



# ACTIVITY SHEET

## 2-3 YEAR OLDS

### Identifying the Emotion

- With the **My Mood Stars** on their board, name an emotion and ask your child to select the correct star. Take turns - and feel free to make the occasional mistake to see if your child picks up on it!
- With the Stars off the board, make a face that reflects a **My Mood Star** emotion and ask your child to put the corresponding Star back on the board.

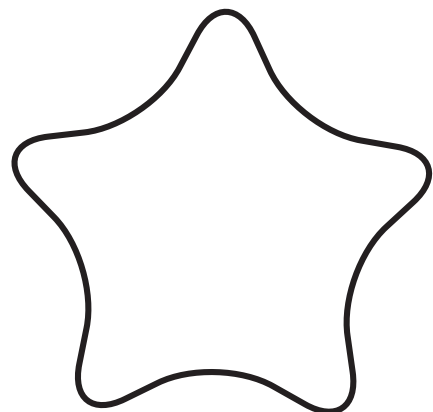
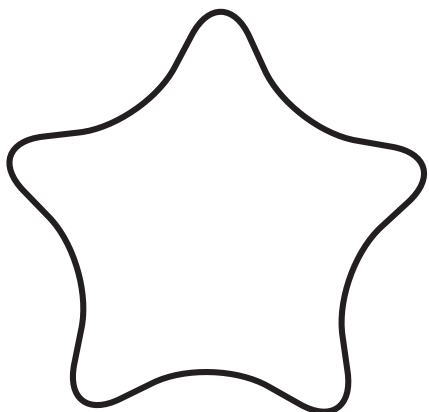
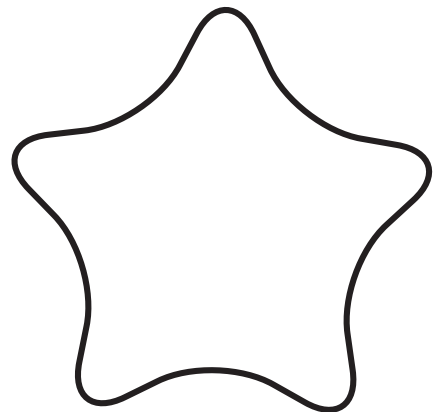
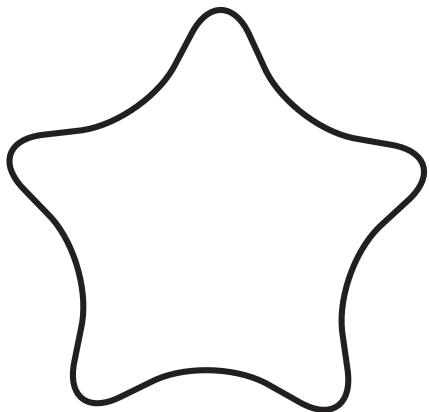
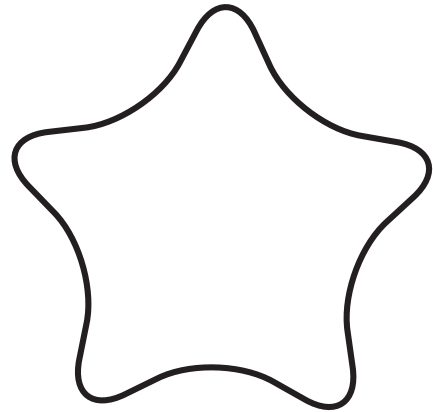
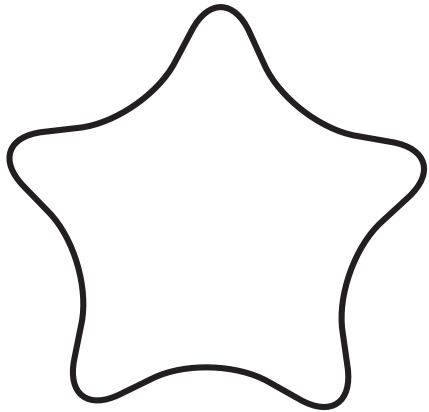
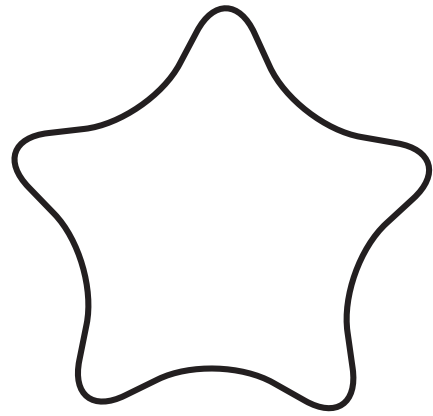
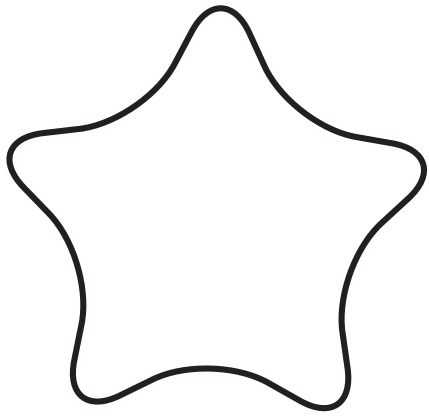
This is a great way for children to begin to identify different emotions. Show your child a Mood Star at random and ask them to copy its face, and then name the emotion. These are lovely turn-taking games which really help parent/child bonding.

