

EMOTIONS



1. Emotion Charades

Play a game of emotion charades in a group or with a partner. First, choose an emotion. You could look at the resources to help. Act out how you might look, walk or behave when you feel this way. Can your friends guess which emotion you chose?

2. Match the Emotion

Look at the resources that show different emotions. Can you find a happy, sad or frightened face? Use the different resources to find matching emotions and talk to a friend about how you recognised them.

3. Emotion Stories

Share stories with each other about occasions when you have felt different emotions. You could talk about a time that you were really happy or maybe when you last felt really proud. Remember to use the resources to help you.

4. Mood Meter

Create a mood diary of how you have been feeling during your day so far. You could choose a creative way to show your diary, such as an emotions graph or writing and drawing using chalk. Talk to a friend or adult and think about how your emotions have changed during the day and what made this happen.

5. Time to Talk...

- How does your body feel and face look when you feel each of the different emotions?
- How and why do your emotions change throughout the day?
- Talk about a time you have felt each emotion before.



CALMING AND

SELF-REGULATION



1. Feeling Calm

Take a look at all of the different resources. Think about which resources you might use when you are feeling different emotions. For example, which ones make you feel happy and what would help you to feel calm?

2. Calming Cards

Explore different calming techniques and find ones that help you to feel calm. You could try balancing, breathing exercises or mindfulness activities. Create your own set of personal calming cards with strategies that you can use to help feel calm and relaxed.

3. Calm Space

Think about all of the different areas of the outdoor space. Where do you feel most calm and where are you happiest? Use the emotion resources to label how you feel in different parts of the playground. Finally, choose a resource and visit your calm space.

4. Calming Games

Using the resources, create your own activity which makes you feel calm and happy. Think about the rules and instructions for playing your game and record these for others to use.

5. Time to Talk...

- Which resources make you feel calm and why?
- How can we tell if we are feeling calm?
- When is it good to feel calm? Why do you think this?
Is it ok to sometimes not feel calm?



RELATIONSHIPS



1. Play Together

Create, setup and play a game with a friend or group of friends. You can make up the rules and take on different roles within the game. Why not try an obstacle course, a treasure hunt, matching pairs or a throw and catch game?

2. Building Relationships

Take some time to find out more about your friends. Try to learn at least one new thing about them. You could ask them what makes them happy, what makes them sad or how you can help them when they feel like this.

3. What Friendship Means To Me

Create a recipe for being a good friend. Be sure to think about all of the 'ingredients' that are needed. Choose a way to record and share your recipe in a creative way. You could write it down, use the resources or create a friendship picture.

4. Have A Chat

Talking is a great way to build strong relationships. Take time to have conversations with others. You could ask them about their day, what they have planned for the week or what they are looking forward to most.

5. Time to Talk...

- What do you think it means to be a good friend?
- How can your actions make other people feel?
- What can we do to help look after others?



MINDFULNESS



1. Balancing and Breathing

Choose a resource to either stand on and balance or to balance on a part of your body, for example balancing on one leg or with a beanbag on your head. Take deep breaths and see how long you can balance for.

2. Emotion Pictures

Create a picture that you think represents one of the different emotions. You could use paper, chalks or even use the resources within your picture. Show your creation to a friend and see if they can guess which emotion you have drawn.

3. How Are You Feeling?

Think about and share with a friend how you are feeling today. Why do you feel this way? Explore the resources and find one that shows or represents how you are feeling.

4. Let's Be Creative

Art and being creative can help you to feel calm and relaxed. Make your very own calming masterpiece. You could create a collage, weave using fabrics or draw using chalks. How did it make you feel while you were busy creating?

5. Time to Talk...

- How do you feel when you balance and breathe slowly?
- Do you have a favourite place where you feel happy and calm? Why?
- Talk about the different mindfulness techniques you can use.



SENSORY EXPERIENCES



1. Senses

Choose a resource and use your senses to explore and investigate. Ask questions such as:

- What does it feel like? • What can you see? • Does it have a smell?
 - Can you make it move? • Does it make a sound?
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2. Senses Hunt

Take a walk around your outdoor space. At different points, stop and take a moment to observe the space using your senses. What can you hear, smell, feel and see?

3. Body Senses

Get your body moving in different ways and explore how it makes you feel. Think about how you feel when jumping, running, hopping, throwing, catching and balancing. Are there any other ways you can move?

4. Sorting by senses

Explore the different resources and natural objects in your outdoor space. Choose a set of criteria and then sort your items. It could be based on what they feel like, their weight, colour or texture.

5. Time to Talk...

- What can you hear and smell in your outdoor space?
- How can we use our senses to help us with our emotions?
- What is your favourite sensory resource and why?



