



**RUOK?**<sup>TM</sup>

## Take homework sheets- All age's R U OK Day

**R U OK? Day is Thursday 10 September 2020. It is our national day of action when we remind Australians that every day is the day to ask, "Are you OK?" if someone in your world is struggling with life's ups and downs. Especially during this time, it is very important to take care of our friends and loved ones and ask them the question.**

**Here are some activities you and your child can complete at home to talk about their feelings and ways to better express themselves.**

### **Emotion wheel:**

Create a wheel of emotions with your child. Add different emotions into the different spots on the wheel this will give the child an opportunity to spin then wheel to express how they feel. This will help them engage and identify their emotions in a fun way. Attached is the wheel template.



### **Stress balls:**

Grab some balloons, you feel them with sand, rice or even playdough. Place them inside the balloon, tie them up and there you have stress ball. feel free to draw faces of different emotions on the ball to add a little bit extra.

### **Memory feeling card matching game:**

Attached is a template to cut out and create an emotion feeling card matching game to enjoy with your child.

For our little ones, just something as simple as looking in a mirror, enjoying some tummy time lie your little one on top of mirror to see their own reflection and their emotions.

Or on their backs place a mirror above them while they are lying down.

# Emotions wheel template:







