Your child is learning how to interact with other children and adults every day and to manage their feelings. Daniel Tiger’s Neighborhood helps children understand and practice these social and emotional skills.

This week, explore the feelings of joy, sadness, anger, surprise, and disappointment with these Daniel Tiger-inspired activities.

**ACTIVITY: MONDAY, MARCH 14 – SOCIAL and EMOTIONAL LEARNING**

Daniel Tiger helps us to remember, listen and cope with disappointments. The next time your child comes to you for help with a disappointment, try to empathize by saying: “I know you’re disappointed that____. Sometimes things don’t turn out the way we want them to. Let’s think about what we can do.” Share with each other a time when you both felt disappointed. What happened and how did you eventually feel better? Encourage your child to make up a story or puppet/stuffed animal play about a disappointing time and how they might handle it by finding something good in it.

**PA STANDARD:** 16.1.PK.A – DISTINGUISH BETWEEN EMOTIONS AND IDENTIFY SOCIALLY ACCEPTED WAYS TO EXPRESS THEM. 16.1.PK.C – RECOGNIZE THAT EVERYONE MAKES MISTAKES AND THAT USING POSITIVE COPING SKILLS CAN RESULT IN LEARNING FROM THE EXPERIENCE. 9.1.D.PK.E – USE IMAGINATION AND CREATIVITY TO EXPRESS SELF THROUGH DRAMATIC PLAY.

**ACTIVITY: TUESDAY, MARCH 15 – MATH THINKING**

What does Daniel do when he is feeling happy? Ask your child what they do when they feel happy. Play a “mirror” game to imitate someone’s “feeling” expressions. Stand or sit facing each other, then take turns trying to copy the other person’s expressions or movements like you’re their reflection. Take turns being the leader and the reflection. Then, on separate pieces of paper, draw an outline of a face and ask your child to draw a different “feeling” expression (happy, sad, mad, etc.) on each one. You can also explore symmetry (when both sides are the exact same when split in half!) by drawing a line of symmetry in the middle of each face. Are both sides the same? Try cutting along the line of symmetry and then mixing the halves up. Encourage your child to match the different facial expressions.

**PA STANDARD:** 16.1.PK.A – DISTINGUISH BETWEEN EMOTIONS AND IDENTIFY SOCIALLY ACCEPTED WAYS TO EXPRESS THEM. 10.4.PK.A – DEMONSTRATE COORDINATION OF BODY MOVEMENTS IN ACTIVE PLAY. 2.4.PK.A.4 – CLASSIFY OBJECTS AND COUNT THE NUMBER OF OBJECTS IN EACH CATEGORY. 2.3.PK.A.1 – IDENTIFY AND DESCRIBE SHAPES.

**ACTIVITY: WEDNESDAY, MARCH 16 – EARLY LITERACY**

Sometimes it’s hard to make the connection between what we feel and the emotions that we display. What does Daniel do when he is feeling sad? Help your child identify and express their feelings with a feelings face chart. Brainstorm together a list of feelings (happy, sad, mad, scared, etc.). Draw a set of circles on a piece of paper. Encourage your child to draw a face that express each feeling or use pictures of expressions from magazines/newspaper ads. Underneath each face, write the feeling that describes it. Place this chart where your child will see it frequently. Have your child use the chart to describe how they are feeling. Ask them to point to the face that matches how they feel. Are there multiple faces that capture their feelings?

**PA STANDARD:** 16.1.PK.A – DISTINGUISH BETWEEN EMOTIONS AND IDENTIFY SOCIALLY ACCEPTED WAYS TO EXPRESS THEM. 1.4.PK.B – WITH PROMPTING AND SUPPORT, DRAW/DICTATE ABOUT ONE SPECIFIC TOPIC.

**ACTIVITY: THURSDAY, MARCH 17 – SCIENCE THINKING**

Encourage your child to express themselves when they are mad or upset like the Daniel Tiger strategy song: “Mad, mad, mad! It helps to say I’m MAD!”. Help children think about what they can do when they feel angry or frustrated. They can try taking a deep breath and counting to four or they can try pounding on clay, play-dough or cookie dough. Try making Daniel’s “Get out the Mad” cookies. Encourage your child to help you measure out the ingredients and help mix and pound the cookie dough. https://www.pbs.org/parents/recipes/bake-get-out-the-mad-cookies

**PA STANDARD:** 16.1.PK.A – DISTINGUISH BETWEEN EMOTIONS AND IDENTIFY SOCIALLY ACCEPTED WAYS TO EXPRESS THEM. 2.4.PK.A.3 – DESCRIBE AND COMPARE MEASURABLE ATTRIBUTES OF LENGTH AND WEIGHTS OF EVERYDAY OBJECTS. 3.2.PK.A.3 – NOTICE CHANGE IN MATTER.

**ACTIVITY: FRIDAY, MARCH 18 – THE ARTS**

What does Daniel do when he is surprised? Body language can help us understand how a person is feeling. Help your child build empathy skills and feel more in control of their emotions by playing a fun feelings charades game. On slips of paper write down a situation that would make someone feel surprised happy, scared, angry, etc. Put into a container and take turns acting it out. You can build your child’s emotional vocabulary and write down synonyms for words angry, scared, happy, etc. How many different words are there for feeling angry? Happy? Try other feeling expressions such as goofy, silly, sneaky, etc. Have fun acting them out and guessing the feeling.

**PA STANDARD:** 16.1.PK.A – DISTINGUISH BETWEEN EMOTIONS AND IDENTIFY SOCIALLY ACCEPTED WAYS TO EXPRESS THEM. 9.1.D.PK.E – USE IMAGINATION AND CREATIVITY TO EXPRESS SELF THROUGH DRAMATIC PLAY.