

Infant/Toddler - LEGO, "Today I feel," emotions chart.

<https://www.andnextcomesl.com/2016/04/free-printable-lego-emotions-chart.html>

This activity relates to Toddler DRDP measures: ATL: 1, 4, 5, SED: 1, 2, 3, 4 LLD: 1, 3 COG: 2

Younger children sometimes have a difficult time expressing how they feel. It's up to us to show them how to do that, as well as teaching them that we value their feelings, whatever they may be. That being said, we need to give children ways to work through the challenging emotions so that they aren't harmful to themselves or others. One way to do that is to use an Emotions Chart. I like this one, because most children will recognize LEGOs and are interested in interacting and exploring them.

SET UP:

Laminate the pieces

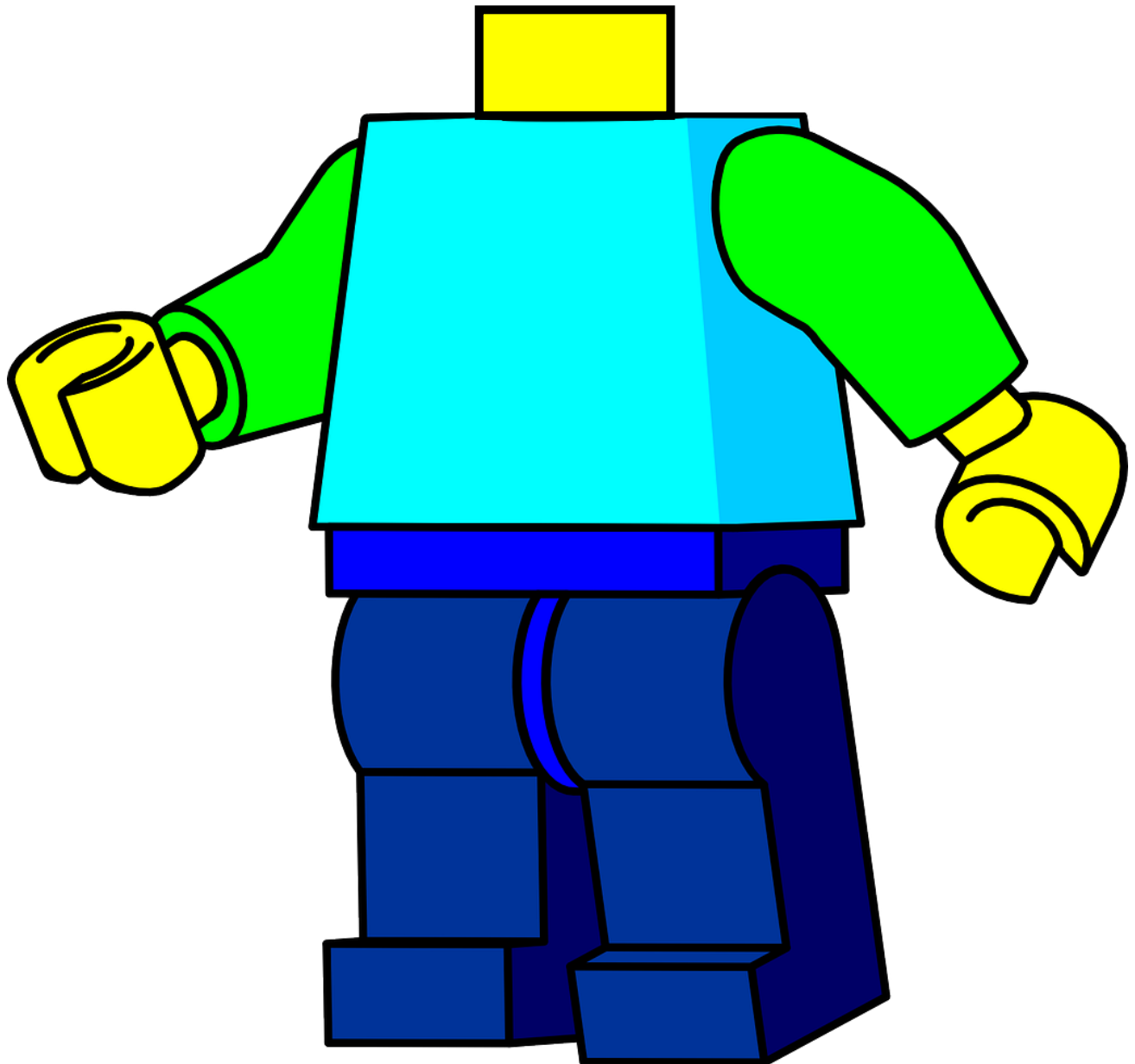
Cut out

Put self-adhesive Velcro dots on the back of the emotions heads and one on top of the body.

