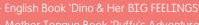


Hello Sparkletots Parents/Guardians,

Did you know that children who have strong relationships with the adults in their lives have better emotional well-being?¹ As parents and guardians, we play a significant role in helping our little ones learn about their emotions. Let us use this JOR pack to have open conversations and build strong relationships with our children!



What's in the Box

• Mother Tongue Book `Puffy's Adventure' • Dino Squishy • `My Big Feelings' Emotions Wheel • Bean Bags • Stackable Cups with Rings • Parent Resource Brochure



Scan this QR code for more activity ideas



Squeezing a squishy toy can help children calm down as it redirects their focus to the action of squeezing.

Dino Squishy: Introduce this Dino Squishy to your child when dealing with big feelings. They can squeeze it or use it to express their thoughts and feelings.

DID YOU KNOW?

Well-regulated emotions support the development of executive functions.²

Emotions Wheel: Use the Emotions Wheel to help your child learn about different emotions and how to respond healthily to the big feelings they encounter.

DID YOU KNOW?

Preschoolers are capable of experiencing big feelings such as anxiety and disappointment.³

Stackable Cups with Rings: Play a ring toss game with your child. Use this as a chance to discuss managing emotions that may emerge from the competition, such as anxiety or disappointment when dealing with defeat.

DID YOU KNOW?

Emotional development is about being aware of your own feelings and understanding the feelings of others.⁴

Bean Bags: Play a game with your child alternating balancing a bean bag on your heads. Drawing inspiration from 'Puffy's Adventure', pretend to feel nervous about the task. Use this opportunity to initiate conversations about connecting and reaching out to others.





¹ "Children's Emotional Development Is Built into the Architecture of Their Brains: Working Paper No. 2," National Scientific Council on the Developing Child, 2022, accessed August 01, 2023, 2, https://developingchild.harvard.edu/wp-content/uploads/2004/04/Childrens-Emotional-Development-Is-Built-into-the-Architecture-of-Their-Brains.pdf.

- ² National Scientific Council on the Developing Child, "Children's Emotional Development," 2
- ³ National Scientific Council on the Developing Child, "Children's Emotional Development," 2.

⁴ "Nurturing Early Learners, A Curriculum Framework for Preschool Education in Singapore," Ministry of Education, 2004, accessed August 01, 2023, 30, https://www.nel.moe.edu.sg/qql/slot/ul43/2022/Nurturing%20Early%20Learners%20Framework%202022_tinal.pdf.

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