



SPARKLE
TOTS
PAP COMMUNITY FOUNDATION



JOY OF READING

2023

Pre-Nursery & Nursery



Nature is Best!

What to prepare:

1. Binoculars
(two toilet rolls
taped together)

What we are learning:

1. Help children
identify their own
emotions
2. Facilitate the
development of
emotional
regulation in
children through
outdoor and
nature-based
activities

Being in nature is a fantastic way to calm restless and distressed children. Spending time outside and enjoying nature boost energy and attention. The outdoors provides an open space for children to run and play. Here are some wonderful calming activities you can do outside.

What you can do with your child:

1. Nature Walk
Go for a walk at the park or beach and invite your child to close his/her eyes and focus on the things in nature. You can talk about:
 - who/what is making sounds that you hear
 - the birds, insects and more
2. Sky Watching
Invite your child to look at the sky and observe the clouds. Encourage your child to describe the shapes of the clouds and what characters they resemble.



Tips for parents:

1. Talk about how these outdoor experiences made your child feel (e.g. happy, calm, joyful).
2. Use a camera to capture images during your nature walk/watch. Create a photo journal with these pictures and use them as conversation starters.
3. Provide paper and drawing instruments for your child to draw what they see or how they feel during these nature experiences.

Mirror Reflections

What to prepare:

1. Emotions Wheel
2. A mirror

What we are learning:

1. Encourage empathy by helping children explore how facial expressions relate to feelings

Children experience many different emotions. Guiding your child to understand these feelings can be as easy as looking at faces in the mirror. Feelings are revealed in smiles, pouts and glances. Through "Mirror Reflections", children discover that each expression tells a unique emotion. This insight deepens their connection with others' feelings.

What you can do with your child:

1. Use the Emotions Wheel and discuss when your child would experience those emotions.
2. Mimic emotions from the Emotions Wheel as you face your child.
3. Invite your child to look in the mirror and, using their facial expressions, portray the different emotions.
4. Bring your child's attention to the eyes, eyebrows, lips and forehead when mimicking the emotions.



Tips for parents:

Discuss positive ways to deal with their emotions. For example, if they feel upset about a disagreement with a friend, discuss ways to resolve the conflict.