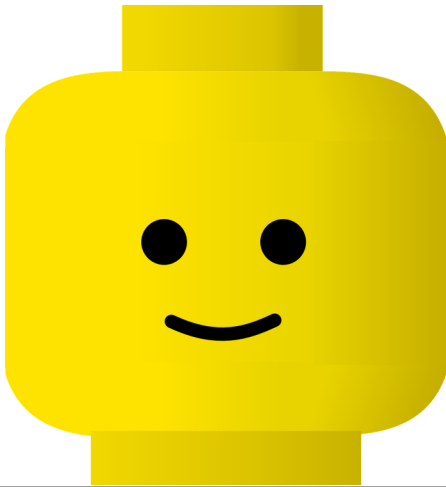
Attach the body somewhere that is accessible to children throughout the day.

As children enter your program, ask them to select how they are feeling that day. I would encourage you to do this a few times throughout the day or as needed. If you have a challenging child, who often has mood swings, ask them to go to the chart and find the head that matches how they are feeling. This, alone may be enough to deescalate a difficult situation or conflict. Afterwards follow up with why they are feeling that way and what can they do to change the head back to something happier?

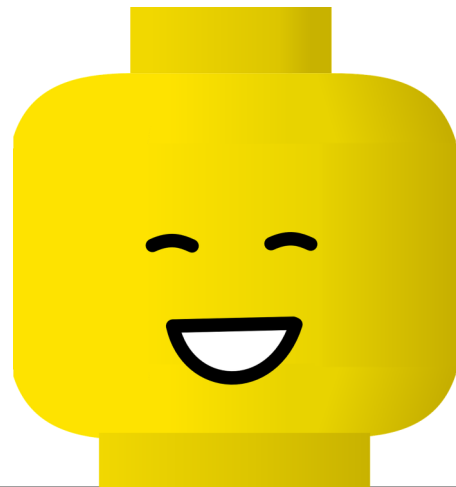
I AM FEELING...



