



Sunshine Academy Toddler Three

November 2018: Our Feelings



	Mon	Tue	Wed	Thu	Fri
Intro				1 <u>My Many Color Days</u> Match Emotion to Color	2 Make a Emotion Collage Create Emotion Sticks and Practice Using Them
Happy/Sad	5 “Sometimes When I’m Happy” Stories Sing “Sometime When I’m Sad” Share Sad Stories	6 Practice Checking on a Sad Friend Chart “What Can We Do If a Friend Is Sad”	7 Sing “If Your Happy” Count Claps 1–10 Make “Happy” and “Sad” Plate Faces Play	8 Decorate Smiley Faces Practice Kind Words to Say to a Sad Friend	9 Have a “What Makes Me Happy” Show and Tell Make a Happy Collage
Angry/Calm	12 No School Veterans Day	13 Chart “What Makes Me Angry” Make Sensory Balls for Relaxation	14 Practice Using Words to Express Anger Calm Body with Yoga and Stretching	15 Learn “Hands on My Body” Rhyme Practice Deep Breaths to Calming Music	16 Decorate a Emotion Chart <u>Monday Calms Down</u> Practice Calming Down
Thankful/Love	19 Sing “Sharing Song” Practice Sharing Sing “I Love My Family” Share Who We Love	20 Make Thankfulness Cornucopia Thanks-giving Potluck	21 Read “Ten Fat Turkeys” Make Hand Turkey Make Thanks-giving Cards for Family	22 No School Thanksgiving Break	23 No School Thanksgiving Break
Energetic/Tired	26 Play with Movement Dice Dress Dolls for Bedtime	27 Perform Morning Exercises Run an Obstacle Course	28 Stretching Our Bodies Make and Use Shakers to Get Energy Out	29 Play “Red Light Green Light” Read <u>Goodnight Moon</u> Share Bedtime Routines	30 Sing “Great Day” Share What We Are Excited For <u>Llama in Red Pajamas</u> Color Llama
Sensory Table Sensory Balls, Shakers, Soap and Water, Playdough		Pretend Play Dress Up Dolls, Role Play, Sharing Emotions		Block Area Movement Dice, Texture Blocks, Yoga	