

Individual Activity Lesson Plan



Date: Wednesday 20th May 2020

Activity Title: I Feel Happy!

Learning Intention:

- To be able to identify, express and communicate feelings and emotions.

Links to EYFS:

Personal, Social and Emotional Development:

- Can express their own feelings such as sad, happy, cross, scared.
- Responds to the feelings and wishes of others.
- Aware of own feelings, and knows that some actions and words can hurt others' feelings.

Communication and Language:

- Uses language as a powerful means of widening contacts, sharing feelings, experiences and thoughts.
- Beginning to use more complex sentences to link thoughts.

Activity Overview:

Talk about emotions and use playdough to create faces expressing different feelings.

Resources:

- Template – Emotions (no need for printing)
- Simple drawing of a head (you can use the template at the bottom of the lesson plan as an example)
- Playdough (any colour)

Key vocabulary:

Feelings, emotions, happy, sad, worried, excited, upset, surprised, embarrassed, tired, scared, confused, nervous, angry.

ACTIVITY IMPLEMENTATION (including key questions)

Introduction:

- Remind your child about the story of the day *I Like Me!* and talk together about how everybody is special and how different things make different people happy, sad, upset, etc.

*What things make you happy/sad...?

*How does it make you feel like when...?

- Bring up the 'Emotions' template on a device and go through the pictures with your child, discussing the various feelings/emotions they represent.

*How do you think this person is feeling?

*How do you know? What gives you clues?

*Why do you think he/she might be feeling that way?

Main Activity:

- Explain to your child that today he/she is going to use playdough to make faces that express different feelings/emotions.
- Model the activity, starting with how *you* are feeling today, verbalising your actions: *Today, I feel very happy, because you tidied up your toys. How shall I make a happy face? How does my mouth look when I'm happy and smile. Yes, the corners go up.*
- Ask your child how he/she feels today (and why) and invite him/her to use playdough to create a face matching the emotion.
- After having made a face to show how he/she feels today, give him/her different scenarios as prompts to how situations would make him/her feel. Allow your child enough time to think over the situation and let him/her identify and express the feelings.

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*You're jumping in the park, but then you fall and hurt your knee. How would you feel?

*We go out shopping, but then you run away and can't see me.

*I hide behind the sofa so you can't see me and then I jump up and shout 'boo'!

*You're playing with a nice toy, but then another child comes and takes it without asking.

*You're trying to build a tall tower out of blocks, but it keeps falling down.

*You draw a picture and someone tells you that it's beautiful.

*You want to go on a slide, but it's very high.

- You might use this opportunity to talk about situations specific to your child and your family that you know make them worried or act differently (e.g. a new baby in the family or wanting a toy and you saying 'no') and help him/her understand more about their own feelings.



Challenge:

- Challenge your child to come up with scenarios for you to create playdough faces.
- Play a game 'Different Feelings' with Eva by following the link below:
https://www.youtube.com/watch?v=YNX7dB_dQHY&t=12s
- Watch and listen to a book about feelings *The Way I Feel*:
<https://www.youtube.com/watch?v=xEOzYjosFzM>

Additional ways to support your child:

Explore only a few emotions from the template.
Encourage your child to create specific feelings: [Can you make a happy/sad/surprised face?](#)

Extension:

Click on the following link and guess 8 feelings that Miss McDade is expressing using her face:
<https://youtu.be/RadE5R-3ZbQ>