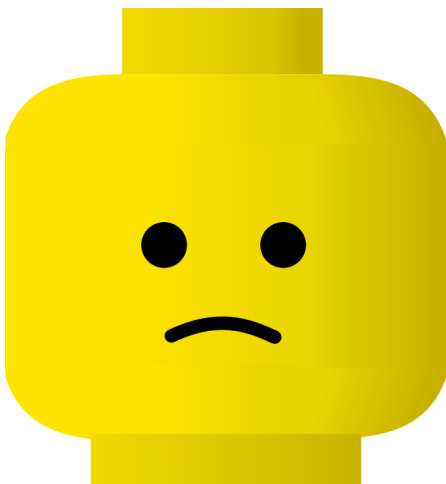
HAPPY



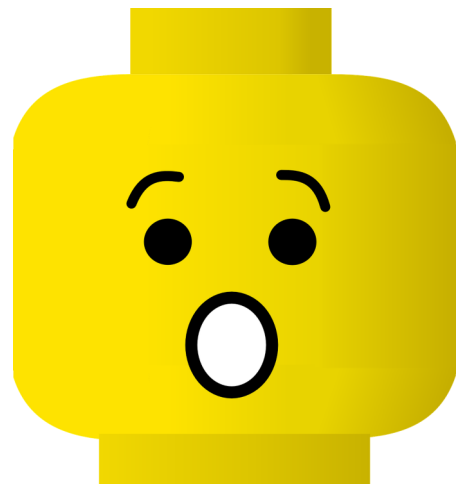
EXCITED



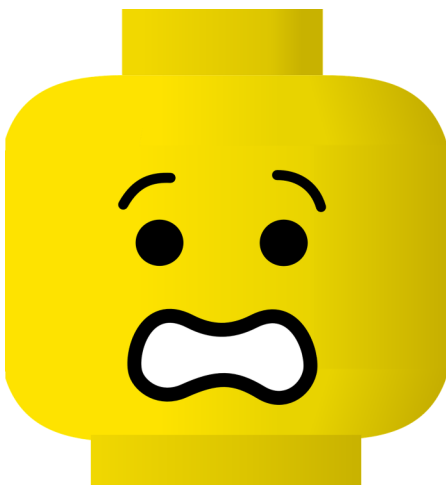
SAD



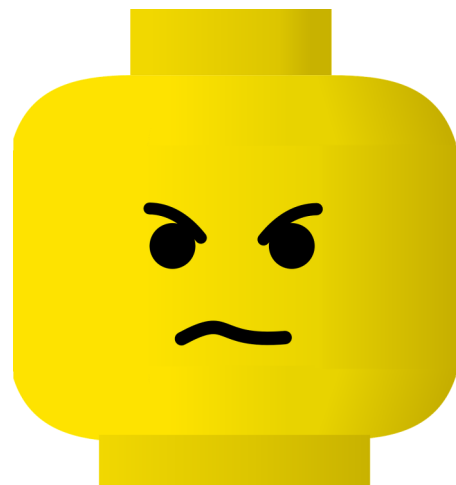
SURPRISED



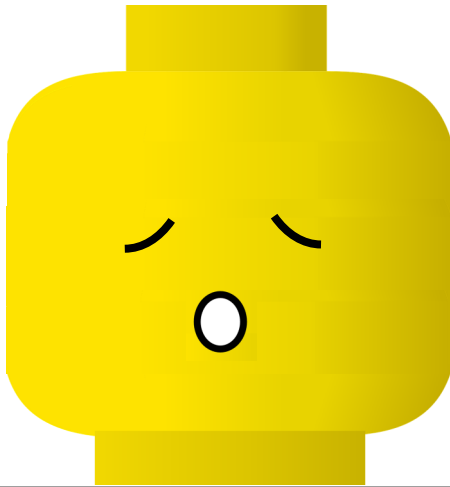
SCARED



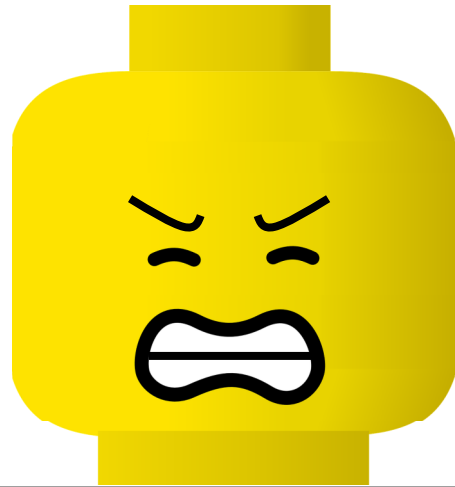
ANGRY



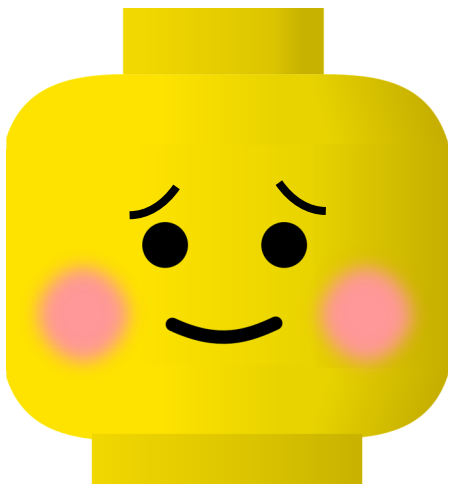
TIRED



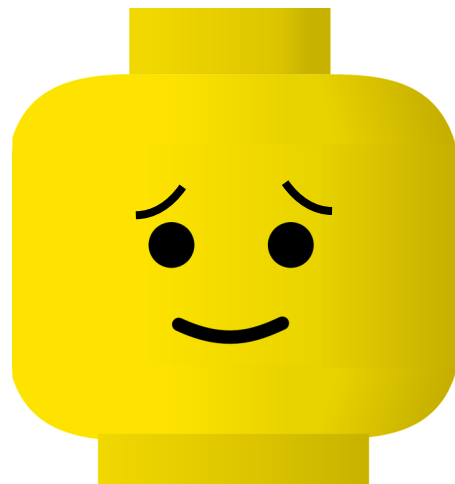
FRUSTRATED



EMBARRASSED



SHY



WORRIED

