

# Individual Activity Lesson Plan (Body Parts/Music and Movements)

<b>Date:</b> Wednesday 29 <sup>th</sup> April 2020	
<b>Activity Title:</b> Mirror of Feelings	
<b>Learning Intention:</b> To recognise facial expressions as well as understand and control their emotions so they can later express their own feelings.	<b>Activity Overview:</b> You will discuss different emotions and feelings with your child. They will pull faces in the mirror according to how they are feeling.
<b>Links to EYFS:</b> To be able to express their own feelings such as sad, happy, cross, scared, worried - Personal, social, and emotional development- Managing feelings and behaviour – 22-36 months.	<b>Key vocabulary:</b> Happy, sad, surprised, scared, feelings, mirror, look, pull a face, smile, grin, frown, shocked, reflection.
<b>Resources:</b> <ul style="list-style-type: none"> <li>• A mirror</li> <li>• Pictures of different feelings faces attached to this document.</li> </ul>	

## ACTIVITY IMPLEMENTATION (including key question)

### Introduction:

- ❖ Choose a mirror you are going to use, that is easy enough for your child to look into.
- ❖ Talk about different emotions such as ‘happy’ and ‘sad.’

### Main Activity:

- ❖ Ask your child to show different feeling faces whilst looking in the mirror.

\*Can you show me a happy face?

\*What do you think a surprised face looks like?

- ❖ Talk about different situations and ask your child how they would feel for example ‘If you were playing with a toy car and one of your friends took it from you, how would you feel?’

### Activity review:

Listen to this song below and copy the facial expressions of how the boys and girls are feeling. You can pause this song at any point throughout to discuss the different emotions.

Below is a link for ‘The feeling song’

<https://www.youtube.com/watch?v=-J7HcVLsCrY>



### **Additional ways to support your child:**

- Role model expressions to your child so they can understand them better and try to imitate the faces you are pulling.
- Focus on happy and sad to start with.

### **Extension:**

- Talk about a wider variety of feelings such as cross, anxious, nervous, embarrassed, etc.

Please see attached sheet

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**Happy**



**Sad**



**Excited**



**Shocked**



**Angry**



**Surprised**