different shapes the clouds make and see how fast or slow they move across the sky.
- **Balloon Game:** Blow up balloons and try to keep them in the air by gently tapping them with your hand – don't let them touch the floor!
- **Glitter Bottle:** Fill an empty plastic bottle with water and glitter – let your child shake the bottle and focus on the swirling glitter in the water.
- **Using Senses:** Other activities which focus on using children's senses – sight, sound, smell and touch - e.g. drawing shapes in a tray of sand, talking about all the things we can hear outside, smelling flowers on a walk.

# Hide and Seek

## Play hide and seek with a favourite toy or teddy

Communication



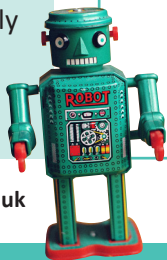
### You will need

- Teddy bear or toys



### ! Why this activity is important

- Listening and following instructions are key skills in becoming an effective communicator.
- Hide and seek provides lots of opportunities for children to listen carefully to, follow and provide instructions.



### Playing together

- Ask your child to choose a toy or teddy to hide.
- Explain that you are going to play hide and seek together and that means the toy is put in a hiding place and we have to find it.
- Practise putting your hands over your eyes together and waiting until you hear 'I'm ready!' to open your eyes.
- When your child is finding the teddy, you could help your child by saying...

*Where is it? You are nearby.*

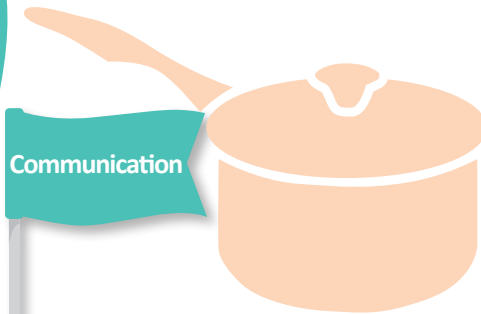
*Yes, you have found it! It was under the cushion.*

- On the next turn, your child could hide the toy and you have to find it.

# Kitchen Band

## Find lots of pots and pans to bang!

Communication



### You will need

- Pots, pans and tins
- Spoons (metal, wooden, large and small)
- Whisk, potato masher, brushes

### ! Why this activity is important

- Exploring sounds encourages active listening, this helps a child's communication development.
- Playing with mouth sounds works children's muscles in their mouth, which helps their speech development.



### Playing together

- Choose together the things you are going to use for your instruments.
- Pick up a spoon and show your child what to do and then give them time to enjoy creating sounds with different objects.

*Wow! That's a really loud bang!*

*How quietly can we tap the pan with the little spoon?*

- You could start a 'copy me' game where you bang a pan a number of times, then your child copies. '1,2,3 bang, bang, bang. Your go...1,2,3 bang, bang, bang.'
- You can also try creating other sounds with your teeth, lips and tongue instead of the objects. 'What noise can you make with your lips?'

# Teddy Bears' Picnic

It's time for a picnic with your child's teddies and toys

Friendship

## You will need

- Teddy bears and toys
- Rug and cutlery
- Picnic food (real or pretend)



## Playing together

### ! Why this activity is important

- Imaginative play is great practice for real life. Through a teddy bears picnic, children are learning skills that promote positive friendships such as sharing, initiating activities and making conversation.

- Choose together which teddies and toys are coming to the picnic. Think where you will have your picnic and layout the rug out. You could also create invitations for the teddies.

- Help your child organise their teddies around the rug.

*You sit there Ted next to my dolly. It's a special friends picnic and you can all come.*

- Plan together what food you will have for your picnic.

*I know you like cheese sandwiches so shall we have some of these?  
What do you think big ted may like to eat?*

- Help your child have a go at putting food on dishes and plates to take to the rug.

- Enjoy your picnic together.

*What would your doll like to eat first?  
Teddy please can you pass the crisps?*



# I Choose

## Provide opportunities for your child to make choices and say what they prefer



### You will need

Examples of when choices happen:

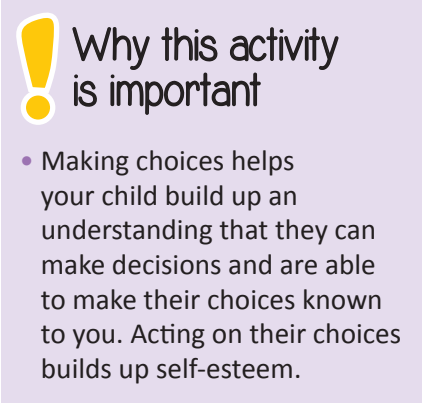
- Mealtimes, getting dressed, playtime, TV time, going shopping
- Real objects for making choices (or pictures drawn on paper)



Moving forward



## Playing together



### Why this activity is important

- Making choices helps your child build up an understanding that they can make decisions and are able to make their choices known to you. Acting on their choices builds up self-esteem.

Some of the choices you may like to include could be:

- **Clothes to wear:** Allow some thinking time for your child to choose and then make sure you put their chosen top on them!  
*Which top would you like to wear today, this blue one or this green one?*
- **Snacks:** *You can have chopped up apple or breadsticks. Which one do you want?*
- **Storytime:** Choose two books and show them one at a time to your child, telling them the title. Place both in front of your child and ask them which one they would like to read. Give them time to look at them both and make their choice.
- **TV time:** Show your child two pictures of their favourite programmes to help them choose which one they want to watch.