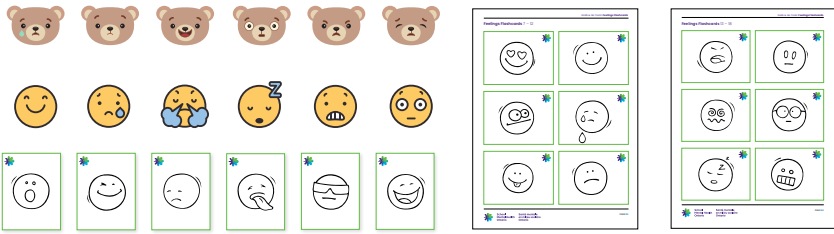




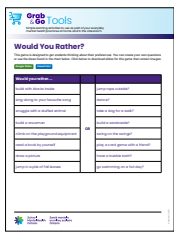
## Did you know?

- ▶ When you support the development of play skills in students you are also helping to improve several of their social competencies (i.e., problem solving, emotional intelligence and the ability to empathize).
- ▶ Playing can also increase self-awareness and conflict resolution skills, promote positive feelings, by releasing endorphins, and allow students to explore and process feelings that they may have difficulty communicating.

*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>Remind students of the check-in tools introduced previously and give them the choice of checking in using the tool of their choice. (Teddy bears, emojis, or feelings flashcards)</p> <p>Have students try to name the feeling they chose and explain why they may be feeling that way today.</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><b>Overall expectation</b></p> <ul style="list-style-type: none"> <li>• Communicate with others in a variety of ways, for a variety of purposes and in a variety of contexts.</li> <li>• Communicate their thoughts and feelings, and their theories and ideas, through various art forms.</li> </ul> <p>This activity will help students identify feelings and emotions in themselves and others, and 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

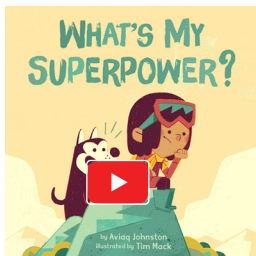


### Would You Rather?

This game is designed to get students thinking about their preferences. Knowing the activities that we enjoy is helpful when choosing distraction as a strategy to help us refocus our mind and feel better prepared to cope with big feelings. This activity includes a downloadable slide deck.

## PARTNER

### Read Aloud Video – What’s My Superpower?



In this fun story we discover that Nalvana and her friends all have special superpowers.

Consider sharing [this link](#) with families and caregivers to help extend the learning at home. This Read Aloud is available in English, French and Inuktitut.

Here is a sample of what you may choose to include in your communication:

*“Today our class did an activity talking about the things we prefer, such as ‘Would you prefer to build a snow castle or a sandcastle?’. Here is a Read Aloud story that you could listen to with your child to explore individual strengths and identities in ourselves and others.”*

