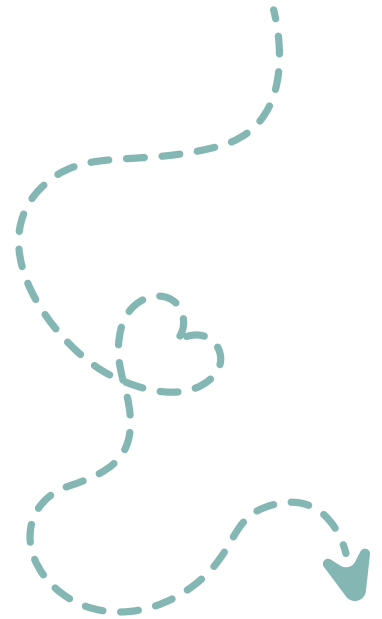




FEELINGS HIDE & SEEK

Print.Cut.Colour.Play





Welcome!



My Feelings and Me

Created to help little people express
BIG feelings!



Hi, I'm Emily and I created My Feelings and Me.

I am a social worker with a background in counselling and over 15 years experience with families and children.

As well as being a 'Tuning Into Kids' parenting facilitator, I am a mum to two energetic boys in the local Western Sydney area.

Emily Tapilatu

Connect.Engage.Grow

myfeelingsandme.com.au



@myfeelingsandmehere



Hide and Seek

Instructions

- Cut out the Feeling characters on the next page
- Get some blue tack or glue onto the back of a cereal box to make them stronger
- Hide them around the house on cupboard doors or windows
- Ask your family to find them all and see how long it takes them.
- Set a timer! Swap and take turns finding them!

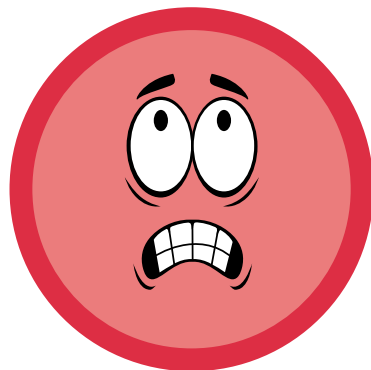
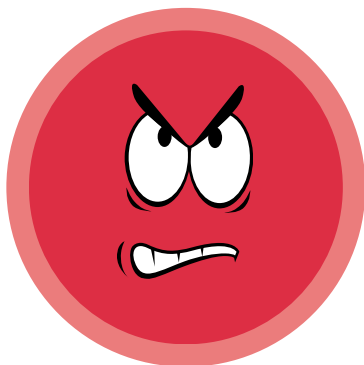
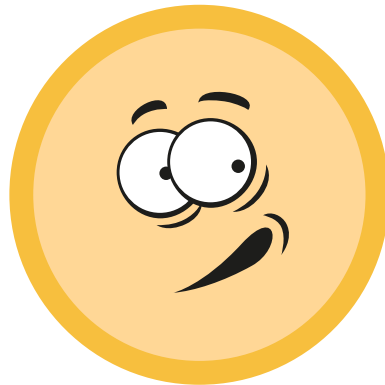
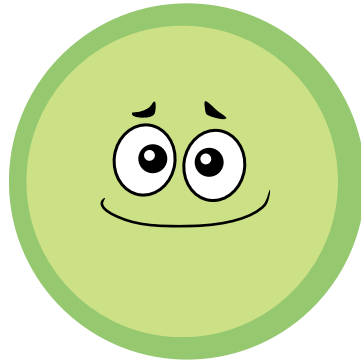
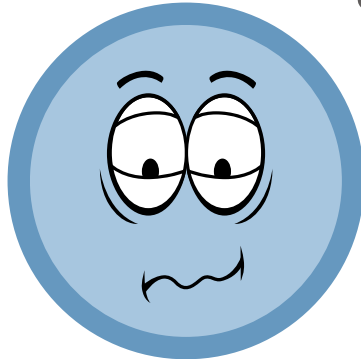


Cut me out



Remember scissors are sharp!

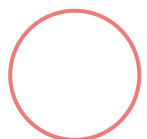
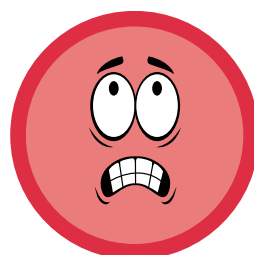
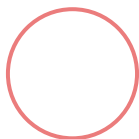
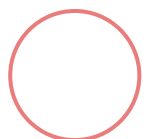
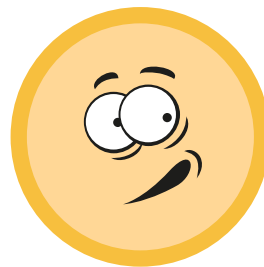
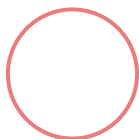
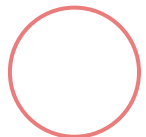
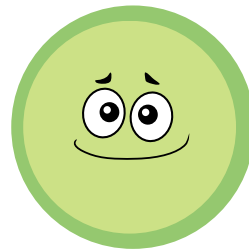
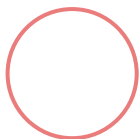
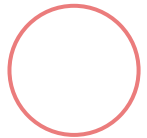
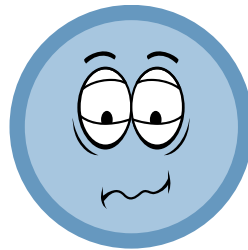
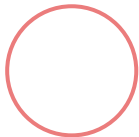
Then hide me!

