

BLINK AT HOME

Feelings

What can I do with big feelings?

Skills to develop

- + Social and emotional skills
- + Fine motor skills

Materials

- + Stress ball: sandwich bag, two balloons, scissors, flour, or rice
- + Shaving cream art: shaving cream, food coloring, towels
- + Sensory bin: plastic bin, dried beans or rice, small items to hide

WHAT TO DO

Prepare Before the Activity

1. Decide which activity best suits your child. Read the activity ahead of time and prepare the necessary materials. Some activities may not be developmentally appropriate for children who might put items into their mouths. Think how you can model conversations about your own feelings.

During the Learning Activity

1. **Create a stress ball:** Fill the sandwich bag with flour or rice and close the top. Cut the ends off the balloons. Put the sandwich bag into one balloon. Then place a second balloon around the first one. Encourage children to squish the ball and think about how it feels. Encourage children to squish out their feelings while the adult mirrors back their feelings.
2. **Make shaving cream art:** This is a sensory activity that encourages silliness and may be helpful during times of high stress. Put shaving cream in a plastic tub or regular bathtub. Add drops of food coloring. Encourage children to swirl it around, squish it, and create their own artworks. You may wish to warn young children that shaving cream does not taste good.
3. **Sensory Bin:** Sensory bins encourage tactile sensations and play. Fill a plastic bin with dried beans or rice. Add small items for children to find within the bin. For extra fun, have children close their eyes while they feel the object to guess what they have pulled out. Encourage hesitant children by placing your own hands into the sensory bin and modeling how to use it.

Extend the Fun

- + Read and discuss a book about feelings. Consider: *I am a Rainbow* by Dolly Parton; *My Many Colored Days* by Dr. Seuss; *The Color Monster* by Anna Llenas; *Waiting is Not Easy* by Mo Willems