

Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

EMOTIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sing “If You’re Happy and You Know It”.</p> <p>Have your child pick different emotions and actions for the song and sing together. Eg. “If you’re mad and you know it, say, ‘I’m angry’.”</p> <p>Talk and sing other songs that have emotions in them.</p>	<p>Make faces with your child.</p> <p>Ask your child to make as many faces as they can think of.</p> <p>Give your child some paper and have them draw the faces with different feelings on some paper.</p> <p>Ask your child to describe the feelings they drew.</p>	<p>Read your favourite stories together.</p> <p>Have your child point to and name the different emotions they see as you read.</p> <p>Have your child cut out faces from magazines and make a collage of different emotions that you see.</p>	<p>LAUGHING DAY</p> <p>Tell a funny joke, tickle your child, or just laugh together.</p> <p>Try laughing in front of a window and see how fogged up it will get.</p> <p>Draw faces with your fingers in the steamed window.</p>	<p>Have your child draw faces on their fingers with different emotions.</p> <p>Draw faces on your own fingers and play finger puppets.</p> <p>Act out each emotion and talk about what to do when you feel different ways.</p>	<p>Stand in front of a mirror and have your child name an emotion. Make your faces and bodies match the emotion. (Eg. happy - smile and jump)</p>
					Sunday
					<p>Ask your child how they feel today and why. Talk about your feelings together. Be expressive, act out how you feel with actions.</p>



Key Words

Feelings, Laugh, Cry, Jump

Repeat these words often during the week and give your child the opportunity to hear and say them.