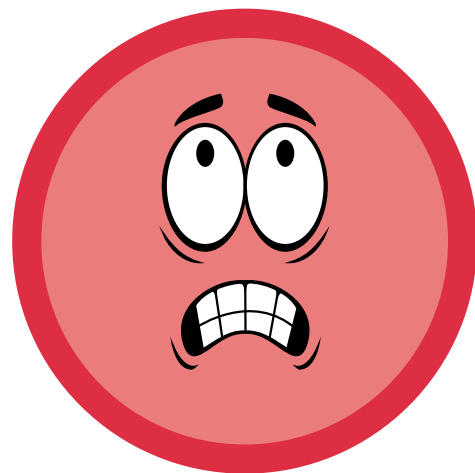
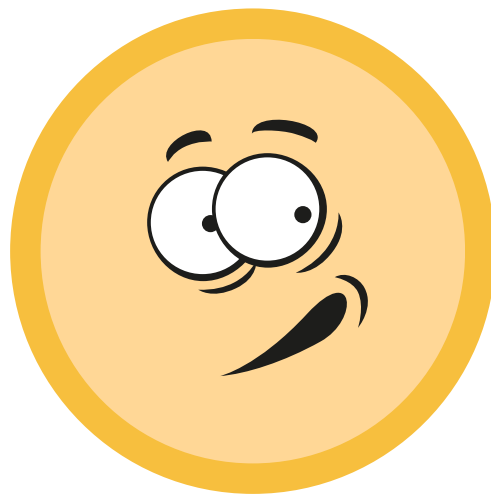
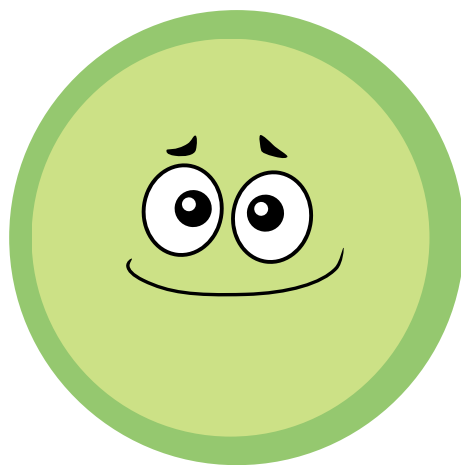
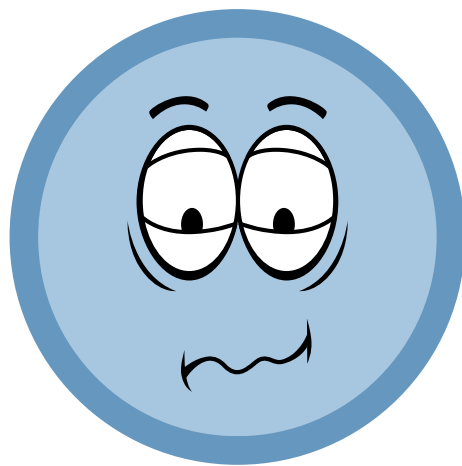




Find All The Characters!

Tick the circle when you find one!







We have a Workshop!



These activities are a part of our PLAY IT MY WAY: Social/emotional skills workshop!

In a nut shell this 6 week play based workshop is for pre-school aged children to:

- Build emotional regulation skills & help cope with the big change
- Make friends and meet other children also going to school.
 - Become familiar and feel safe in the school grounds
- Learn how to be in a group setting for play and learning!

And more parents/carers to:

- Feel confident that your child is settled and happy!
- Meet other parents/carers who will take the school journey with you
- Have some tips/tricks to use at home for any big feelings that come out
 - Feel connected to your child's learning and school life as it start

DONT MISS OUT!!

We can run this during terms 3 & 4 at your child's local school.

If you are interested ask your school to contact us on

info@myfeelingsandme.com.au

www.myfeelingsandme.com.au

If you want to find more
resources for little people
to express
BIG feelings
head over to;



www.myfeelingsandme.com.au

Feelings Hide & Seek

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Disclaimer

My Feelings and Me have provided advice for each activity as a guide only and by doing any of the activities mentioned in this kit, you are taking sole responsibility of how the activities are done. My Feelings and Me takes no further responsibility.

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Thank you.

Emily Tapilatu
Creator of My Feelings and Me

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info@myfeelingsandme.com.au



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