

# Today's Topics: All About Me

## Overview and Things to Know:

Today is all about self-awareness and feelings. Everyone has feelings. Children are learning how to label those feelings. Different things make us feel different ways. We help them categorize what they feel. They are just learning about their perspective which includes what we see and how we feel. They are learning how to broaden the mental field. People have different opinions. I may not like strawberries, but you do. They are learning decentering. People show how they feel in different ways. They may like hugs, but someone may not. They are learning comparative behavior. We can also change how we feel. People help us feel better and we help others feel better. and talking about feelings, thoughts and abilities. As a child develops, they begin to perceive these aspects of themselves. Labeling our own feelings helps to model behavior for them and helps teach them coping strategies. Children gain autonomy as they learn to control their own behavior.

## Activities We Did:

- Dance the Hokey Pokey
- Explored how emotions feel and how to identify them.
- Talked about things we like during the dice game.

## Things to Try at Home:

Practice changing how we feel. By thinking about other things, we can make ourselves feel better. If we are sad because we have to go to bed, we can think about how happy we will feel in the morning to make us feel better. Have your child list the things which help to make her feel better if/when she is sad and write them down to keep for when she is sad. Knowing everyone has feelings helps us connect with others, sympathize with them, and be kind. Because of age or disability, some people can't control their bodies as well as others. We can keep this in mind as we interact and adapt to others, or as others adapt to us.

## Songs to Listen to:

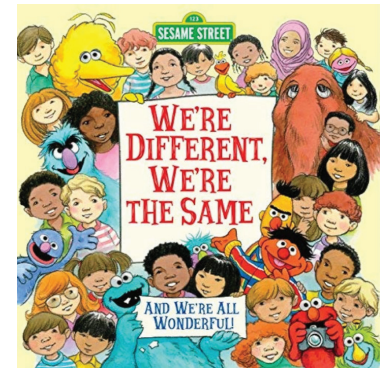
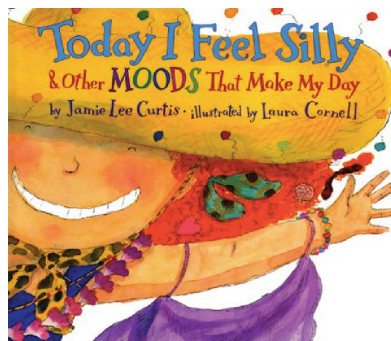
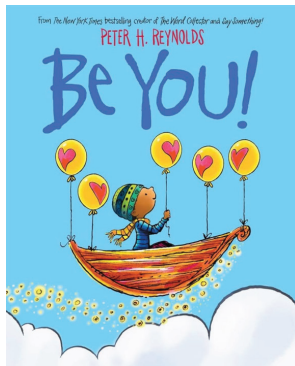
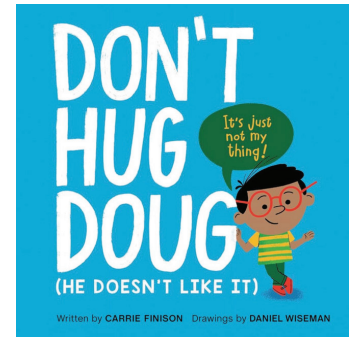
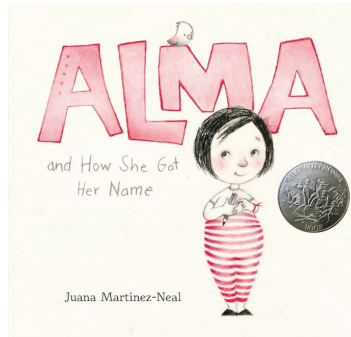
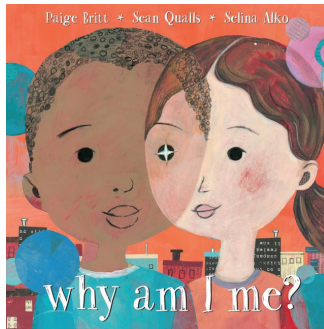
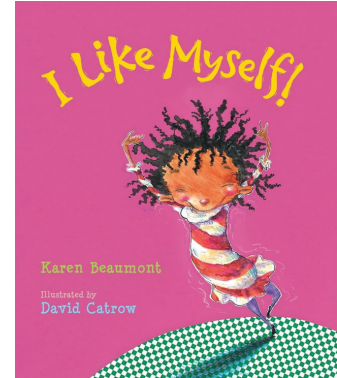
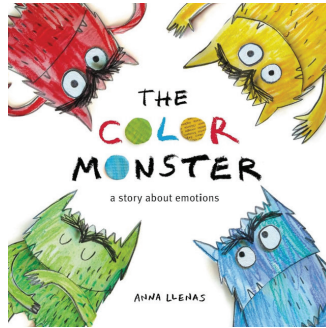
- The ABC's of You by the Juicebox Jukebox
- Affirmation Song by Doggyland Snoop Dogg
- Walk Tall by Ziggy Marley
- The Story of My Feelings by Laurie Berkner
- Rainbow Breath by BenAnna Band
- Grizzly Bear Grump by Stephanie Leavell
- It's Alright to Cry by Rosey Grier
- Breathe In, Breathe Out by Miss Julieann
- Stop and Take a Breath by Narwhals and Waterfalls
- It's Such a Good Feeling by Mister Rogers
- I've Got So Much to Give by Laurie Berkner

## If You Want to Dive Deeper:

Every time you respond to your child's needs, you are teaching them to trust you. By using a positive approach, you are showing him how to act with others. If a child is cherished by his caregivers, he cherishes himself and feels secure. A child who lives in a responsive home is likely to respect others. The way a child feels about himself affects how he will behave toward others.

# Books to Check Out

## For the Pre-Kindergartners



## For the Grownups

