

October 2020

and emotional

MAKE SOCIAL ^ LEARNING STICK **TODAY**

Theme of the Month:
Emotions

Simple activities to help your child become aware of emotions and how to manage them

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			 <p>(C) MakeSocialLearningStick.com</p>		1 Put photos of emotions on the refrigerator to refer to.	2 Talk about your feelings with your child.	3 Check in & ask your child how they are feeling.
4 Help your child rate how big their feelings are... small, medium or big?	5 Help your child understand emotions by making a collage.	6 At night, talk about the highs and lows of the day.	7 Make a list of things that bring happiness.	8 Make a list of things that bring sadness.	9 Introduce a new emotion word today.	10 Pick one emotion to notice and talk about today.	
11 Read a book & talk about how the characters feel.	12 Teach how to look at faces & bodies to identify emotions.	13 Talk about the emotions of characters in movies.	14 Act out different emotions & have your child guess the emotion.	15 Role play how to manage uncomfortable feelings.	16 Make a book of photos of things that bring your child joy.	17 Validate your child's feelings.	
18 Model how <i>you</i> manage emotions.	19 Encourage your child to say kind things to themselves.	20 Teach your child how to do a body scan.	21 Help your child become aware of sensations in the body.	22 Be an emotion detective by identifying emotions in others.	23 Help your child identify emotions in themselves.	24 Talk about emotions related to Halloween.	
25 Pick what emotion they want to draw or carve on their pumpkin.	26 Teach your child a new breathing strategy.	27 Discover places in the house that bring comfort and calmness.	28 Identify things that trigger uncomfortable feelings.	29 Talk about how to manage uncomfortable feelings.	30 Ask your child "What went well today?"	31 Let your child know that all feelings are okay.	