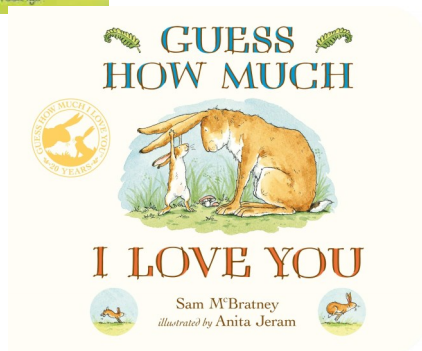
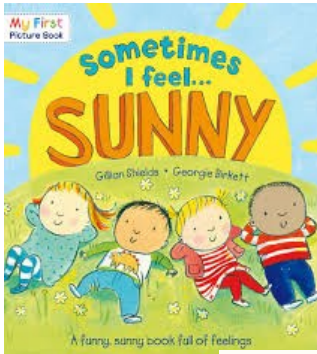
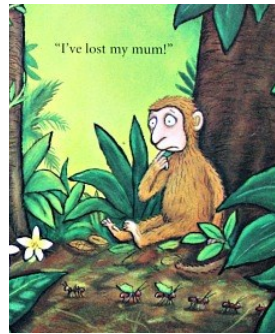


Exploring our emotions

Explore stories that talk about emotions.



Read your child's favourite stories and focus on how the characters are feeling at different points in the story. How would you feel if...?



Explore mirrors and facial expressions.

Can you make a sad/happy/grumpy face?

What happens to your face when your grumpy eg. Frown



Sing songs that include emotions such as...

When your happy and you know it!

Singing Walrus - Im so happy!

Or

Talk about how characters feel in songs e.g. how Humpty Dumpty feels when he falls off the wall.