

Parents' Guide - Workshop 5 – Shake, Rattle and Smile

Using Worksheet 2

This Worksheet comprises 2 activities on 1 page:

1. **Tricky Feelings**
2. **Balloon Picture**

Activity 1

Tricky Feelings

AIMS:

1. To study the characters' facial expressions and body language closely, to determine what is happening in each situation.
2. To talk about feelings, and to understand that all feelings are OK.
3. To start to look at situations from other peoples' perspectives.
4. To practice pencil control

Tricky Feelings.

This activity is an opportunity for your child to think and talk about the way they feel – and feelings in general.

- Start by talking about the picture on the **left** of each group.
For example, the 2nd picture shows a boy who looks **sad**.

You might ask:

“What is happening in this picture?”

Why do you think he is feeling sad?

What makes you feel sad?

What could he do to feel happy again?

Could his friends help him?”

- Then, encourage your child to circle the appropriate picture to match the one on the left of each group (the first one is done for you).

Ask “Can you find the picture that MATCHES?”

Activity 2

Balloon Picture

AIMS

1. To practice pencil control and art skills.
2. To match colours accurately

For this activity you will need the following coloured pencils/paints/pens/crayons:
Blue, Green, Red, Yellow.

1. Ask your child to colour each balloon to match the colour of its string.

There are:

- 2 red
- 1 green
- 3 blue
- 2 yellow

Wiggle Waggle Worksheet™ 5

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