

Noticing our feelings

Kaiako card 6



Why this activity:

It supports tamariki emotional literacy and practicing the skills tamariki need to empathise and regulate.

Notes:

What to do:

- Using the tinana, paint pots, emotion bubbles and tamariki bubbles create a display to support kōrero about emotions with tamariki.
- Explore the emotions with kōrero such as:
 - Where might we feel this emotions in our bodies?
 - What colour might we associate with this emotion?
 - What might emotion be telling us? Or why do you think we have this emotion?

Whānau engagement

Use the Remembering to Puku Breathe poster to colour and take-home for whānau kōrero

Then develop the habit of checking in with tamariki around emotions at the start of the day, end of the day or after kai break.

Tamariki can:

- Add their emotion bubble to an emotion they're feeling or just near the colour they're feeling associated with.
- Explore where in their tinana they're feeling an emotion and add it to the body poster
- Kōrero about some of the emotions just ask tamariki to see how their buddies are feeling right now too.
- Validate the emotions tamariki are feeling
- Use puku breathing to restore some kakariki in the room if needed.