



# How are we feeling today?

**Hello everyone!**

Hope you are all well and keeping safe during these challenging times.

My name is Donna, I'm an Early Years Practitioner and I facilitate our Stay & Play sessions.

I thought it would be a nice to keep in touch with you all by sharing some very simple activities you can all do together at home. This week we will be making emotion faces with dough.

**I hope you have fun making your faces**



## What will my child learn when making their emotion faces?

### **Emotional regulation -**

This very simple but fun activity will encourage and support children to show and manage their own feelings and emotions. Children get frustrated, excited, nervous, sad, jealous, frightened, worried, angry and embarrassed. However, young children don't usually have the vocabulary to talk about how they are feeling.

### **Communication skills & Vocabulary -**

Talking with you about emotions encourages your child to talk about their feelings with you and the people around them and learn new words for emotions they may be experiencing. They are also learning shape and colour words such as circle or blue.

### **Even babies are learning about emotions -**

From birth children start learning the emotional skills they need to identify, express and manage their feelings. Just like adults, children are ruled by their emotional right brain and their logical left brain. Helping your child to understand and integrate both sides of their brain enables them to lead a more balanced, emotionally stable, and mentally healthy life.

### **Fine motor skills -**

Kneading, shaping and cutting the dough and picking up small items to decorate them helps develop your child's fine motor skills.

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### Materials: making the faces

- **Play dough**  
(if you don't have any you can make your own, see the simple low recipe below)  
Or
- **Children's modelling clay or plasticine**  
(you can find these in pound shops and some supermarkets)
- **Scissors**



### Materials: decorating the faces

- Bottle tops from milk cartons, bottles and jar, buttons, gems or you can buy googly eyes from most pound shops and supermarkets.
- Dry pasta or beans (optional)

### Homemade playdough

- 2 Cups of plain flour
- 1 Cup table salt
- 4 table spoons cream of tartar
- 2 Cups warm water
- Any colour food colouring (optional)
- Any flavor food essence i.e. vanilla, mint (optional)

#### Instructions

Place all the ingredients into a bowl and mix together until incorporated and knead until soft and smooth.

Store in a seal container





Before you start, ask your child, "How are you feeling today?"

Explain that we can tell how someone is feeling by looking at their face. Look at the Emotions chart overleaf to show children the kind of emotions we all have.

Use your face to show your child how you are feeling i.e. smiling, "look I'm feeling happy." Tell your child that you was thinking you could all make faces to show how you are feeling now or when they are happy, sad etc.

Ask your child to roll out the playdough or clay into a shape for their face.

Set out the selection of materials so children can choose what they want to use to make their eyes, nose and mouth.

Talk about different emotions we all have like being happy, sad, scared, lonely, angry and that they are all ok, we all feel like that sometimes, and ask them what might happen to them to make them have certain feelings, like feeling sad, happy, angry etc.

If your child struggles or gets frustrated, acknowledge the feelings they are having and remind them that they can reshape their face and start again.

**USE OUR EMOTIONS SHEET OVERLEAF FOR SOME IDEAS**

