



KIDS LEARNING FOR LIFE

Free Weekly Curriculum- Feelings Theme

#KL4Lfeelings	Monday	Tuesday	Wednesday	Thursday	Friday
Floor Activity	Plastic Egg Faces	Copy the Faces	Exploring Emotions	Plastic Egg Faces	Copy the Faces
STEAM Activity	Happy Art	Sad Art	Angry Art	Silly Art	Tired Art
Outside Play	Emotional Animals Game	Emotional Feelings Thumball	Feelings Yoga	Emotional Animals Game	Emotional Feelings Thumball
Circle Time	Feelings Vocabulary	Emotions Song: How are You Feeling Today?	Happy and Sad Face Sorting	How do you Feel Today? chart	Vocabulary Review

If one of the activities listed above does not work for you, try replacing it with a different activity from my [Pinterest feelings theme board!](#)

Recommended Books: [The Way I Feel](#), [Glad Monster](#), [Sad Monster](#), [Lots of Feelings](#), [Today I Feel Silly](#), [How Do Dinosaurs Say I'm Mad?](#), [The Pout Pout Fish](#)

Music and Movement: [Youtube Feelings Playlist](#)

Materials List

Craft Supplies:	Around the House:	Toys/Other:
<p>Colored Construction Paper Dot Stickers Markers Crayons Washable paint Poster Board Modeling clay (optional) Transparent Tape Contact paper Various Art Materials (for each emotion art)</p>	<p>Plastic eggs Permanent marker Mirror Scotch Tape</p>	<p>Emotional Feelings Thumball (or beach ball and dry-erase markers) Two square solid-colored blocks (or this) Feelings yoga print out Emotions print-outs Happy and sad face print-outs</p>