### Throwing the Mood Stars

- Children love to throw and the soft and squidgy **My Mood Stars** can be thrown safely onto the board from a distance. This is great practice for hand-eye co-ordination, balance and timing, rewarded with a loud cheer for every Mood Star that sticks on the board, and a Silly Star raspberry for every miss!
- **My Mood Stars** are designed for children to carry around just as they would other soft toys. They can be taken to preschool/school, on long car journeys or to bed as a comforter. The Mood Stars shape is perfect for small hands and make ideal fidget toys.

### Drawing the Emotions

- Children may want to explore other emotions. They can draw any emotion that they like in the outlines provided on the following page.





# ACTIVITY SHEET

## 4-6 YEAR OLDS - 1

### Explain the Situation

- To encourage imagination and storytelling, choose a Mood Star at random and describe a situation that it may have been in that caused the particular emotion.
- With the Mood Stars, ask your child to pick the emotion that they are feeling right now – this gives your child an opportunity to open up about any worries or tell you how happy they were to win at games, or to be given a role in the school play.

### Identify with a Mood Star

- Choose a Mood Star and talk to your child about a time they felt that way, what happened and what it was like.
- Choose a Mood Star, name the emotion, and discuss what they could do if someone around them was feeling this way.
- Set out several stuffed animals and dolls and put a Mood Star next to each one. Next, you and your child speak to the figures as if they were feeling those emotions. This will help your child practice responding to different emotional situations thus helping to develop empathy.

### Find the Missing Mood Star

- Ask your child not to look as you remove a Mood Star from the pile. Keep the Mood Star hidden until your child can mimic the emotion of the missing Star.



# ACTIVITY SHEET

## 4-6 YEAR OLDS - 2

### True or False

- Pick a Mood Star and mimic either the correct emotion, or a false one. If the child answers correctly, ask them how they know whether it was true or false.

### Throwing the Mood Stars

- Children love to throw and the soft and squidgy **My Mood Stars** can be thrown safely onto the board from a distance. This is great practice for hand-eye co-ordination, balance and timing. Advance from the exercise for 2-3 year olds (above) and, with your child holding the Stars, increase the throwing distance.

