

LBDN INFANT WORLD

May 18-22 | Exploring Our Emotions

EXPLORING OUR EMOTIONS

Hi families! This week we wanted to share activities and tips to help you teach your child(ren) learn about emotions. Infants experience, express, and perceive emotions before they fully understand them. We can help them understand emotions better by teaching them to recognize, label, manage, and communicate their emotions. In learning these skills, children build skills that connect them with people: family, peers, teachers, and the community (California Department of Education).

IDENTIFYING EMOTIONS

EMOTION MASKS

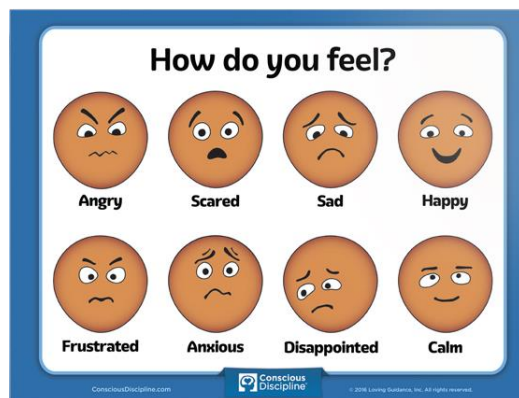
Materials: Paper plate, markers/crayons, glue, popsicle stick

Directions: Draw the facial expressions on the front of the paper plates. Glue a popsicle stick to the back of the plate. Help children put a name to the expression.

Need a challenge? Have your child attempt to draw the facial expression. As they begin to understand more, you can ask them to show you which face shows which emotion.

MIRROR, MIRROR

This is an easy activity that does not require any prep! All you need is a mirror to help your child recognize and identify each emotion. In front of the mirror, you and your child can do different facial expressions. As you do them, name and talk about the emotion. You can also tape this emotion chart on to a mirror to help children associate the drawing and written word to the emotion.



ZOOM MEETINGS

Mondays at 10:30 AM

Wednesdays at 2:30 PM *Learning Spanish*

Thursdays at 2:30 PM

Keep an eye out for a new ReadyRosie playlist!

DIY SENSORY ACTIVITY | OOBLECK

https://youtu.be/gb-e_64dhr

Ingredients: 2 cup cornstarch, 1 cup water

Directions: Mix ingredients together.

Make it more interesting: Add food coloring to make it more colorful. Use measuring cups, spoons, and bowls.

Skills: creativity, imagination, spacial understanding, number sense, color recognition, language development, attention skills, thinking skills

Emotional Connection: Sensory activities, like oobleck, are great for calming an anxious, frustrated, or over-stimulated child.



MANAGING EMOTIONS

Has your child been extra cranky and extra clingy these past months since the stay-at-home order took place? Have you seen an increase in tantrums? Is your child having a hard time sleeping? These are all possible common reactions to the distress they may be feeling from the uncertainty surrounding COVID-19. They may be feeling what you are feeling. Here are some self-regulation tips and techniques you can teach your child. Make sure you take a deep breath too!

