

EQ Activity Kit

Enclosed, you will find everything you need to implement the activities in the lesson plans, as explained in the Online Workshop "Helping Children with Anxiety"

I welcome your feedback on these activities. Let me know what works, and any ideas you have on improving them.

Enjoy!



EMOTION DICE

**“Tell me
about a time
when you
felt...”**

Print the dice (next page), then cut along the outside lines (make sure you don't cut off the tabs). Fold the paper on each black line, until you make the dice shape. Glue the tabs on the inside the aligned section, or use clear tape on the outside, connecting each tab to the underneath of the dice. If you use glue, the clear tape can also help reinforce it.

Sit in a circle, and take turns rolling the dice. Take your turn by giving an example of a time when you felt that emotion (whichever emotion lands facing up). When you land on the EQ logo, that's like a wild card - you get to choose any emotion to tell about (not just the options on the dice!)

HAPPY PLAYING!

(PS - if you take pictures, feel free to share on Instagram or Facebook and tag EQ Kids!)



Brave



Overwhelmed



Happy

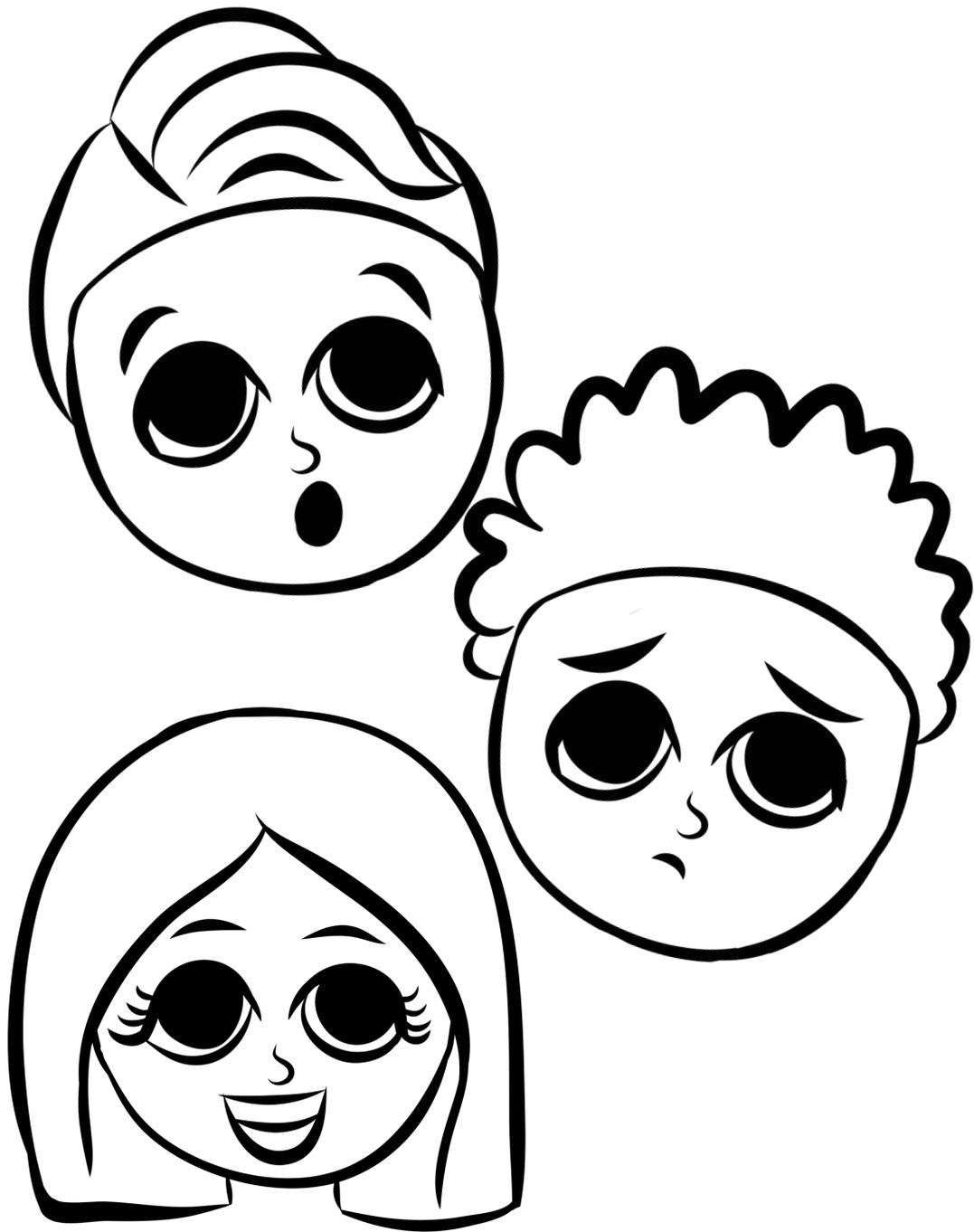


Worried



Proud

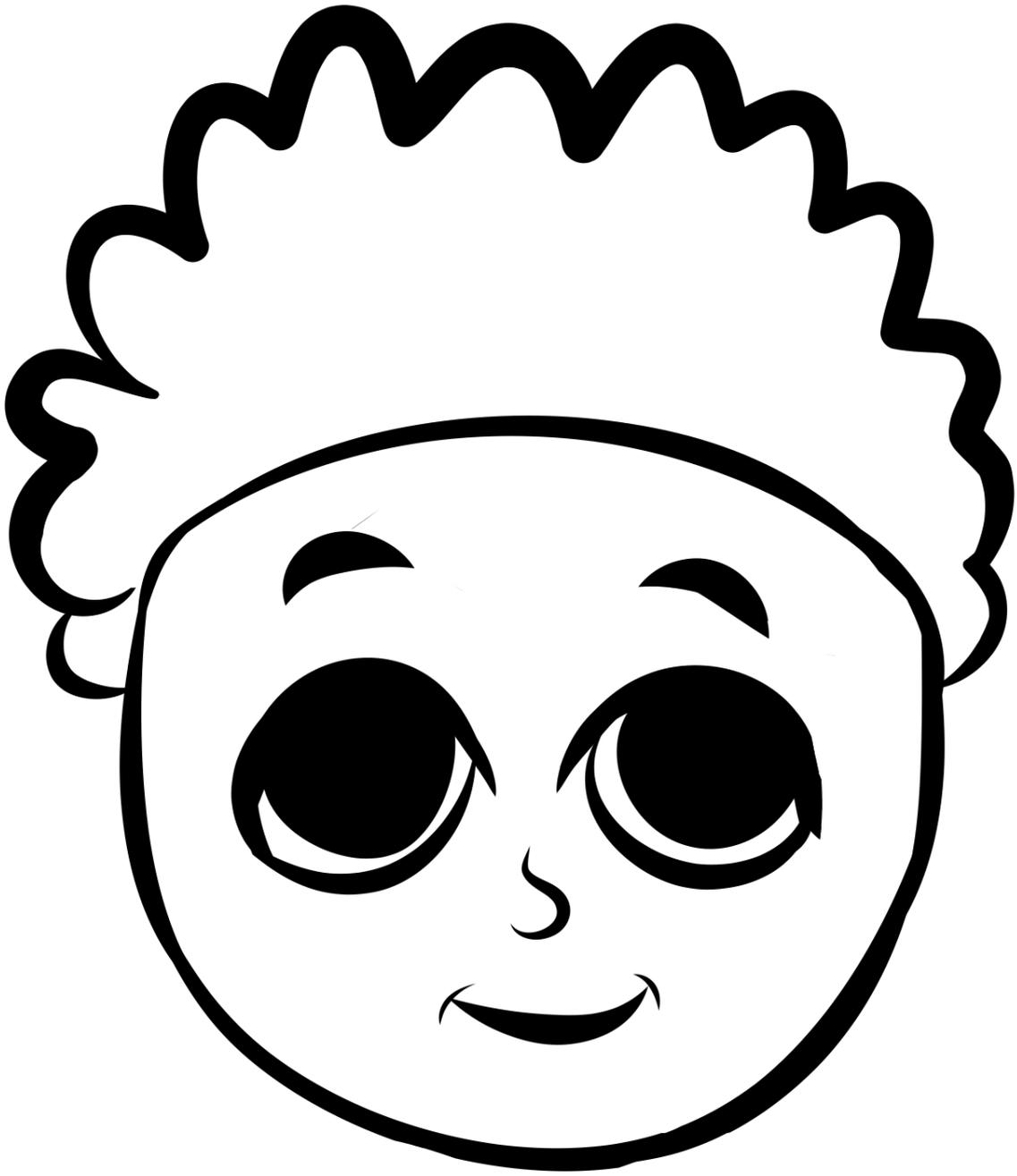




PLAY DOH MATS & COLORING PAGES

Just print and enjoy!

