

# Full of Feelings



..... *Structured Play* .....

Is an activity that is outcome based and usually adult-directed

VS.

..... *Unstructured* .....

Is an activity that is led by the child and having fun experiencing the activity

## PLAY TIPS

Play that is unstructured, expressive and exploratory supports all areas of the child's development - this provides a foundation for later academic success.

**Open-ended questions:** Ask questions so children can describe and think about what they are doing. The questions we ask will help them think about approaching, planning, and extending their ideas.

**Assessing feelings:** How do you think...feels?

**Making predictions:** What will happen next?

**Extend on thinking:** What would happen if there were..?

**Solving problems:** What can you do about it?

### Jar full of feelings activity

Scan the QR code below to see this activity!



### Emotions sorting activity

Scan the QR code below to see this activity!



## Feelings Station Ideas to try at Home

Emotions sorting



Jar full of feelings activity



### A Feelings Station might also include:

- Crayons
- Paint
- Paper plates (for faces)
- Feelings stories
- Playdough
- Emotions wheel
- Sorting cards for emotions
- Coloured pom-poms

### Feelings and Emotions-based play supports development and learning in many areas

Emotions and feelings-based play supports development and learning in many areas. This activity will allow them to explore new ideas, find solutions to their problems and try different approaches.

#### Physical Development - Fine and Gross Motor Skills

Drawing supports muscle and hand-eye coordination. It's a great opportunity to talk and teach them about colours, it can help children express their emotions, and encourages problem-solving, by getting children to ask themselves questions.

#### Creativity and Imagination

Children will embrace creativity and confidence. Giving your child the freedom to draw or play with playdough means that they can create anything they want. Drawing allows children to create visual symbols to reflect ideas from their imagination into the paper.

#### Cognitive

Drawing allows children to become more aware of the environment around them. It will help children to develop problem-solving skills and thinking about what they choose to draw, the manner they use to portray relationships between things. drawing helps children to learn and acquire knowledge and understanding through thought, experience, and sense.

#### Speech and language development

Being able to understand and use words for thoughts and feelings helps children tune in to other people's thoughts and feelings, have conversations, understand stories, learn to self-regulate, and learn the language used at school.