SAFE PLACE BREATHING ICONS

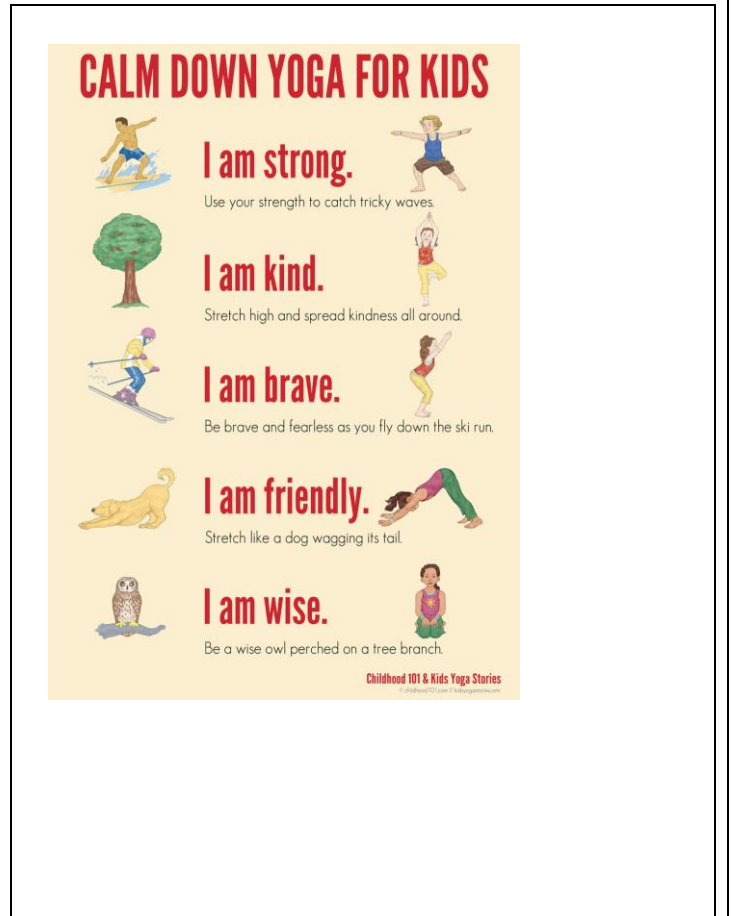
The first step in any discipline encounter is to take a deep calming breath. Three deep breaths shut off the fight or flight response in the body. Here are the four core active calming techniques by Conscious Discipline, which we use in school. See the attached Conscious Discipline pdf to print out these icons.

 <p>Drain</p> <p>Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "ssshhh" sound and release all your muscles, draining out the stress.</p>	 <p>S.T.A.R.</p> <p>Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.</p>
 <p>Pretzel</p> <p>Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.</p>	 <p>Balloon</p> <p>Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbbppbpb" sound.</p>

UNDERSTANDING YOUR TODDLERS EMOTIONS

Here's an informational video on helping you better understand your toddler's emotions.

<https://www.youtube.com/watch?v=oc0CllySQKw&feature=youtu.be>



VIDEO RECOMMENDATIONS

The Story of My Feelings by Laurie Berkner

<https://www.youtube.com/watch?v=3zQJyL821lc>

The Way I Feel by Janan Cain

<https://youtu.be/OfyRzOm4JU?t=90>

Emotions Hokey Pokey

<https://www.youtube.com/watch?v=ZHS7vCdBeus>

MUNDO INFANTIL

Mayo 18-22 | Explorando Nuestras Emociones

EXPLORANDO NUESTRAS EMOCIONES

Hola familias! Esta semana quisimos compartir actividades y consejos para ayudarlo a enseñar a su hijo a aprender sobre las emociones. Los bebés experimentan, expresan y perciben las emociones antes de comprenderlas por completo. Podemos ayudarlos a comprender mejor las emociones enseñándoles a reconocer, etiquetar, administrar y comunicar sus emociones. Al aprender estas habilidades, los niños desarrollan habilidades que los conectan con las personas: familia, compañeros, maestros y la comunidad (Departamento de Educación de California).

IDENTIFICAR EMOCIONES

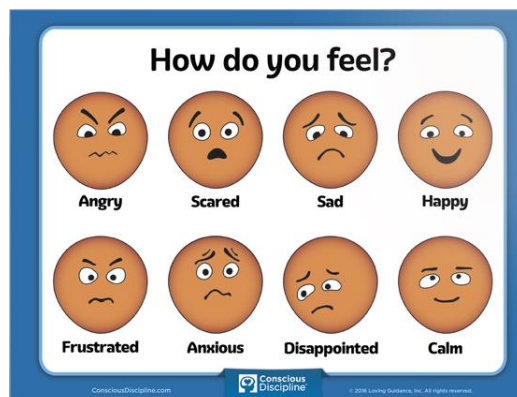
Mascara de Emocions

Materiales: Plato de papel, marcadores/crayones, pegamento, palito de paleta

Instrucciones: Dibuja las expresiones faciales en el frente de los platos de papel. Pegue un palito de paleta en la parte posterior del plato. Ayude a los niños a poner un nombre a la expresión.

