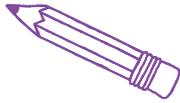


ACTIVITY TIME

Featured Stories Program

books
for
toddlers



Theme: Feelings

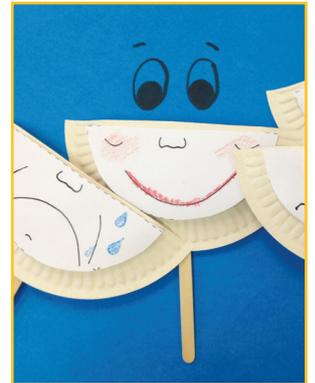
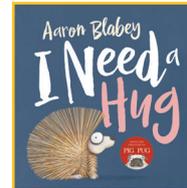
Book title: I NEED A HUG

By Aaron Blabey

“What am I feeling?” masks

You will need:

- Template (see attached)
- Paper plates
- scissors
- Paddle pop sticks
- Sticky tape and glue
- Coloured pencils, textas or paint.



Adult supervision is essential. Involve and talk with your child as much as possible.

Instructions:

1. Colour in the templates
2. Cut out the templates
3. Cut the paper plates in half
4. Glue the template on to the paper plate
5. Use the sticky tape to attach a paddle pop stick to the back of each paper plate
6. Take turns to hold up a paper plate to cover the bottom half of your face
7. Ask your child what feeling they can see on the mask.

Further information

Simple activities like this one offer a fun, safe way for children to practice recognising different emotions.

Look in the mirror with the masks, and take turns with your child to describe what you see. “I can see the mouth is turned down. It’s not smiling or happy. This face is sad. I look upset and miserable.” This helps build a range of words to describe different feelings.

Children’s emotional development takes many years, and during the toddler phase children are learning what it is they are feeling, and all the different ways to respond. Caring adults can provide positive role-modelling and plenty of support and reassurance through consistent nurturing relationships.

Song

If You’re Happy And You Know It.

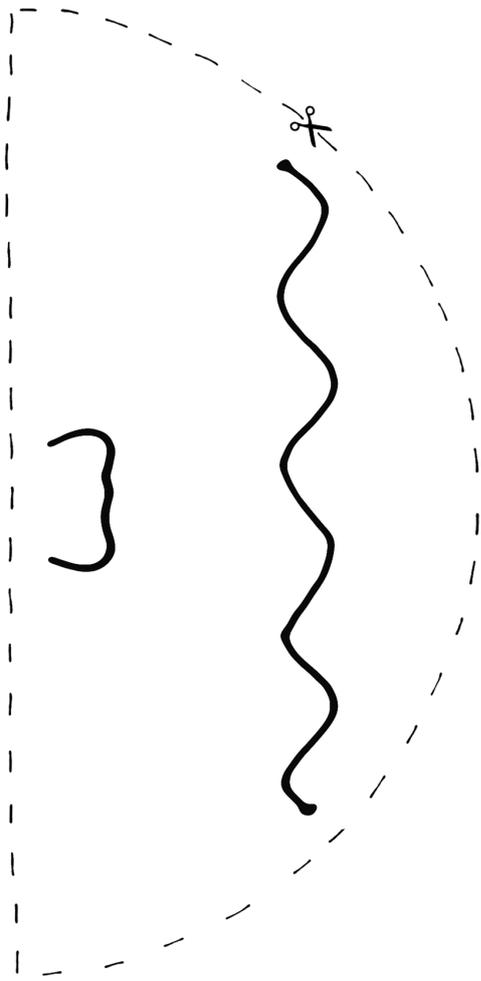
Key message

The best learning happens in nurturing relationships.

