

Individual Activity Lesson Plan

Date: Monday 20th April 2020	
Activity Title: Talking about our own Feelings and Emotions	
Learning Intention: to be aware of their own feelings.	Activity Overview: Talk about your feelings and things you can do to support them.
Links to EYFS: Personal, Social & Emotional Development: - Aware of own feelings and knows that some actions and words can hurt others feelings. - Aware of behavioural, boundaries set and how their own actions affect other people.	
Resources: - Emotions activity sheet (if you are not able to print, view it on the computer and discuss the answers) - Pencil - Video link: https://www.youtube.com/watch?v=hH9WXSoBX5w	Key vocabulary: Feelings, emotions, sad, happy, tired, worried, scared, unhappy, angry, crazy.
ACTIVITY IMPLEMENTATION (including key question)	
Introduction: - Listen to the story "The day the crayons quit" by Drew Daywalt (see video link above). - Whilst listening to the story invite your child to comment on the feelings and emotions the crayons are displaying.	
Main Activity: - Discuss and ask questions about the feelings and emotions the crayons expressed. (whilst doing this encourage your child to use facial expressions to further emphasise their understanding of each emotion.) - How did the black crayon sound; happy, sad or angry? - Which colour was feeling tired and why? - Can you remember how the white crayon was feeling? - Why was the pink crayon happy with Duncan's sister?	
Challenge: When you have finished your discussion refer to the emotions matching worksheet and encourage your child to match the activity to the emotion it relates to.	
Additional ways to support your child Give your child an example of your experiences and how you felt at the time. This will help support their understanding of how other people feel during certain situations.	Extension: Challenge your child's knowledge and understanding of their emotions by asking them to draw on their own experiences and give detailed examples of when they felt a certain way and why.