### Identify with a Mood Star

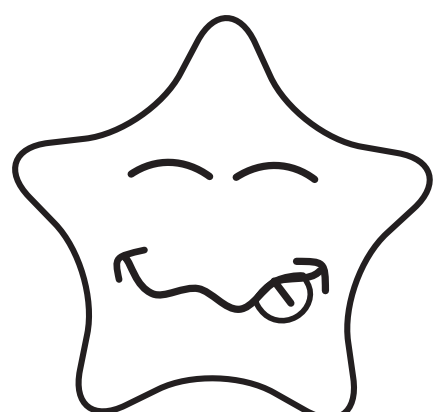
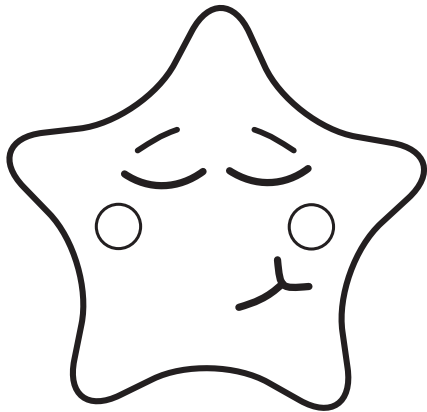
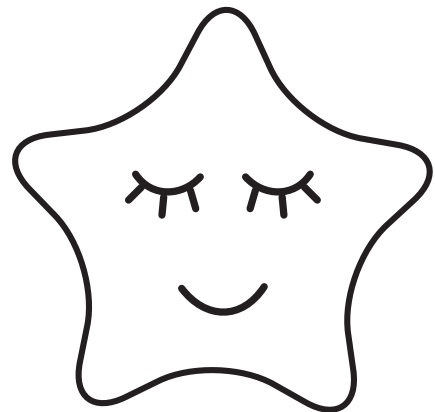
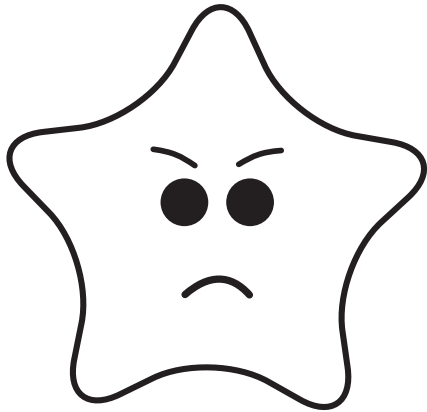
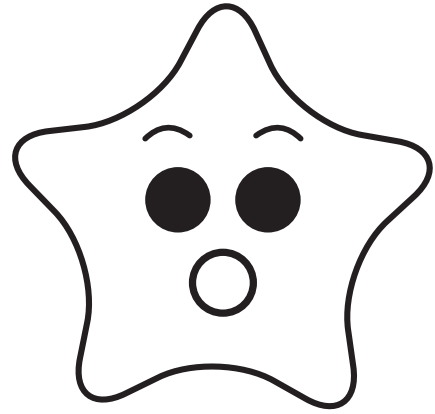
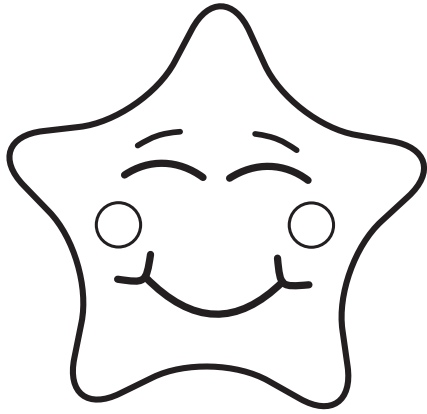
- Encourage your child to talk to the Mood Stars and invent different scenarios. They will project their own feelings onto the Stars which will help them process their own emotions.

### Drawing the Emotions

- Children may want to explore other emotions. They can draw any emotion that they like in the outlines provided on the following page.

### The **My Mood Star** Badge

- **My Mood Stars** can be attached securely with Velcro to the badge, which can be worn safely by over-3s and pinned to jackets, T-shirts and jumpers. Let them wear their favourite Mood Star with pride!





# ACTIVITY SHEET

## ACTIVITIES FOR NON-VERBAL CHILDREN

- It can be so much harder for non-verbal children to express their emotions effectively. Use the Mood Stars to discuss your feelings. Hold one up and use the emotion in a statement. For example,

*“I’m so happy today that it’s not raining and that we can go to the park.”*

*“I’m sad my watch broke.”*

*“I’m surprised to see it’s snowing!”*

Or whatever scenario comes up. Keep the phrases short.

- Teach your child to copy your expression and/or that of a Mood Star. Be silly with Silly Star. Get your child’s attention with unexpected actions. Talk about how they may be feeling, for example, “You look happy/surprised/sleepy. Can you find Happy Star/Surprised Star/Sleepy Star?”
- Use the same emotion words in daily routines. Make more statements than questions. When you do ask questions, make sure that they are open ended and can’t be answered with a nod or a shake of the head.

- Repeat these games – and new activities – regularly as your child’s emotions develop. You will find it fascinating to see how the conversations develop along with their social and emotional skills.

### The **My Mood Star** Badge

- Older non-verbal children can also wear the **My Mood Stars** badge to articulate how they are feeling!



## MORE INFORMATION

I hope that you find these activities useful and that **My Mood Stars** helps with the emotional development of your children or the children in your care. Please do email me with your feedback and suggestions at [wendy@wendywoo.uk](mailto:wendy@wendywoo.uk)

For more information, please visit [www.mymoodstars.co.uk](http://www.mymoodstars.co.uk)  
**My Mood Stars** and their creator, Wendy White, can be followed on:



[www.twitter.com/mymoodstars](http://www.twitter.com/mymoodstars)



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