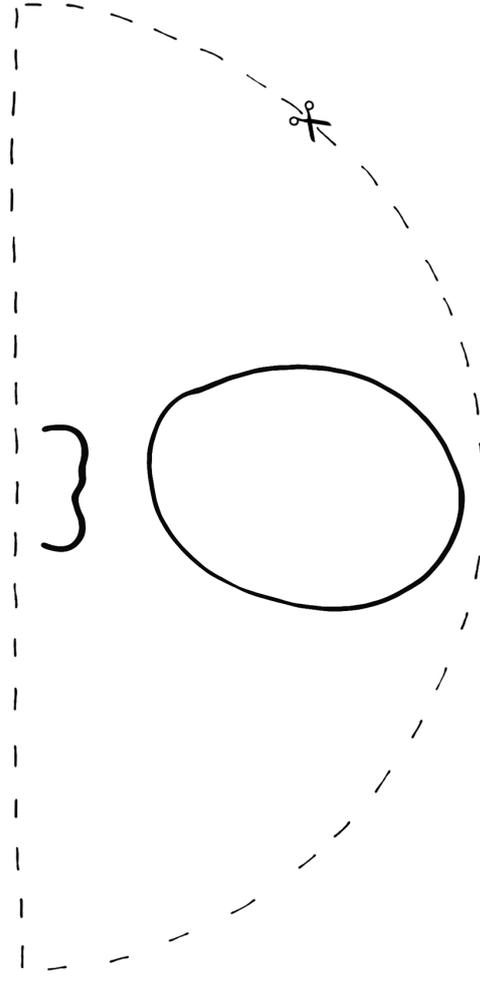
Find booklists, tip sheets, nursery rhymes and activity and learning time sheets @

thelittlebigbookclub.com.au

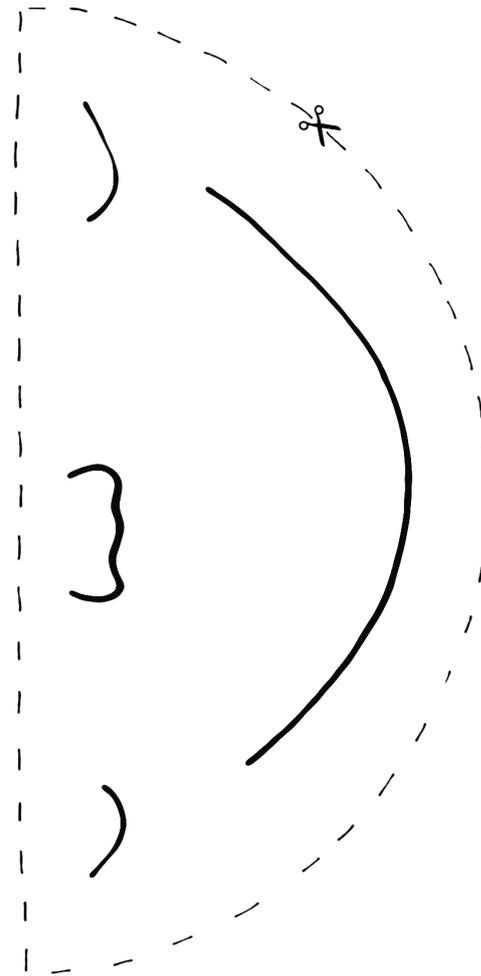




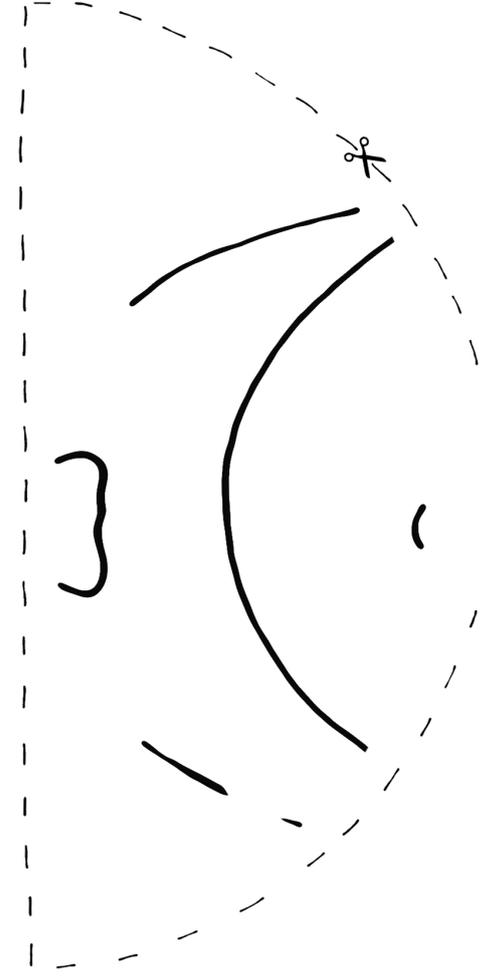
Angry



Surprised



Happy



Sad