



At Home Activity Packet

Creative Curriculum

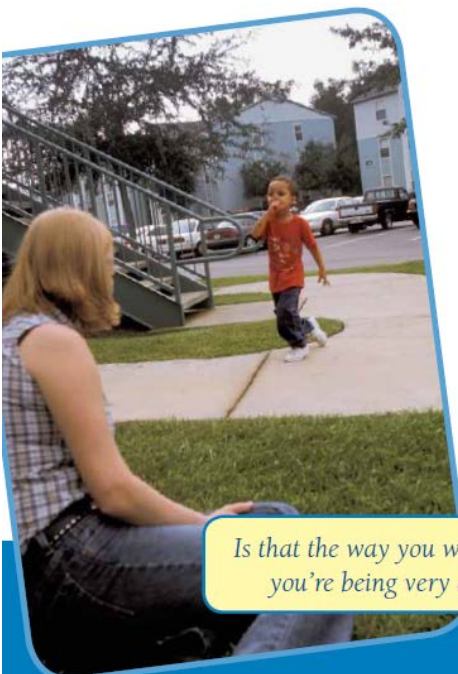
Question: How do you feel and why?

Book	Song	Activity #1	Activity #2	Developmental Domains
Pete the Cat and His Magic Sunglasses	Song: Happy	How Do You Walk When...	How Did You Feel When...	Social and Emotional Development Language and Literacy Approaches to learning Cognition
Read Aloud Book Link https://www.youtube.com/watch?v=tJCG1Ls7a9c	Video Link https://www.youtube.com/watch?v=MOWDbb2TBYDg	Learning Game 181	Learning Game 150	



Game 181

How Do You Walk When...?



Is that the way you walk when you're being very quiet?

Ask your child if he can express some feelings such as tired or rushed in the way he walks.

Your child will use his imagination to express through words and actions his ideas about feelings

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Why this is important

When you give your child the opportunity to act out what he imagines, he will learn that exploring his imagination is acceptable behavior. Through imagining we work with, or manipulate, ideas instead of objects. Later, his imagination will carry him beyond his familiar world and allow him to think about places he's never been and solutions to problems that haven't happened yet.

What you do

- Walk in a silly way past your child. When he seems curious, tell him: *I'm walking like I'm dizzy.*
- Invite him to play a walking game. Explain that you will ask him about a new way to walk, and he will answer by walking that way.
- Ask the question the same way each time: *How do you walk when you are*
lost?
rushed?
tired?
very old?
very young?
excited?
- Encourage him to close his eyes, think about how he might feel, and then walk that way.
- Empathize when the task is too difficult. Offer an alternative that he may be more familiar with: *Yes, it is hard to imagine sometimes, isn't it? Can you imagine feeling excited instead?*

Let's read together!

Glad Monster, Sad Monster
by Anne Miranda

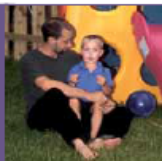
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Another idea

Invite your child to imagine animals walking in various ways. For example, a lost bird, a tired elephant, an old monkey, etc.

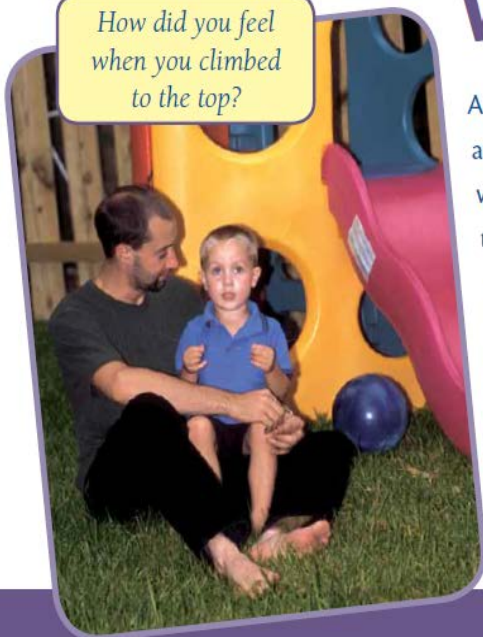


Game 150



How Did You Feel When ...?

How did you feel when you climbed to the top?



After a game of physical activity, share a quiet moment with your child as you both think back on and talk about your feelings during the game.

Recalling feelings right after they have happened will help your child learn how to explain himself to others.

Why this is important

You can ask questions in a way that will help your child recall and tell about how he was feeling during an active play experience. When he hears the question immediately after the experience, he can put together the recent actions with the feelings he had at that time. Understanding his feelings helps him to make decisions about trying an activity again. The remembrance of a sensory feeling helps to recall the word for it.

What you do

- Sit quietly with your child after an active session of exciting play such as riding a bike or playing ball. Ask, *Can you tell me what was the hardest thing you just did?*
- Wait as your child recalls the experience. Respond to his answer by repeating it back to him and adding a question: *Pushing your feet was hard. But you did it anyway, didn't you?*
- Suggest a few choices if he cannot remember: *Was it steering? Was it catching the ball in time?*
- Ask him other questions to help him remember the feel of the experience: *What felt the easiest? The scariest? The best?* Give him choices and ideas if needed.

Another idea

As he becomes comfortable with this activity, wait longer before asking him to recall. Do you remember how it felt when the ball was coming to you?

Let's read together!

Feelings: A First Poem Book About Feelings
by Felicia Law

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