



**SPARKLE**  
**TOTS**  
PAP COMMUNITY FOUNDATION



# JOY OF READING

## 2023

Infant and Playgroup



# The Language of Feelings

## What to prepare:

1. Pictures of faces from parenting magazines
2. Storybooks
3. Mirror

## What we are learning:

Identify and name emotions such as happy, sad, angry, frustrated and scared.

Big feelings matter for your infants and toddlers because they play a crucial role in their overall development. Big feelings such as joy, frustration, and distress are the building blocks for understanding emotions. Help your child learn the vocabulary to identify these feelings through picture talks and reading books together.

## What you can do with your child:

1. Look through the pictures of faces together with your child and talk about the parts of the face. You can talk about what the expressions might mean and copy each expression. Encourage your child to do so as well. As you turn the pages, describe your emotional response to what is on the page, "Oh this baby is happy because he is playing on the swing."
2. Label and describe your child's emotions when you are reading books with them, "I can see you are excited."
3. Sit in front of a mirror with your child and make different facial expressions together. Encourage your child to name the emotions he/she is expressing.
4. Sing songs when you are looking at the pictures or book together, "When you are happy and you know it, give me a laugh."



## **Tips for parents:**

When your child experiences big feelings, help them put a name to the emotion they are feeling. For example, "You look frustrated" or "I can see you're thrilled to go home."

# Emotions at Play

Play is a powerful tool for infants and toddlers to learn about emotions. It provides your child with a safe and engaging environment to explore, express and understand his/her feelings, as well as those of others.

## What to prepare:

1. Cut-out pictures of faces from parenting magazines
2. Cushions, tunnels, pillows and mats
3. Music

## What you can do with your child:

1. Hide pictures of faces depicting different emotions around the room. Encourage your child to find and name each emotion as he/she discovers it.
2. Set up an obstacle course using tunnels, mats and cushions. Place different pictures of faces at different points of the obstacle course. Encourage your child to try different movements as they navigate through the obstacle — crawl, creep, walk, run, hop and skip. Then, invite your child to express the corresponding emotion, which they come across.
3. Lay the pictures of the faces face down. Take turns flipping over two cards, trying to find a match.
4. Play music and dance around together. When the music stops, call out an emotion, and your child should freeze and express that emotion with his/her body.

## What we are learning:

Children explore about their different feelings and how emotions make them feel



## **Tips for parents:**

Playtime with parents and caregivers provides a platform for emotional bonding. Talk about how you feel doing these activities with your child. For example, “I am excited we are playing together” or “I am so proud of you”. Remember to laugh, hug and cuddle to express your feelings.