

Exploring Emotions

Lessons Inspired by "Little Soul's Adventures: Alone in the Dark"

Age: 4-8

Objective:

- To help your child identify and understand different emotions
- To explore how emotions can be expressed and managed
- To connect the themes of the book "**Little Soul Adventures: Alone in the Dark**" with real-life emotions and emotional well-being

Materials:

- Copy of the book "**Little Soul Adventures: Alone in the Dark**"
- Chart paper and markers
- Index cards or slips of paper
- Emotion cards (pre-made or created by the parent/teacher)
- Art supplies (crayons, markers, pencil crayons)
- Worksheet for reflection (created by the parent/teacher)

Procedure

- **Introduction (10 minutes):**
 - Begin by asking your child to share different emotions they have experienced.
 - Write their responses on chart paper, creating a list of emotions.

- Discuss with your child why it is important to understand and manage our emotions.
- **Read Aloud (15 minutes):**
 - Read the book "**Little Soul Adventures: Alone in the Dark**" aloud to your child, focusing on the emotions experienced by Little Soul.
 - Pause at key moments to discuss the emotions and ask your child how they think Little Soul might be feeling.
- **Emotion Exploration (15 minutes):**
 - Introduce a set of emotion cards or slips of paper with different emotions written on them.
 - Show each card one by one, and ask your child to identify the emotion and share a time when they felt that emotion.
 - Discuss how different emotions can be expressed and managed.
- **Drawing Emotions (10 minutes):**
 - Provide art supplies and ask your child to choose an emotion from the cards and draw a picture representing that emotion.
 - Encourage your child to use colours, facial expressions, and body language to depict the chosen emotion.

- **Emotion Reflection (10 minutes):**
 - Have your child share their drawings with a family member or friend and explain the emotions they represented.
 - Afterward, give a reflection worksheet to your child, which includes questions such as:
 - Which emotion did you choose to draw, and why?
 - How do you express that emotion in your daily life?
 - Can you think of strategies to manage that emotion when it becomes overwhelming?

- **Group Discussion (10 minutes):**
 - Lead a discussion about how different emotions can impact our well-being.
 - Ask your child to share strategies they use or have learned to manage difficult emotions.

- **Connecting to the Story (5 minutes):**
 - Discuss specific moments in the book where Little Soul experienced different emotions.
 - Encourage your child to make connections between the story and their own emotions and experiences.

- **Closing (5 minutes):**
 - Summarize the key points discussed and emphasize the importance of understanding and managing emotions.
 - Encourage your child to apply the lessons from "**Little Soul Adventures: Alone in the Dark**" to their daily lives, expressing and managing their emotions in healthy ways.

Extensions:

- Have your child create their own emotion cards and play a matching or guessing game with a friend or family member.
- Invite your child to share personal experiences related to the emotions discussed and how they navigated them.
- Introduce calming techniques, such as deep breathing or mindfulness exercises, and practice them with your child.

***Note: Activities can be adjusted based on need and abilities of your child. It is important to create a safe and supportive environment for your child to express their emotions and share their experiences.