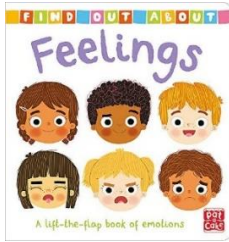
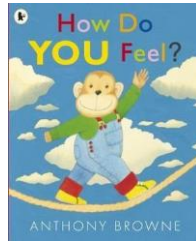


Tinies Time Emotion Regulation Kit Contains

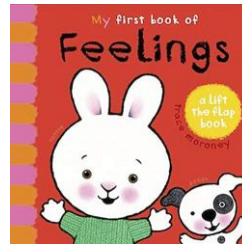
Books



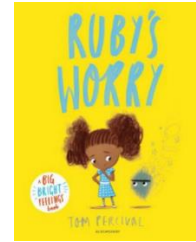
Find Out About Feelings: A Lift-The-Flap Board Book on Emotions by Pat-A-Cake



How Do YOU Feel? by Anthony Browne



My First Book of Feelings by Trace Moroney



Ruby's Worry by Tom Percival

Songs and Rhymes

A Bouncing We Will Go
 Any Way I Feel
 Can You Make a Happy Face?
 Cry, Cry When You're Sad
 Emotions Hokey Pokey
 Feelings
 Five In a Bed
 Good Morning, How Are You?
 Happy
 I Have a Happy Face
 I Have Feelings
 I Look in The Mirror
 If You're Happy and You Know It
 If You're Happy and You Know It (variation)
 Sad, Bad, Terrible Day
 When I Am

Activities



FEELINGS CLOCK



Songs and Rhymes

A BOUNCING WE WILL GO

A bouncing we will go,
a bouncing we will go.
Hi-ho the dairy-O,
a bouncing we will go.

A rocking we will go,
a rocking we will go.
Hi-ho the dairy-O,
a rocking we will go.

A tickling we will go,
a tickling we will go.
Hi-ho the dairy-O,
a tickling we will go.

ANY WAY I FEEL

When I am happy, I laugh. Ha ha ha ha ha
When I am sad, I cry. Boo hoo hoo.
When I am angry, I yell. Argh!
When I am down, I sigh. Aghhhhhhh.

Any way I feel, I can show it to you.
Do you ever feel the same way too?

When I am tired, I yawn.
When I am silly, I giggle. Hee hee hee.
When I am sick, I moan. Ow ow ow.
When I am excited, I wiggle.

Any way I feel, I can show it to you.
Do you ever feel the same way too?

CAN YOU MAKE A HAPPY FACE?

Can you make a happy face?
Happy face, happy face.
Can you make a happy face?
Just like me.

Can you make an angry face?
Angry face, angry face.
Can you make an angry face?
Just like me.

Can you make a scared face?
Scared face, scared face.
Can you make a sacred face?
Just like me.

Can you make a sad face?
Sad face, Sad face.
Can you make a sad face?
Just like me.

CRY, CRY WHEN YOU'RE SAD

To the tune of 'Row Row Row Your Boat'

Cry, cry when you're sad.
Just between you and me.
Don't be afraid to shed a tear.
It's just what you have to do.

EMOTIONS HOKEY POKEY

You put your happy face in,
You take your happy face out.
You put your happy face in and you shake it all about.
You do the hokey pokey and turn around,
That's what it's all about.

You put your sad face in,
You take your sad face out.
You put your sad face in and you shake it all about.
You do the hokey pokey and turn around,
That's what it's all about.

You put your angry face in,
You take your angry face out.
You put your angry face in and you shake it all about.
You do the hokey pokey and turn around,
That's what it's all about.

You put your scared face in,
You take your scared face out.
You put your scared face in and you shake it all about.
You do the hokey pokey and turn around,
That's what it's all about.

You put your surprised face in,
You take your surprised face out.
You put your surprised face in and you shake it all about.
You do the hokey pokey and turn around,
That's what it's all about.

You put your silly face in,
You take your silly face out.
You put your silly face in and you shake it all about.
You do the hokey pokey and turn around,
That's what it's all about.

