



TO EXPLORE EMOTIONAL WELLBEING



## PLAY SPACE CARDS

### HOW AM I FEELING?

This play space creates an inviting and safe area for children to explore their own emotions and develop their emotional intelligence. The space provides several avenues for children to discover different emotions.

Children are provided with craft and drawing resources to create their own emotion faces on the paper cut outs. We've also included hand held mirrors to invite children to look at their own faces to practice emoting and recognising emotions when they see them.

Our Emotion Stones are also included in the space for children which provides visual representations of emotions as well as being a tactile sensory resource.

### LEARNING THEMES AND CONNECTIONS

- Emotional Wellbeing
- Self-expression
- Autonomy
- Resilience
- Self-regulation

### PROMPTS & QUESTIONS

- \* How do you know when someone is feeling \_\_\_\_\_ ?
- \* What makes you feel better when you are feeling \_\_\_\_\_ ?
- \* How can we help someone who is feeling sad?
- \* What makes you feel happy?

### EARLY YEARS LEARNING FRAMEWORK CONNECTIONS

- Learning Outcome 1.4: Children learn to interact in relation to others with care, empathy and respect
- Learning Outcome 3.1: Children become strong in their social, emotional and mental wellbeing
- Learning Outcome 3.3: Children are aware of and develop strategies to support their own mental and physical health and personal safety



## EXTENSION IDEAS

- \* Use books and real life images to build children's capacity to recognise different emotions through facial expressions.
- \* Use technology to build children's understanding, source educational videos such as:

[This Is A Happy Face featuring Noodle & Pals | Learn Emotions!](#) | [Super Simple Songs](#)  
([Super Simple Songs - Kids Songs on YouTube](#))

- \* Incorporate group games and songs into group time that allow children to practice emotional intelligence skills with their peers.
- \* Create a calm space in the classroom as a retreat for children who need a quiet place to regulate their emotions.



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## RESOURCES

Here you'll find some of the resources we used to create our play space as well as some additional items to extend learning.



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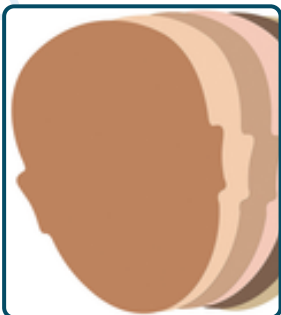
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