



## Hello Sparkletots Parents/Guardians,

Did you know that children who have strong relationships with the adults in their lives have better emotional well-being?<sup>1</sup> 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

- English Book 'Dino & Her BIG FEELINGS'
- 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!

### ★ DID YOU KNOW?

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.<sup>2</sup>

**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.<sup>3</sup>

**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.<sup>4</sup>

**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.

<sup>1</sup> "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>.

<sup>2</sup> National Scientific Council on the Developing Child, "Children's Emotional Development," 2.

<sup>3</sup> National Scientific Council on the Developing Child, "Children's Emotional Development," 2.

<sup>4</sup> "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/qqj/slot/u143/2022/Nurturing%20Early%20Learners%20Framework%202022\\_final.pdf](https://www.nel.moe.edu.sg/qqj/slot/u143/2022/Nurturing%20Early%20Learners%20Framework%202022_final.pdf).

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