


# 4Cs Weekly Activities

## 4Cs Weekly Activities September 13<sup>th</sup>– 17<sup>th</sup> - Theme: Emotional Deposits

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
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| <p align="center"><b>Social Emotional/Movement Activity</b></p> <p>We all have emotional piggy banks that receive daily deposits and withdrawals from those around us.</p> <p>The trick is to make sure their deposits outweigh their withdrawals. To keep kids in a good mental space, try to give them five deposits for every withdrawal. That way, your child will have some change to spare when you need them to cooperate with your requests. Below are some ideas for ways to make daily deposits into your child's emotional piggy bank.</p> <ul style="list-style-type: none"> <li>• Give hugs, high fives, and thumbs up for both efforts and outcome.</li> <li>• Remember something the child told you about (family event, their weekend) and ask them about it.</li> <li>• Ask the child to help you with a special job now and then.</li> <li>• Write a story with a child and use their drawings-save it in a special place and take it out and read it with the child who s/he needs some 1:1 time with you.</li> </ul> <p>What other ways can you think of to create emotional deposits with children in your care?</p> | <p align="center"><b>Literacy Activity</b></p> <p>Read the book: I Think, I Am by: Louise Hay<br/> <a href="https://www.youtube.com/watch?v=LqWJpDG6sEw">https://www.youtube.com/watch?v=LqWJpDG6sEw</a></p> <p>Share a dialogue about the book and discuss the term "Affirmations." Be sure that students understand that affirmations refer to all thoughts and words. The focus will be to turn all thoughts and words into the positive.</p> <p>On chart paper, have the class brainstorm a list of personal negative thoughts or experiences that come to mind. Model one personal example to show how to turn a negative thought into a positive affirmation. Together, think about all the possible ways this positive affirmation may result in an optimistic experience.</p> <p>Post a visual definition of Affirmation (PDA=Positive Descriptive Acknowledgement) in the classroom so that students can refer to its meaning. This could be the two friends sharing toys while playing, or waiting their turn to use the sink to wash hands, etc</p> | <p align="center"><b>Art Activity</b></p> <p>Make a "piggy bank" container for children and encourage them to write letters or draw pictures for each other.</p> <ol style="list-style-type: none"> <li>1. Find a hollowed recycled container, such as tissue boxes, water bottles or cereal round containers.</li> <li>2. Let children decorate their containers. It can be a pig or a zebra, or no animal at all. Let them get creative!</li> <li>3. Add small slit through which their can pass letters and drawings (perhaps create 3in by 2in greeting card so they can fit better)</li> <li>4. Encourage children to write at least one letter to another student daily and send it home with them at the end of the week.</li> </ol>  | <p align="center"><b>Math Activity</b></p> <p><b>Feelings Counting Chart</b></p> <p>Materials:</p> <ul style="list-style-type: none"> <li>• Big easel pad</li> <li>• Marker</li> <li>• Velcro dots</li> <li>• Laminates kids pictures (wallet size) or their names.</li> </ul> <p>On the easel pad draw a graph. On the top row draw different emotions and on the left column put numbers 1-15 (or as many students you have in class). In the squares next to numbers and under emotions placed hooks (rough side of velcro) and loops (soft side of velcro) put on the back of the pictures.</p> <p>In the morning and during the circle ask children to place their picture under emotions they are feeling that day. Together count how many children are happy, sad, sleepy, excited, etc.</p> <p>This activity promotes counting, number recognition, and sorting.</p> | <p align="center"><b>Science Activity</b></p> <p>How do you feel some days? Can you feel joy and fear at the same time? Disgust and anger? Joy and sadness and fear? Yes, it's possible to have many emotions and so much so that they spill right. This hands-on sensory play emotions activity explores emotions and encourages kids to talk about their feelings.</p> <p><b>Liquid Starch Slime Recipe</b><br/>         You will need:</p> <ul style="list-style-type: none"> <li>• 1/2 cup of washable PVA Clear Glue or white glue</li> <li>• 1/4-1/2 cup of liquid starch</li> <li>• 1/2 cup of water</li> <li>• Food coloring for different feelings (yellow-happy, red-angry, blue-sad).</li> </ul> <p>Or use you own colors to label as many emotions as you want! Then you mix both colors explaining that experiencing more than one emotion at the time it's ok!</p> <p>This is a great opportunity to explore emotions using sensory play. When the hands are busy, great conversation can happen!</p> |

