

The Feelings Center

Materials: Small area for 1 child
Emotion related books and puzzles and posters
Pounding bench
Mirror
Things to squeeze (balls, gel bags etc.)
Table or cabinet and a chair

Objective: To have a place for children to express their emotions

Procedure: Introduce the area to the children. Tell them that this is a place for one child. Teach the children how to use the activities in the center.

Observations: All the children have used this area; some go in on their own, some ask, and others have been redirected to the area. Some of the children use this area to do puzzles and look at the books. Some children go in and pound.

Recommendations: Add new activities as children show a need.

Paper and markers
Headphones with quiet music
Puppets
Bubbles
Playdoh or clay

Individual boxes can also be made for the children (feelings boxes)