Week 1: Personal, Social, Emotional Development (PSED)

Feelings and Emotions.

It is important to talk about feelings and emotions with your child, and how everybody has happy and sad days, as well as being scared of things.

Using the four emotions below, talk to your child about what makes them feel happy, sad, excited and scared.

You could repeat this activity every day, asking if anything made them feel happy that day.

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| Dancing  Cuddles | Birthdays  Playing games | Spiders  Peas | Losing a toy  Grazing a knee |

Please send Miss Lynaugh a message about what has made you happy today on Class Dojo!