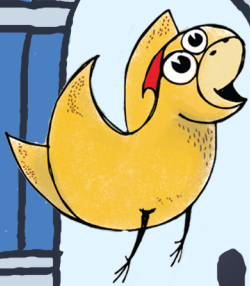




LEVEL 2 HOME KITS

WEEK #18

REHA TO THE RESCUE





REHA TO THE RESCUE

ACTIVITY 1

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Recognise various emotions
- Demonstrate various ways these emotions can be displayed (face, body, etc.)

RESOURCES

- None

VOCABULARY

- Scared
- Afraid
- Brave

ACTIVITY

- Ask your child what feeling scared feels like to them in their body. Guide your child to identify what they feel when they are scared and where they feel it.
 - For example: “When I feel scared, my heart beats faster, my belly flips, and my throat gets tight. What do you feel when you are scared? Do you feel the same? What do you feel in your body?”
- Talk about what scared *looks* like and how we express being scared through our faces and body language.
- Make a scared face, and tense your body, pretending to be scared. Discuss what your child sees in your facial expressions and body language.
 - For example: “Look at my eyes. They are wide open. Do I look very scared?”
- Ask your child if there is anything or any animal they are scared of. Talk about the animal or thing and what your child feels about it. Tell them you understand why they feel scared but that actually there is no real reason to be scared (for example, if they are scared of shapes at night, you can explain that they are just shadows and not real; or if they are scared of an animal that they are not likely to come into contact with, explain, “There are no such animals here where we live”).
- If your child says they are scared of something there is reason to be scared of (e.g., a snake in an area where snakes can be dangerous), then tell them that all they have to do is keep away from long grass or places where snakes might be).
- To end the activity, sing the song below.

SONG (to the tune of “Baa Baa Black Sheep”)

Kindness is shown by me and you
Be nice to people and animals too
A helping hand goes a long way

One act of kindness every day
Kindness is shown by me and you
Be nice to people and animals too

REHA TO THE RESCUE

ACTIVITY 2

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Recognise various emotions
- Demonstrate various ways these emotions can be displayed (face, body, etc.)

RESOURCES

- None

VOCABULARY

- Worried
- Surprised
- Relaxed
- Emotion

ACTIVITY

- Discuss what someone angry looks like. Describe their facial expression and body language, and then show each other your angry faces. Observe your eyebrows, mouth and body language.
- Discuss what we look like when we are worried: our eyebrows are close together, we get a line up above our eyes, and our forehead feels tense. Now show your worried face. Talk about your body language (closed chest, hunched).
- Now ask your child if they can show you what surprised looks like (the eyes are wide open, eyebrows are raised, the mouth is open).
- Then talk about how we look and feel when we are relaxed.
- Discuss the different emotions you have shown each other and guide your child to remember different situations in their life when they have felt these emotions. Talk about how they expressed the emotions in their face and body language.
 - For example: “Do you remember when I told you that you couldn’t play with your ball because we had to clean up? I knew you were angry because your eyes narrowed, and you clenched your hands.”
- Now invite your child to play a game. Explain to your child that you will take turns acting out different emotions, and when you have guessed the correct answer, you will tell them what makes you feel that emotion. First, give an example so your child will know how to play the game. Act out an emotion through your facial expressions and body language (without naming the emotion), and your child must guess what the emotion is. When they have guessed the correct emotion, ask them to tell you when they may feel that emotion (for example, if the emotion was scared, they could say they feel scared when they are asked to do something they haven’t done before). Now, take turns playing the game and share your answers.

REHA TO THE RESCUE

ACTIVITY 3

LEARNING GOALS

By the end of the WEEK, children should be able to:

- Recognise various emotions
- Demonstrate various ways these emotions can be displayed (face, body, etc.)
- Understand that all creatures are important and can be cared for in safe ways

RESOURCES

- None

VOCABULARY

- | | | | |
|-----------|----------|----------|-------|
| • Scared | • Afraid | • Rescue | • Vet |
| • Worried | • Bat | • Brave | |

