

Individual Activity Lesson Plan

Date: Friday 1st May 2020

Activity Title: Recognising and Acting out Feelings

Learning Intention: to develop non-verbal communication and begin to understand body language.

Links to EYFS: Personal, Social & Emotional Development:

- Can usually adapt behaviour to different events, social situations and changes in routine.

Activity Overview:

Develop your understanding of body language and communicating without using words.

Equipment:

- Emotions flashcards and your body

Key vocabulary: Feelings, act out, emotions, flashcards, hands.

ACTIVITY IMPLEMENTATION (include key questions)

Introduction:

- Listen to/read the story "[The Singing Mermaid](#)" by Julia Donaldson.
- Talk about the feelings that the Mermaid had.
- Did Sam give the Mermaid everything he said he would?
- How did the Mermaid feel when she realised that Sam did not tell her the truth about everything, he promised her?
- Was she happy to be in the circus? If not, why? and if yes, why?
- What was the mermaid missing?
- Explain to your child that they will be acting out their feelings today using their hands, body and no words.

Main Activity:

- Use the flashcards for the activity (these are word flashcards).
- Read the words aloud.
- Ask your child to show the corresponding emotion by using body language. Hands, facial expressions etc. Support them by showing some examples.

Activity review:

- Did your child understand the concept of the activity?
- Were they able to act out their emotions without words?
- Did you enjoy the activity?



Additional ways to support your child:

Name different emotions and model body language to match, before your child then has a go at copying or engaging with the activity.

Extension: Talk to your child about mixed emotions: you can be happy and sad at the same time? Can you think of some examples of a time you've been happy and sad?