



Self Smart



Toys	<p>“MILO’s Feelings” book, Felt expressions, lollipop, band-aid, blanket</p>	Goals	<p>Understanding of feelings/emotions</p>
Objectives	<p>Improve ability to identify the basic emotions of happiness, sadness, silliness and anger Improve understanding that facial expressions are a way to know how others are feeling Improve identification of what emotion the child is experiencing him/herself Improving ability to follow directions related to “MILO’s Feelings” book</p>		
Play Strategies/Opportunities	<ul style="list-style-type: none"> • Mimic MILO’s expressions to help the child understand how MILO is feeling, say, “Show me your happy face”. • During the second reading of “MILO’s Feelings” have the child interact with MILO by placing the correct felt expression on MILO’s face to make him happy, sad, silly and angry. • “MILO’s Feelings” is a rhyming book that helps a child predict and word-find easily. When the child becomes familiar with the words, have the child “fill-in” the rhymes while reading. <p>If you notice a strength in this area:</p> <ul style="list-style-type: none"> • During daily routines, acknowledge the child’s feelings by calmly stating, “You’re happy right now, just like MILO was happy with his lollipop!”, or “You’re sad, do you need a hug?” • Begin to acknowledge and discuss others’ feelings while with the child. For example, if you both see a child crying, say, “Oh, he seems very sad”. • Look in a mirror with the child and make different “faces”. Watch the child recognize and become aware of their expression when they make sad, happy, angry and silly faces. 		