

THE

**RESILIENCE
PROJECT**

EARLY YEARS
JOURNAL

SAMPLE



EMBARRASSED



SAD



OVERVIEW OF SESSION

This week we continued to explore different emotions/feelings and took photos showing different emotions. It is important for young children to practise identify emotions in different faces. This activity helps us identify the different facial features and how they give us clues for how people are feeling.

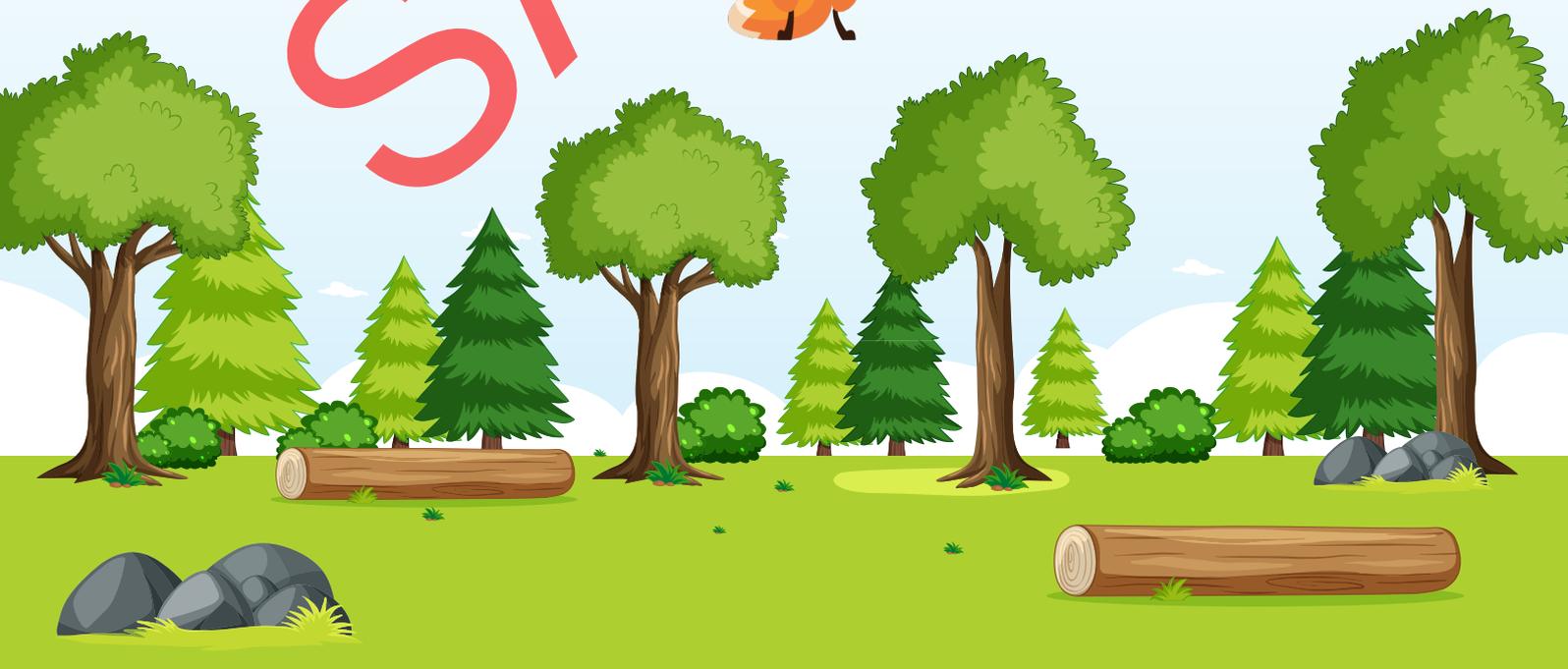
EXCITED



HAPPY

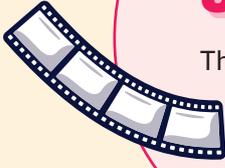


CONFIDENT



CHILD ACTIVITY

This is a photo of me showing



SESSION 3

HEART FEELINGS



EMOTIONAL LITERACY

Working on our **Emotional Literacy** gives us opportunities to develop our **ability to understand and express different emotions**. It also helps us to recognise our feelings and how to manage them. When we develop and improve our emotional literacy skills, it allows us to **cope with different life situations** such as managing conflict, making friends, coping in difficult situations and being resilient when dealing with change.



THIS WEEK...

We read a story called, '**In My Heart; A Book Of Feelings**' and talked about different emotions. We played an emoji emotion memory game.

FAMILY ACTIVITY

Create your own family feelings chart. Come up with an image (could be an emoji face or a character) and a colour to represent the following emotions; happy, sad, angry, excited, calm, loved, scared (you may want to add some others too). See an example [to the left]. You could use this to assist your child/ren to identify how they are feeling, if they are having difficulty naming their emotion/feeling.



DAILY REFLECTION

As a family discuss how everyone is feeling at the present moment or how people felt during the day (this could be as you are sitting around the dinner table or going for a family walk). Ask: "How are you feeling right now?", "How were you feeling today?", "What did you do when you were feeling that way?"



SHARE AS A FAMILY

What do you do at home to **change your moods**? Make a list together as a family and invite your child/ren to illustrate the list.

SAMPLE

SOME THINGS TO THINK ABOUT...

- What do you do in your home to spend time together?
- Research tells us that 15-20 mins. of undivided attention is all it takes for children to feel connected. Put down your phone and read a book, visit a local park or watch a film with the whole family, plant something together – e.g. plant some seeds in a pot and care for a living thing.