Reference song: <https://www.youtube.com/watch?v=ZHS7vCdBeus>

FEELINGS (by Karen Folk)

Sometimes on my face, you'll see (point to face)
how I feel inside of me (point to chest).
A smile means happy (smile),
a frown means sad (frown).
And gritting teeth means I'm mad (grit teeth).
When I'm proud, I beam and glow (smile),
but when I'm shy, my head hangs low (bow head).

FIVE IN A BED (with faces)

There were 5 in the bed and the little one said (hold up 5 fingers),
"roll over, roll over" (make rolling motion),
and they all rolled over and one fell out (make rolling motion and hold up 1 finger).
There were 4 in the bed and the little one said (hold up 4 fingers),
"roll over, roll over" (make rolling motion),
and they all rolled over and one fell out (make rolling motion and hold up 1 finger).

There were 3 in the bed and the little one said (hold up 3 fingers),
"roll over, roll over" (make rolling motion),
and they all rolled over and one fell out (make rolling motion and hold up 1 finger).

There were 2 in the bed and the little one said (hold up 2 fingers),
"roll over, roll over" (make rolling motion),
and they all rolled over and one fell out (make rolling motion and hold up 1 finger).

There was 1 in the bed and the little one said,
"Ahhh. Now I have the whole bed to myself. Goodnight!"

Reference:



The bigger smiling faces have the surprised face on the back. As we sing about falling out of the bed, flip the face over to reveal the shocked face.

The little grumpy face will be turned over to reveal a happy face when they are the only one left in the bed.

GOOD MORNING, HOW ARE YOU?

Good morning, good morning,
How are you? How are you?
Very well thank you, very well thank you,
How about you? How about you?

HAPPY

To the tune of 'BINGO'.

Was a fellow, that I know, who was happy all the time-o.
Happy, happy, happy, he was happy all the time-o.

Was a fellow, that I know, who was angry all the time-o.
Angry, angry, angry, he was angry all the time-o.

Was a fellow, that I know, who was tired all the time-o.
Tired, tired, tired, he was tired all the time-o.

I HAVE A HAPPY FACE

To the tune of 'I'm A Little Teapot'

I have a happy face.
Watch me grin.
I have a great big smile,
from my forehead to my chin.

When I get upset and things are bad,
Then my happy face turns to sad.

I HAVE FEELINGS

Sung to the tune of 'Twinkle Twinkle Little Star'

I have feelings (point to self).
So do you (point to children).
Let's all sing about a few.
I am happy (smile).
I am sad (frown).
I get scared (cross arms and make scared face).
I get mad (stomp feet and make angry face).
I am proud to be me (hands on hips and smile).
That's a feeling too you see.
I have feelings (point to self).
You do too (point to children).

We just sang about a few.

I LOOK IN THE MIRROR

I look in the mirror and what do I see?

I see a happy face smiling at me.

I look in the mirror and what do I see?

I see a surprised face staring at me.

I look in the mirror and what do I see?

I see a sad face frowning at me.

I look in the mirror and what do I see?

I see an angry face glaring at me.

I look in the mirror and what do I see?

I see an excited face smiling at me.

IF YOU'RE HAPPY AND YOU KNOW IT

If you're happy and you know it, clap your hands (clap clap).

If you're happy and you know it, clap your hands (clap clap).

If you're happy and you know it, then your face will surely show it.

If you're happy and you know it, clap your hands. (clap clap).

If you're happy and you know it, stomp your feet (stomp stomp).

If you're happy and you know it, stomp your feet (stomp stomp).

If you're happy and you know it, then your face will surely show it.

If you're happy and you know it, stomp your feet. (stomp stomp).

If you're happy and you know it, shout "Hurray!" (hoo-ray!).

If you're happy and you know it, shout "Hurray!" (hoo-ray!).

If you're happy and you know it, then your face will surely show it.

If you're happy and you know it, shout "Hurray!" (hoo-ray!).

If you're happy and you know it, do all three (clap-clap, stomp-stomp, hoo-ray!).

If you're happy and you know it, do all three (clap-clap, stomp-stomp, hoo-ray!).

If you're happy and you know it, then your face will surely show it.

