

Activity		Emotions	
Key:	Due the various abilities of our children we have graded some of the activities into different levels. Your child may access different levels depending on the activity as well as their ability.	Contact details:	schools@cdssgroup.org.uk
Seeds			All Education Advocates access this email.
Saplings			Sarah Larkin (Cheshire West) Becky Harris (Cheshire West)
Trees			Yvonne Edwardson (Cheshire East)

Brief description of Activity

Our children are very good at reading emotions as they have a great ability to pick up on visual cues. Research has shown that emotional and social development is usually in line with chronological age but people with DS are often unable to express how they feel due to language barriers or a lack of comprehension.

Giving a name to the emotions can be helpful so your child can tell you how they feel in future. If a child is upset, you could say 'I can see your angry at the minute'. Giving them different words for types of emotions can help them understand varying degrees of an emotion such as cross, angry and furious!

Some Makaton emotions are attached. You would sign the emotion for sad, happy, angry etc while saying the word to describe the emotion further. ie sign angry but say cross or furious. Hungry, thirsty and ill are included which aren't really emotions but if your child can tell you they are hungry, thirsty or ill then that may be very useful.

If you are worried about your child's emotions then there is a link to NHS website for further advice.

<https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/>

Resources needed

Mirror
Teddy/doll
Plasters bandages or first aid kit.

Activity

Show your child some of the emotion word cards attached (start with angry, sad, happy). Tell them the name for the emotions displayed and tell them something that makes you feel like the emotion on each card e.g. I feel happy when I eat pancakes. I feel sad when I get stuck in lots of traffic etc. Put the cards face down in front of you. Turn over one of the pictures and act out or mime the emotion on it and see if your child can guess how you are 'feeling'. Next ask your child to have a turn picking up a card and acting out the emotion on it. Can you guess what emotion your child is acting out? Can they tell you something that makes them sad, angry or happy etc?

You could take pictures of your child making that emotion face and make a chart with it. These can then be revisited to identify emotions if your child is finding it hard to explain.

One of the free downloads on special words is on emotions, you could use this to play a matching emotions game to reinforce learning. There are several resources that have been made available for a limited space of time. You are still able to use them after the 30th June so its worth downloading them now even if you are not ready to use them at the minute.

<https://www.specialiapps.org/en/special-words> for information about the app
<https://www.specialiapps.org/en/covid-19-home-learning-resources> for instructions how to download the free resources.

One way of discussing something that may frighten a child is talking about visits to the hospital or seeing the doctor or nurse.

You can discuss what makes them feel nervous, worried, scared or terrified!

Cartoon about doctor and nurse

<https://youtu.be/bwx2Z69S0YA>

Makaton signs for doctor and nurse

<https://youtu.be/d6qIEZAI-BI>

You could play this game with a toy.
What's wrong with Teddy?

You will need

Teddy/doll

Bandage or plasters

Put a bandage or plaster onto a teddy or doll, eg on it's leg.

Ask your child if they want to play a game with you. Show your child the toy you have bandaged and ask what they think has happened? To make it easier give your child a choice "Do you think the dolly hurt her **nose** or her **leg**? Did she fall off her **bike** or her **bed**? Let your child have a turn putting a plaster or bandage on the toy or onto you. How did you or the teddy get hurt this time? How do people feel when they are hurt or poorly? (Sad emotion word card resource attached)

Makaton Emotions signs and symbols Twinkl emotions word cards
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Cheshire Downs Syndrome Support Group

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