



Sunshine Academy Toddler Three

January 2018: Exploring Our Feelings



	Mon	Tue	Wed	Thu	Fri
Introduction to Feelings	1 School Closed New Year's Day	2 Read <u>The Feelings Book</u> , Discuss How We Feel Today Emotion Dice Game	3 Mirror Emotion Faces Emotions Puzzle	4 Emotion Face Card Matching Emotions Stamping	5 T3 Face Emotions Book "Guess My Feelings" Game
Angry/Peaceful	8 <u>When Sophie Gets Angry</u> , Make Stress Balls Dave's "I'm So Mad" Stomp and Wiggle Dance	9 Yoga Card Activities Turn Taking with Breathing Ball	10 Listen to Calming Music and Draw Count Our Breaths Meditation	11 <u>Little Monkey Calms Down</u> , Playdough Create and Shake Sensory Bottles	12 Quiet Book Reading at the Library Listen to Nature Songs: How Do We Feel?
Happy/Sad	15 School Closed Dr. Martin Luther King Jr. Day	16 "If You're Happy and You Know It" Dance Happy Face Masks; Dave's "Feelings Song"	17 Happy Poster: "What Makes Me Happy" Practice Sad to Happy Faces	18 Chart: "What I Do When I'm Sad..." Read <u>Pout Pout Fish</u> , Decorate Fish Shapes	19 Color Mixing with Shaving Cream in Sensory Table Dave's "Wake Up and Smile" and Mat Cleanup
Kind/Unkind	22 Create a Friendship Tree Make Friendship Bracelets	23 Practice Giving Hugs to Friends "The More We Get Together" Partner Dance	24 Discuss and Chart Ways We Can Be Kind Practice Complimenting Each Other	25 Heart Sensory Bags Watercolor Hearts	26 Create "Love" Cards for Family Smiley Face Texture Collages
Scared/Brave	29 <u>Nightmare in My Closet</u> , Discuss What to Do Share Comfort Stuffed Animal from Home	30 Read <u>Monster at End of the Book</u> , Go Away Big Green Monster, Play Monster Tag	31 Read <u>Bear is Scared</u> , Counting Bears in Water T3 Family Potluck		
Sensory Table Sensory Bottles, Playdough, Heart-Shaped Sensory Bags, Shaving Cream		Pretend Play Baby Dolls, Puppets, Family Dolls		Block Area Dancing, Yoga, Meditation	