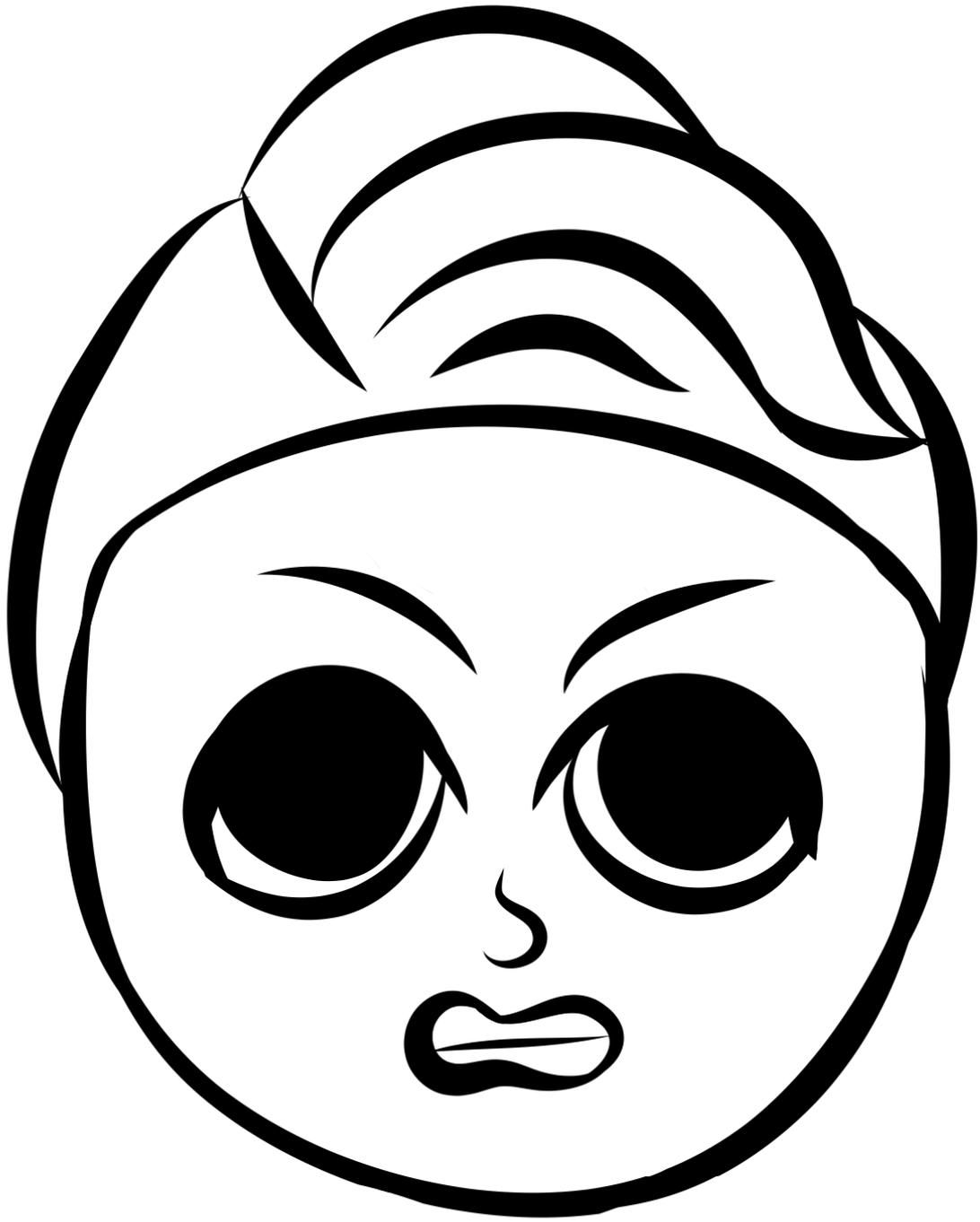
TIP: To use these as Play Doh mats, just laminate or use a page protector to get multiple uses.



