



Activities at home for Hedgehogs and Lambs

Our topic for the month of February is: Me, my feelings and role play

The areas we will be covering are:

- Role play - Dressing up as animals (Hedgehogs); Home corner (Lambs)
- Using props and making items/objects to support role play.
- Recognising different feelings and facial expressions.
- What makes us feel happy? What makes us feel sad? What makes us feel angry? What makes us feel scared?
- We are all different - similarities and differences between themselves and others.
- Drawing self using the mirrors.
- Using feeling puppets to describe personal feelings.
- Music and physical activities to express feelings and copy action games.
- Exploring feelings through messy play and textures.
- Sharing games - one to one and group.
- Reading stories and poems, talking about how they make us feel and how the characters are feeling.
- Learning about good/bad actions and how we can make our friends feel better.
- Create a feelings board.
- Chinese New Year activities and food tasting - Year of the Ox - 12th February
- Valentine craft activities.
- Making pancakes - 16th - choosing toppings.

Books, rhymes and songs:

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| <ul style="list-style-type: none">• If you're happy and you know it (song)• If you're angry and you know it (story)• Goldilocks and the Three Bears; The Enormous Turnip; The Parrot Tico Tango; The Gruffalo; Harry and his Bucketful of Dinosaurs; (story sacks)• Outdoor Opposites (story cd) | <ul style="list-style-type: none">• The Little Red Hen (story)• The Smartest Giant in Town (story)• My Friend Robot (story cd)• Walking Through the Jungle (story cd)• The Giant of Jum (story cd)• Hansel and Gretel (story)• The Boy Who Cried Wolf (story)• Bug Bear (story) |
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Ideas how to explore this topic at home or when you are out and about:

- Talking about feelings - how am I feeling today?
- Recognising different facial expressions of family members.
- Reading stories and discussing how characters feel.
- Painting our feelings by exploring colours and textures.
- Playing sharing/taking turns games with family.
- Explore likes/dislikes.
- Talk about rules and boundaries at home - promote good behaviour/sharing.
- Create a feelings board - What makes me happy/ sad/ cross/ angry/ worried?
- Role play with props/toys/dressing up clothes.
- Make pancakes - add different toppings.
- Make a Valentine card for someone special.
- Try different types of Chinese food - new tastes.