ACTIVITY

- Begin the activity by singing the song in Activity 1.
- Explain to your child that even though animals can't talk and use words to tell us how they are feeling, if we observe them, they can show us how they feel through their body language and facial expressions.
- Give examples to your child of how animals show us what they are feeling.
 - For example: "If a dog is feeling sick, it may not jump up with excitement and only lie around, and its eyes may look sad. Yet, when it is happy, it may wag its tail excitedly and jump up to greet you."
- Now invite your child to play a game about emotions. Explain to your child that they will have to listen to you carefully to play the game well. Tell them that any time you say "Simon Says," they must do what you are asking them to do. If you don't say "Simon Says," they should be still and not do anything. Tell them you will ask them to act out an emotion using their facial expressions and body language, which they must do when you tell them "Simon Says."
 - For example: "Simon Says you are scared" (your child should now act scared because you said "Simon Says"). "You are happy and relaxed" (your child shouldn't act happy and relaxed because you didn't say, "Simon Says" at the start of the sentence).
- End the activity by telling your child that observing facial expressions and body language helps us know what a person or an animal may be feeling.

REHA TO THE RESCUE

ACTIVITY 4

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Recognise various emotions
- Demonstrate various ways these emotions can be displayed (face, body, etc.)
- Understand that all creatures are important and can be cared for in safe ways

RESOURCES

- Stuffed Toy

VOCABULARY

- Scared
- Vet
- Rescue

ACTIVITY

- Start the activity by telling your child a story of a boy walking down a street with his brother in a city and suddenly seeing a young wolf running out between two houses. The wolf stopped, looked at the boys, and hissed at them, looking frightening. One of the boys said they should call the animal rescue services, and the other one said that they should not and that they should throw something at the wolf to make sure it ran off.
- Then ask your child what they think the boys should have done (not only would it be unkind to the wolf to throw something at it, but it could be dangerous. Throwing something at the wolf could force it to become fierce and attack the boys that were trying to hurt it out of fear).
- Ask your child if it is usual for wolves to walk around in a city (no, they usually stay in parks, woods or forests). Ask your child to think about where the wolf came from (could he have come from a nearby park and gotten lost?).
- Ask your child why they think the wolf hissed at the boys (he was probably scared and trying to protect himself).
- Explain to your child that if we think about what it must feel like to be the wolf, then we will probably realise that the brother who wanted to call the rescue services had the right idea - to help the wolf.
- Remind your child that animals can't tell us how they feel with words but can show feelings in their face or body language if we observe them. Let them know that one reason an animal hisses is that they feel threatened. Hissing is their way of telling you to stay away.
- Let your child know that though they may want to show kindness to animals, they should only do so when it is safe. Tell them it is always best to tell you or another adult first.
- Tell your child that when we are ill, we visit a doctor, and they help us to get better. The vet can help animals to get better too.
- Show your child the stuffed toy you have brought for the activity.

- Invite your child to join in pretend play and imagine, using the toy, that they have found an animal that needs their help. Let your child lead the activity and tell you who you will be and what you will do. Allow them to pretend to be the vet helping the animal to get better. If they need help getting started, you could use the following questions as a guide: What should they do? What do they think the animal is feeling? How can they be kind to the animal?
- To end the activity, sing the song from Activity 1.

REHA TO THE RESCUE

ACTIVITY 5

LEARNING GOALS

By the end of the WEEK, your child/ren should be able to:

- Recognise various emotions
- Demonstrate various ways these emotions can be displayed (face, body, etc.)
- Understand that all creatures are important and can be cared for in safe ways

RESOURCES

- Toys/Stuffed Toys

VOCABULARY

- | | | | |
|-----------|----------|----------|---------|
| • Feeling | • Afraid | • Rescue | • Proud |
| • Emotion | • Bat | • Brave | |

ACTIVITY

- Ask your child, if they could rescue any animal, which animal would they like it to be, and why?
- Remind your child that if they see an animal in distress that may be injured or hurt, they can always let you or another adult know about it so you can get the help necessary.
- Remind your child that animals can show us what they feel if we observe their body language and facial expressions.
- Tell your child they can ask someone how they feel, and how now, without asking them, they can also know how people express different emotions through their face and body language.
- Then invite your child to play a game. Ask your child to choose four toys, such as stuffed toys or dolls. Tell your child that each toy is feeling something, and you don't know what it is. Tell them you will ask the toy what they are feeling and why. Then tell your child they will tell you which emotion they are feeling, what they feel in their body, and why they feel that way. Allow your child to express their ideas with the toy and guide them if they need support.
- After the game, remind your child it feels nice when we show people and animals kindness, and it is important to help them when we can. Remind them they can help an animal when it is safe to, and they can ask for help from you or another adult.
- To end the activity, sing the song from Activity 1.