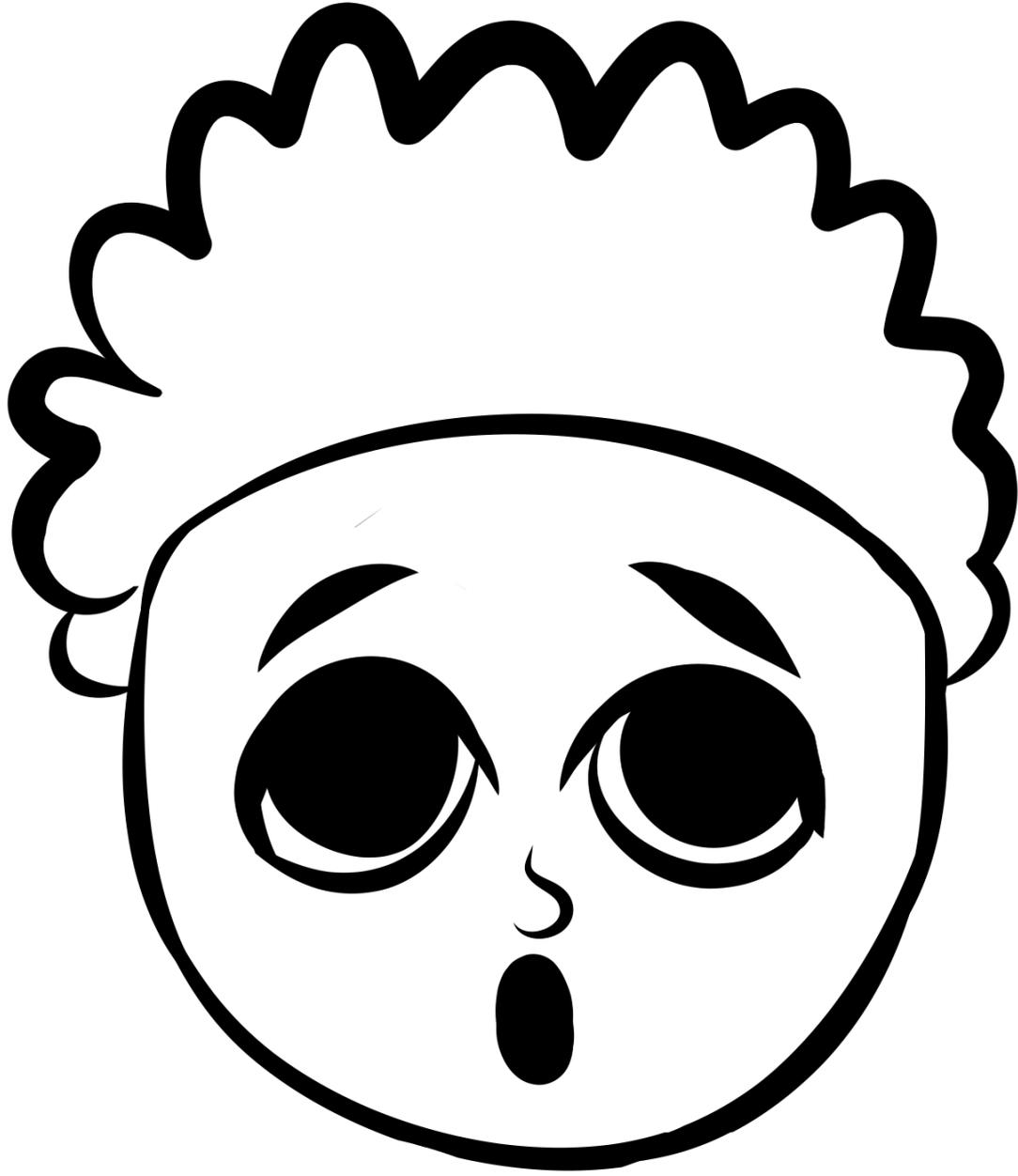
Happy



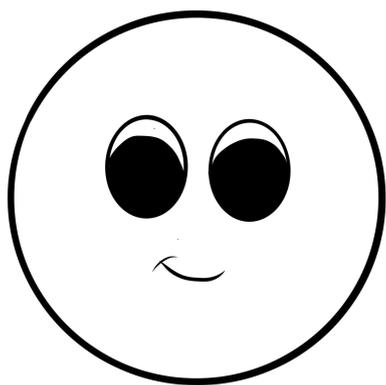
Sad



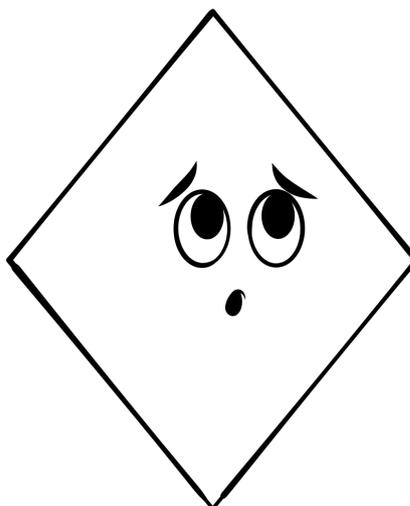
Mad



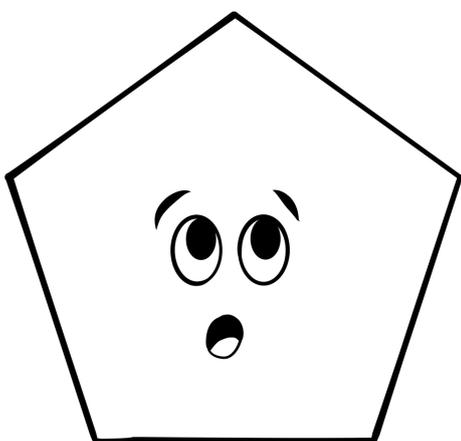
Surprised



Happy



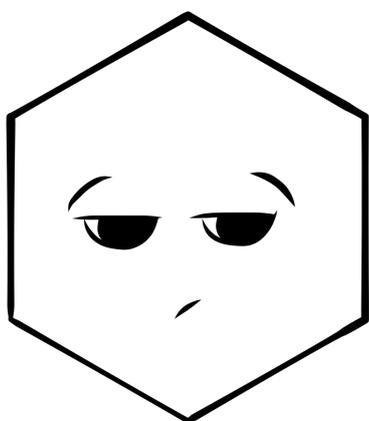
Scared



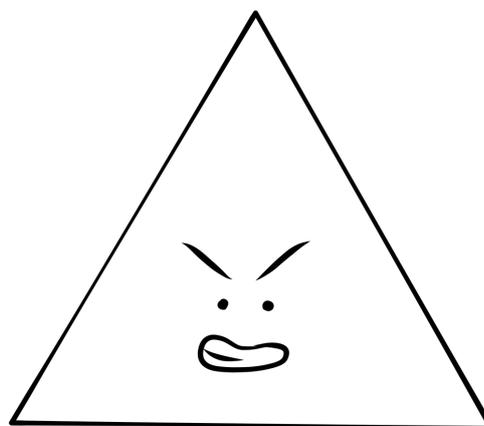
Surprised



Sad



Bored



Mad

HOW I FEEL TODAY ACTIVITY INSTRUCTIONS

Give one activity sheet (next page) to each child.

Begin with the legend on the activity sheet. Invite them to choose a color for each emotion, and color each face accordingly (maybe yellow for happy and blue for sad).

Invite them to color the circle in the middle with a little bit of each color, according to how they feel at that moment. If I feel mostly happy, and a little sad, my circle would be mostly yellow with a little bit of blue in there. They can add as many emotion colors as they feel are needed.