If you're happy and you know it, do all three. (clap-clap, stomp-stomp, hoo-ray!).

IF YOU'RE HAPPY AND YOU KNOW IT (variation)

If you're happy and you know it clap your hands (clap clap).

If you're happy and you know it clap your hands (clap clap).

If you're happy and you know it, then your face will surely show it.

If you're happy and you know it, clap your hands. (clap clap).

If you're mad and you know it cross your arms (cross arms).

If you're mad and you know it cross your arms (cross arms).

If you're mad and you know it, then your face will surely show it.

If you're mad and you know it cross your arms (cross arms).

If you're excited and you know it jump up and down (jump jump).

If you're excited and you know it jump up and down (jump jump).

If you're excited and you know it, then your face will surely show it.

If you're excited and you know it jump up and down (jump jump).

If you're sad and you know it make a frown (frown).

If you're sad and you know it make a frown (frown).

If you're sad and you know it, then you're face will surely show it.

If you're sad and you know it make a frown (frown).

If you're scared and you know it hide your face (cover face).

If you're scared and you know it hide your face (cover face).

If you're scared and you know it, then your face will surely show it.

If you're scared and you know it hide your face (cover face).

Other variations:

If you're sad and you know it – have a cry (rub your eyes and say boo hoo)

If you're hungry and you know it - rub your tummy

If you're sleepy and you know it – have a yawn

If you're excited and you know it - yell 'hooray' (raise arms overhead)

If you're excited and you know it - yell 'hooray' (raise arms overhead)

If you're bouncy and you know it - Hop around.

If you're funny and you know it - Laugh out loud

If you're noisy and you know it - Stomp your feet

If you're friendly and you know it - Wave hello

If you're scared and you know it - Give a shiver.

SAD, BAD, TERRIBLE DAY

It's a sad, bad, terrible day.

Things just aren't, going my way.

It's a sad, bad, terrible day.

Will it end?

Or will it stay?

I brush it off,

from my head to my toes.

Brush, brush,

and wiggle my nose.

I laugh it off,

ha! Ha!

And ho! Ho! Ho!

I'm feeling better now,

don't you know.

Reference song: <https://www.youtube.com/watch?v=ca8SUuG8vdA>

WHEN I AM.....

When I am happy,
ha ha ha ha (laugh)!

When I am sad,
boo, hoo, hoo, hoo (say).

When I am angry,
I can stomp my feet!
One, two, three, four (stomp).

When I am tired,
I give a big yawn (yawn).

When I am sick,
You might hear ACHOO (sneeze)!

When I am excited,
Hooray! Yippee! (say)

These are my feelings.
You have them too.

Activities

FACIAL EXPRESSIONS

Materials:

- Coloured paper or paper plates
- Paddle pop sticks
- Black textas
- Glue or sticky tape

Method:*

**to be used in conjunction with a story.*

1. Place the materials in a central spot, so everyone has access to them.
2. Tell parents/carers which faces we will be making today – the faces that need to be made will depend on which story you use in conjunction with this activity.
3. Allow time for parents/carers to help their child draw each face and highlight the different changes that happen on a face when someone feels an emotion.
eg: A happy face has a smile or an angry face has a frown and sqiggly eyebrows.
4. Invite the children and their parents to find a space to listen to the story. Make sure you instruct them to bring their faces with them.
5. As you come across different faces in the story, ask the children/parents to hold up the matching face.

Example:



MUSICAL FEELINGS

Materials:

- Music
- Feelings cards (optional)

Method:

1. Play music and allow children to dance.
2. As you are pausing the music, say a feeling (option to hold up feeling card too).
3. Children must freeze and show the feeling you said with their own face.

FEELINGS CLOCK

Materials:

- Feelings clock worksheet
- Brass fasteners
- Textas/pencils
- Scissors

Method (if completing during session; could be given to families to take home):

1. Allow children to colour their feeling wheel.
2. Cut arrow out.
3. Attach arrow to middle of clock with brass fastener, so the arrow can turn like a clock hand.
4. Instruct families to place the feeling wheel in an easily accessible place so children can use it to show their feelings that day.

Example:

FEELINGS CLOCK

