

Activity Ideas

with
Wiltshire
Children's Centres

Our play inspiration this week:
Feelings and Emotions

Wolf Girl



Click on the picture to take you to the story.

A story about overcoming feeling shy and finding your voice.



Homemade Houmous

You will need:
Chickpeas
Pepper
Lemon juice
Garlic
Cumin



Great for all the family.

Suitable from 12 months

[start 4 life](#)

Click here to see this recipe and more

Activity Idea - Older Explorers Dressing up fun

Explore with your child how emotions and feelings can change when you dress up. Talk about feelings such as brave, happy, sad, powerful and kind. How might your child feel dressed as a superhero or a tiger?



Did you know...

Newborn babies cry in response to another newborns cry which researchers agree are early signs of empathy development.

Activity Idea - Tiny Tots Mirror emotions

Your baby will love checking out the reflection they see in the mirror. Try copying and naming baby's expressions.



Discovery time

Facial expressions: Being able to read non-verbal cues can help your child understand how someone is feeling. Young children don't automatically know the difference between a happy face, sad face or angry face. Expressions can be misinterpreted.

Use puppet games and books to help identify facial expressions.