

Connect-Ed

 KNOW YOURSELF,
GROW YOURSELF 



Warm-up: Carpet Activity

Time to grow, little seeds!

Today we're thinking about growing up and getting to know all the feelings inside us.

Watch the video of tiny seeds growing into amazing plants!

Let's move our bodies as we watch. Can you scrunch up into a little ball and pretend to be a seed? Now stretch your arms and legs, wiggle your body, and grow into a strong, tall plant!



LINK: <https://www.youtube.com/watch?v=ECibetK2EYI>



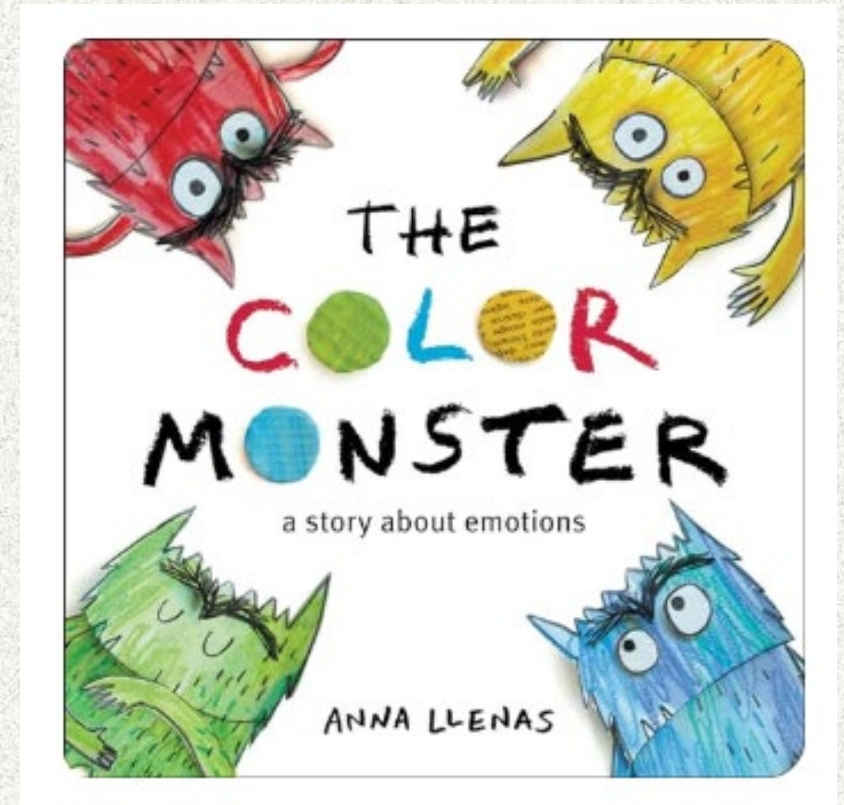
All About Our Feelings

Let's listen to the Colour Monster story.

All of his feelings are mixed up! Let's help him sort them out.

Can you show me an **angry** face or movement? Let's all stamp our feet! And how about **happy/sad/shy**?

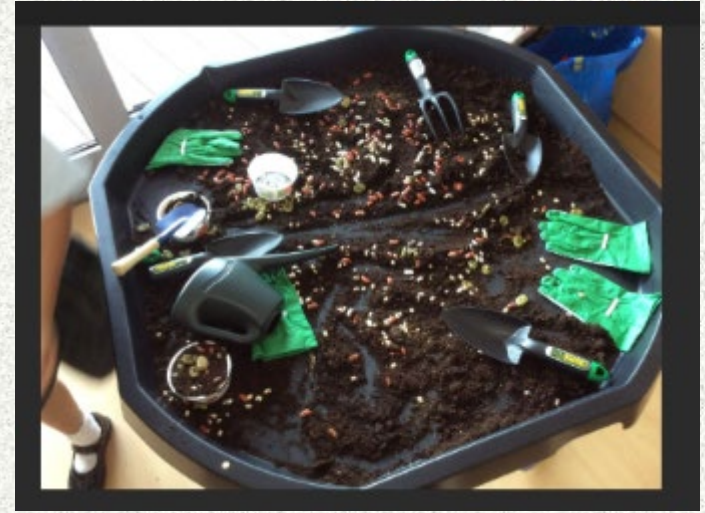
When do you feel like this? Who helps you with your feelings?



Station one: Tuft Tray Activity

Set up: Tuft tray filled with soil and tactile/sensory natural resources for children to explore (e.g. pine cones, conkers, seeds). Sticks (or similar) for children to make marks in the soil.

Activity: children to explore creating different faces (e.g. happy, sad, angry) in the soil, drawing lines and using natural objects



Station 2: Playdough Monsters

Resources: Playdough in various colours. Additional items such as lollipop sticks, feathers and googly eyes if desired. Pictures of the colour monster or puppets/props around the station to prompt imagination

Activity: children use the playdough to make their own colour monster. Ask, what feelings does your colour monster have in his tummy today?



Station 3: Growing Strong Together

Let's make our class tree!

Resources: Large tree template, poster paints in trays (various colours), wipes.

Activity: Children choose a colour and use the paint to create a hand-print 'leaf' on the class tree. Look how beautiful our tree is! We are all different, and we are learning and growing together.



Closing carpet activity: Let's Sing!

If you're happy and you know it,
Clap your hands!

Angry... Stamp your feet

Scared... hide away!

Shy.... Whisper soft!

Sad... hang your head

Silly... do a dance!



Activity: sing a familiar song exploring emotions. Use exaggerated facial expression/gesture to amplify the different feelings.

Optional Resources: small percussion for children to join in (shakers, bells) whilst singing.

