



SPARKLE
TOTS
PAP COMMUNITY FOUNDATION



JOY OF READING

2023

Kindergarten 1 & 2



Doodle Magic

Doodling can work wonders. It is almost magical. The action of doodling is calming for children, and it can be used as a tool for them to process and express thoughts and emotions in a tangible form.

What to prepare:

1. Blank sheets of drawing paper
2. Drawing instruments such as marker, pen, crayon or pencils.

What we are learning:

1. Guide children to process and cope with their Big Feelings
2. Make connections to their emotions and thoughts



Tips for parents:

Engage your child and invite him/her to explain his/her doodles. Show interest and curiosity in their work. It is important that parents do not impose their thoughts or correct children's doodles, as this may discourage them from expressing themselves. Children highly value their parents' opinions, so what parents say will influence how they explore their creativity.

Emotion Exchange

When children learn that adults also deal with big feelings such as frustration and sadness, it normalises their feelings. This paves the way for open discussions about their emotions, aiding them in understanding and rationalising their thoughts and feelings.

What to prepare:

1. Photos of events (to help children relate to a specific event)

What we are learning:

1. Perspective-taking, when we put ourselves in the shoes of others
2. How to express or talk about our feelings when we experience a big feeling



Tips for parents:

Engage your child in such conversations when there are little to no distractions in their environment. Some examples include before bedtime, while travelling etc.

What you can do with your child:

1. Share with your child a feeling you have experienced. It could be a positive or challenging feeling.
2. Explain to your child how the feeling made you feel.
3. Ask your child how he/she would have felt if he/she experienced what you went through.