¿Necesitas un desafío? Haga que su hijo intente dibujar la expresión facial. A medida que comienzan a comprender más, puede pedirles que le muestren qué rostro muestra qué emoción.

ESPEJO, ESPEJO ¡Esta es una actividad fácil que no requiere ninguna preparación! Todo lo que necesita es un espejo para ayudar a su hijo a reconocer e identificar cada emoción. Frente al espejo, usted y su hijo pueden hacer diferentes expresiones faciales. Mientras los haces, nombra y habla sobre la emoción. También puede pegar esta tabla de emociones en un espejo para ayudar a los niños a asociar el dibujo y la palabra escrita a la emoción.



JUNTAS DE ZOOM

Lunes a las 10:30 AM

Miercoles a las 2:30 PM *Aprendiendo Espanol*

Jueves a las 2:30 PM

¡Esté atento a una nueva lista de reproducción ReadyRosie!

DIY ACTIVIDAD SENSORIAL | OOBLECK

<https://youtu.be/gb-e-64dhrc>

Ingredientes: 2 tazas maicena, 1 taza de agua

Directions: Mix ingredients together.

Haslo mas Interesante:

Agregue colorante alimentario para hacerlo más colorido. Use tazas medidoras, cucharas y tazones.

Habilidades: creatividad, imaginación, comprensión espacial, sentido numérico, reconocimiento de color, desarrollo del lenguaje, habilidades de atención, habilidades de pensamiento

Conexion Emocional: Las actividades sensoriales, como oobleck, son excelentes para calmar a un niño ansioso, frustrado o sobreestimulado.






CONTROLANDO NUESTRAS EMOCIONES

¿Ha estado su hijo más irritable y más atado uste en los últimos meses desde que se realizó la orden de quedarse en casa? ¿Has visto un aumento en berrinches? ¿Su hijo tiene dificultades para dormir? Todas estas son posibles reacciones comunes a la angustia que pueden estar sintiendo por la incertidumbre que rodea a COVID-19. Pueden sentir lo que tú estás sintiendo. Aquí hay algunos consejos y técnicas de autorregulación que puede enseñarle a su hijo. ¡Asegúrate de respirar profundamente también!

LUGARSEGURO PARA RESPIRA

El primer paso en cualquier encuentro de disciplina es respirar profundamente. Tres respiraciones profundas cerraron la respuesta de lucha o huida en el cuerpo. Aquí están las cuatro técnicas principales de calma activa de Disciplina Consciente, que usamos en la escuela. Vea el pdf adjunto de Disciplina consciente para imprimir estos íconos.


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ENTENDIENDO LAS EMOCIONES DE NUESTROS NIÑOS

Aquí hay un video informativo sobre cómo ayudarlo a comprender mejor las emociones de su hijo.


<https://www.youtube.com/watch?v=oc0CllySQKw&feature=youtu.be>


CALM DOWN YOGA FOR KIDS



I am strong.


Use your strength to catch tricky waves






I am kind.


Stretch high and spread kindness all around.






I am brave.


Be brave and fearless as you fly down the ski run.






I am friendly.


Stretch like a dog wagging its tail.





I am wise.

Be a wise owl perched on a tree branch.



Childhood 101 & Kids Yoga Stories
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VIDEOS DE RECOMENDACIONES

La Historia de Mi Sentimientos de Laurie Berkners - <https://www.youtube.com/watch?v=3zQJyL821lc>

Como me Siento by Janan Cain - <https://youtu.be/OfyRzOm4JU?t=90>

Baile de Emociones Hokey Pokey - <https://www.youtube.com/watch?v=ZHS7vCdBeus>