



SEEC  
A LEARNING COMMUNITY

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Smithsonian Early  
Enrichment Center

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## *Feelings*

### **Learning Objectives**

1. Discover new things and share current interests, practice asking questions and listening to others, and learn many ways to find information or answer questions
2. Practice asking others to play and for space
3. Identify different feelings we may feel
4. Identify and discuss what makes us upset
5. Learn ways to solve problems with words
6. Identify different feelings we may have when we don't get what we want



### Curiosity

#### Major Questions:

- What does it mean to be curious?
- How can we find answers to our questions?<sup>1</sup>
- What objects in your house do you want to know more about

#### Books to Explore:

- The Curious Little Kitten by Linda Hayward
- Explorers of the Wild by Cale Atkinson
- Playground by Mies van Hout

#### Home Applications:

- Careful Looking: Home Scavenger Hunt!
  - Something GREEN
  - Something BLUE
  - A square
  - A circle
  - 2 pillows
  - A sock
  - Something fluffy
  - Something hard
  - Something RED
  - A book



<sup>1</sup> Image Source: <https://www.clipart1001.com/wp-content/uploads/2018/08/Magnifying-Glass-Clipart-Black-and-White.jpg>



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### Playfulness

#### Major Questions:

- When and where do we play?
- How can we ask to play with others?
- What can we tell others when we want to play alone?

#### Books to Explore:

- Can I Play Too? by Mo Willems
- Meow! by Victoria Ying
- Play! Play! Play! by Douglas Florian

#### Let's Sing: Hokey Pokey

You put your right hand in, (*stretch hand out in front*)

You put your right hand out, (*stretch hand behind yourself*)

You put your right hand in, (*stretch hand out in front*)

And shake it all about. (*wiggle hand*)

You do the Hokey Pokey (*turn around in a circle waving hands over head*)

And you turn yourself about, that's what it's all about. (*clap clap*)

(*Continue by putting in all the other parts of the body, and finish up with your whole self*)



## Handling Our BIG Emotions

### Major Questions

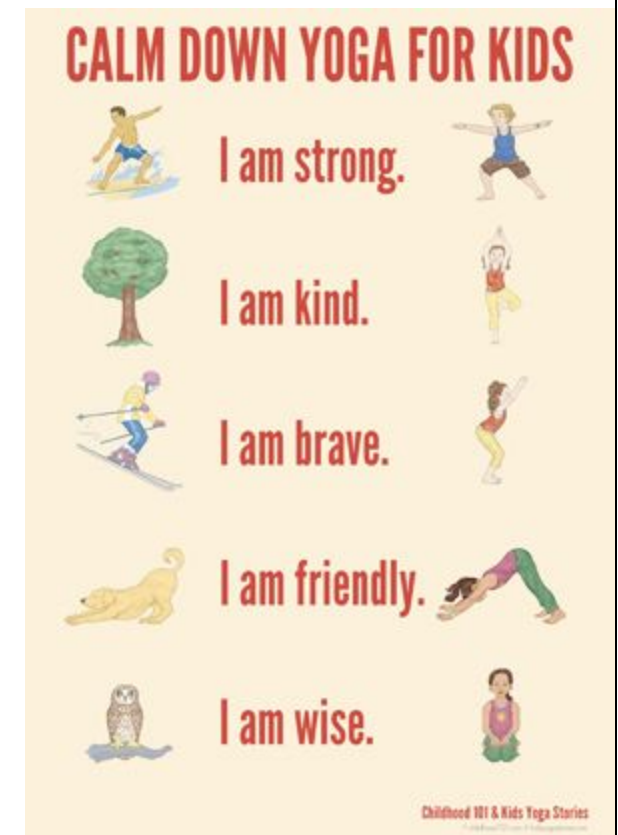
- What makes you feel angry, frustrated, or sad?
- What do we do if another person makes us feel this way?
- Does yelling, whining, or pushing let another person know to stop?
- What can we do to make ourselves feel better or solve a problem?

### Books to Explore

- When Sophie Gets Angry-- Really, Really Angry by Molly Bang
- Theo's Mood by Maryann Cocca-Leffler
- Walter was Worried by Laura Vaccaro Seeger

### Activities to Promote Self-Regulation

- Freeze!
  - Play a favorite song, the kids have to "freeze" when the music is paused!
  - Fun Tip: Play different styles of music with different tempos
- Yoga
  - Calming: Sit facing the sun or walk during sunrise/set. Ask your child what the sun is and what it does for us. <sup>2</sup>
  - Fun filled: Set up a scenario and act it out using yoga poses!



<sup>2</sup> Image from: <https://childhood101.com/yoga-for-kids/>