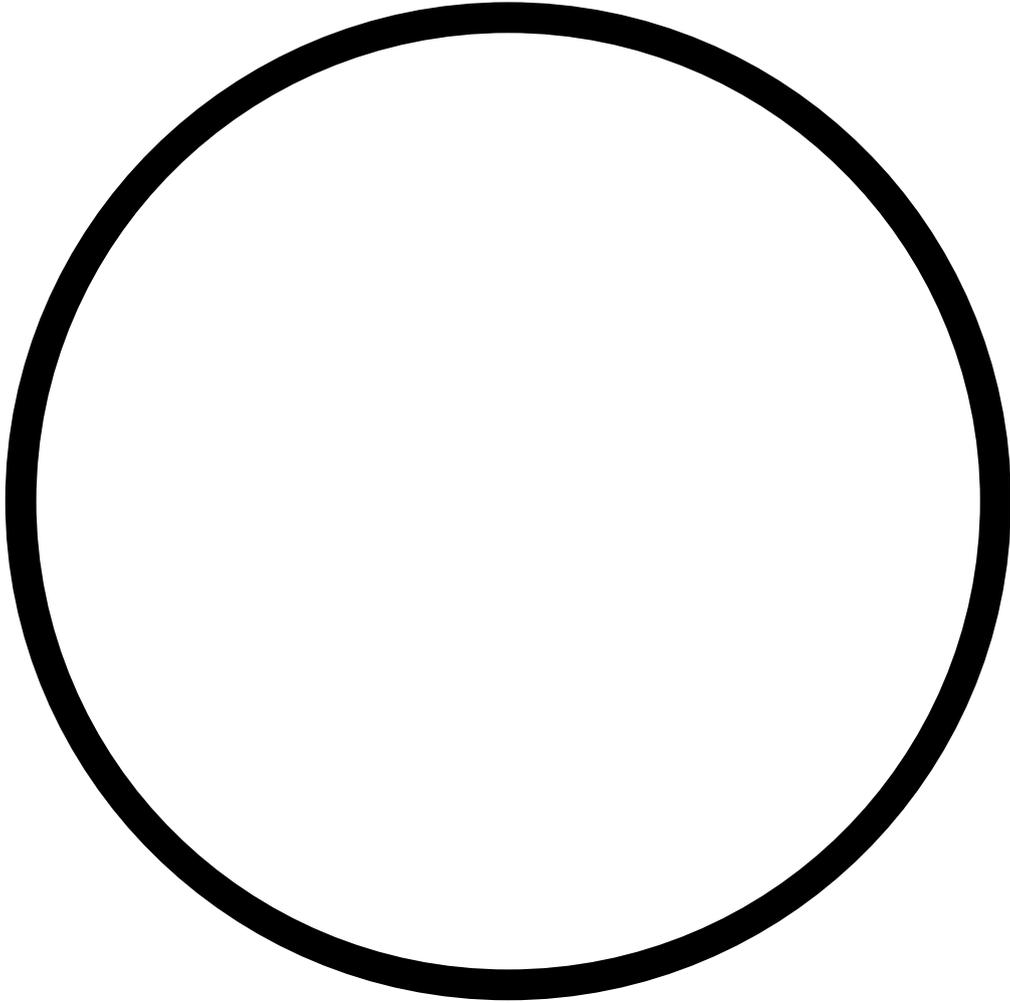
This activity helps children think about the emotions they've just learned about, and apply it to themselves. They think about how they feel, and they put it on paper, without having to make proper sentences about it just yet. It's a nice way for children to practice identifying their emotions, making sense of them, and showing someone.

The more you practice this activity, the more proficient they will become at identifying, sorting out, and expressing their emotions!

PS - You can switch out coloring for painting or play-doh! Change it up to keep the activity interesting for them.

Feel free to tag [@eqkidsonline](#) in your instagram and facebook posts so I can see what you're up to!

Today I feel...



Happy



Sad



Scared



Mad

IF YOU'RE HAPPY SONG LYRICS

Find an instrumental version of "If You're Happy and You Know It" on Youtube and sing along with these lyrics!

If you're happy and you know it, dance around
If you're happy and you know it, dance around
If you're happy and you know it, and you really
want to feel it, if you're happy and you know it
dance around!

(Action for dance around: dancing around!)

If you're sad and you know it, cry it out
If you're sad and you know it, cry it out
If you're sad and you know it, cry it out
If you're sad and you know it, and you really
want to feel it, if you're sad and you know it,
cry it out!

*(Action for cry it out: rub both eyes like you're
wiping tears)*

If you're mad and you know it, take a breath
If you're mad and you know it, take a breath
If you're mad and you know it, take a breath
If you're mad and you know it, and you know
you gotta slow it, if you're mad and you know it,
take a breath!

(Action for take a breath: inhale and exhale loudly)

**Can you think of more lyrics for different emotions?
What a fun group activity for the children to get
involved!**

**Find more EQ Kids activities on our website,
Facebook & Instagram as @EQKidsOnline**



www.eqkids.online