

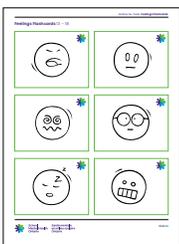
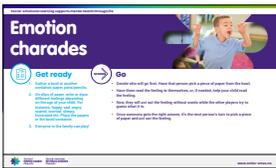


Did you know?

- ▶ Providing children with choice in the learning environment, and access to a variety of materials, tools, and spaces in the classroom, encourages them to gradually learn to select the ones that provide the stimulation or a calming effect, as needed so they can be ready to learn.
- ▶ When educators engage children in the process of determining and organizing materials in and around the room, they create a sense of belonging and inclusion that not only supports student learning but also helps support the mental health and well-being of kindergarten students.



This simple learning experience will complement the learning expectations found in the Self-Regulation and Well-Being Frame of the Kindergarten Program.

CHECK-IN	CURRICULUM CONNECTIONS
 <p>Use the second 6 emojis from our Feelings Flashcards to facilitate a student check-in. This link will take you to a set of 18 flashcards and a downloadable slide deck.</p> <p>Have students try to name what that feeling is and explain why they might be feeling that way.</p> <p>Note: none of the images may best represent how the student is feeling on that day. Provide an option for students to draw their own feelings face/emoji to check in with their feelings.</p>	<p>Overall expectation</p> <ul style="list-style-type: none"> • Communicate with others in a variety of ways, for a variety of purposes and in a variety of contexts. • Communicate their thoughts and feelings, and their theories and ideas, through various art forms. <p>This activity will help students identify feelings and emotions in themselves and others, explain why they might be feeling that way. They will begin to understand the range of feelings and how different people can experience different feelings.</p>
ACTIVITY	
 <p>Your Favourite Things – Spin the Wheel</p> <p>Have a student volunteer share one of their favourite things, and then go to this link – and spin the wheel. The student shares an answer that matches the category where the wheel stops – Food, Person, Activity/Game, or Toy. You can use the link to the wheel as it is or edit it to meet the needs of your students.</p> <p>This activity is helpful to further understand and get to know your students. Sometimes when we are experiencing big emotions it is helpful to think of our favourite things, people, or activities to refocus our mind and feel better prepared to deal with the emotions.</p>	
PARTNER	
<p>Activity Cards for Home</p>  <p>Consider sharing this activity card with families and caregivers so they can practice emotion charades with their child to provide a connection to learning happening at school.</p> <p>Here is a sample that you may choose to include in your communication:</p> <p><i>“Today in class we did an activity where we shared our favourite things. When we are experiencing difficult emotions, sometimes thinking of our favourite things can help us feel better. Here is an activity you can do to continue learning at home. Emotion Charades will help students practice expressing emotions with their whole body and recognize body language and facial expressions in others.”</i></p>	

