

We respectfully acknowledge that the land on which we gather is the unceded, traditional, and ancestral territory of the Coast Salish Peoples, including the territories of the xʷməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

## Let's Celebrate Me

Our well-being and socio-emotional growth is empowered when we feel connected to our environment, our communities and our culture (BC Early Learning Framework, 2019, p. 67). Every child is unique and should be valued for their contribution and knowledge. Recognizing, valuing and celebrating differences develops feelings of nurture and support in children. When they feel valued in who they are and what they have to say, they will have the self-confidence to voice how they feel. Knowing what emotions are and labelling them can help children regulate their own feelings in socially acceptable ways.



- One at a time, allow children to touch the three different items. Talk about how each of them feel and what feelings they evoke.
- The cotton ball is soft and light. If we speak softly with a gentle heart to our friends, we are being a kind.
- The sandpaper is rough and prickly. It is like the mean words people say when they are angry. Both are not a good feeling and can sometimes hurt.
- Our favourite toy is comforting. It makes us feel better when we feel sad, just like a good friend who helps us when we are down.
- The tree with circles show the different emotions (happy, sad and angry) children may feel. Talk to them about instances when they felt that way and how they managed those feelings.

### Activity—Learning about My Feelings

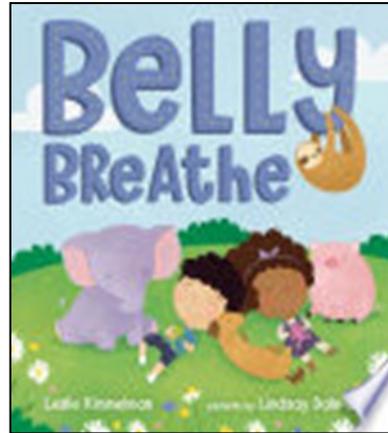
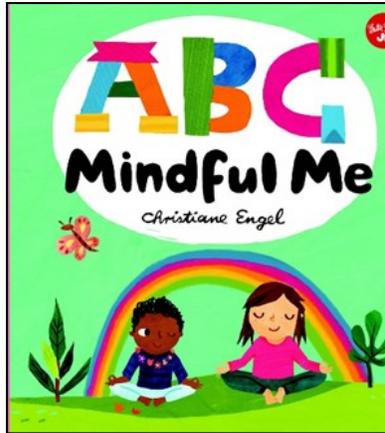
This activity uses the sense of touch to help children understand and practice using descriptive words to relate how they feel about something. You will need a handful of cotton balls, a piece of sandpaper, a favourite toy and brown paper for a cut out tree that will hold circles of different emotions with corresponding faces.



This collaborative/inquiry play fosters well-being and social emotional growth. When children feel good about themselves, their identities and their cultures and also feel accepted for their differences, they can grow into compassionate individuals who show kindness and empathy towards others.

## Books

- ABC Mindful Me by Christiane Engel
- Belly Breathe by Leslie Kimmelman



## Songs

Yo Te Amo (A Spanish love song)

*Yo te amo*

*Yo te amo*

*All day long I sing this little song to you*

*Yo te amo*

*Yo te amo*

*Darling I love you.*

Ich liebe dich (I love you in **German**)

Wo I knee (I love you in **Mandarin**)

Je t'aime (I love you in **French**)

Ti amo (I love you in **Italian**)

Hana, Hana, Hana (A Japanese Face Rhyme)

*Hana Hana Hana Hana (touch nose)*

*Kuchi Kuchi Kuchi Kuchi (touch mouth)*

*Mimi Mimi Mimi Mimi (touch ears)*

*Mei (point to your eyes)*

## References

British Columbia Early Learning Framework, 2019.

<https://www2.gov.bc.ca/gov/content/education-training/early-learning/teach/early-learning-framework>

What'll I Do with the Baby-O? Book by Jane Cobb, 2012

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