



CEBM K4-K5 Toolkit for Emotional Development

Summary table of the activities developed



Activity	Book	Location		Season	Parent component	Theme							
		IN	OUT			Attachment, safety	Naming emotion	Expressing emotion	Grumpiness, frustration	Worry, being brave	Sadness	Appreciating oneself	Emotion regulation
Fort building – large scale	All We Need is Love	√	√	🌸🌱🌻🌻	√	√		√					
Fort building – small scale	All We Need is Love	√						√					
My family and loved ones	All We Need is Love	√			√	√							
Be yourself!	Becoming Blue	√										√	
Discovering colours emotional release	Becoming Blue		√	🌱🌻🌻				√					
Naming emotions	Charlie's Balloons	√					√						
Heavy vs. light	Charlie's Balloons	√					√						√
Mirror, mirror	Charlie's Balloons	√					√	√					
Building a chart + Power of 'yet!'	Giraffes Can't Dance	√			√		√					√	
Nature sounds	Giraffes Can't Dance	√					√						√
Animal yoga	Giraffes Can't Dance	√	√	🌸🌱🌻🌻				√					√
Naming the giraffe's emotions	Giraffes Can't Dance	√					√			√	√	√	
Rhythm of the music + Music and movement	Giraffes Can't Dance	√	√	🌸🌱🌻🌻	√			√					√
Auditory game outdoors	Giraffes Can't Dance		√	🌸🌱🌻🌻				√					√
Ocean of emotions	Happy	√					√						
Naming emotions	I Am One	√					√						
Silhouettes in nature	I Am One	√	√	🌸🌱🌻🌻			√	√					



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I can dance my feelings	I Can Dance	√	√	🌸🌿🌻🌻			√	√					√
'About me' booklet	I Like Myself	√			√							√	
It's okay to make mistakes	I Like Myself	√			√							√	
Be yourself	I Like Myself	√										√	
Matching emotions	I Like Myself	√					√						
Emotional release activities	I Like Myself	√	√	🌸🌿🌻🌻				√					√
Matching emotions	I've Lost My Cat	√					√			√			
Matching emotions	Marvin Gets Mad!	√					√		√				
I'm too small / too big	Marvin Gets Mad!	√					√		√			√	
Rising emotions	Marvin Gets Mad!	√					√	√	√				√
Personal Tool Board	Marvin Gets Mad!	√					√	√	√				√
The Frustration Monster!	Marvin Gets Mad!	√					√	√	√				√
Make a sheep craft	Marvin Gets Mad!	√							√				√
My road map	My Brain is a Race Car	√			√	√							
Driving circuit	My Brain is a Race Car	√	√	🌸🌿🌻🌻				√					√
It's not me!	Not Me	√					√	√	√				√
Matching emotions	Ravi's Roar	√					√		√				
I'm too small / too big	Ravi's Roar	√					√		√			√	√



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Animal dress-up	Ravi's Roar	√						√	√				√
Hear your emotions	Ravi's Roar	√	√	🌸🌿🌻🌻				√	√				√
Bucket filling/tipping	Ravi's Roar		√	🌿🌻🌻				√	√				√
Balloon blow up and blow out	Ruby Finds a Worry	√	√	🌿🌻🌻				√		√			√
Balloon string art	Ruby Finds a Worry	√			√			√		√			
Group discussion	The Bad Mood and the Stick	√					√		√				
Human telephone game	The Bad Mood and the Stick	√							√				√
Mood stations	The Bad Mood and the Stick	√	√	🌸🌿🌻🌻				√	√				√
Naming emotions	The Branch	√					√		√		√		
Nature sounds	The Branch	√						√					
Exploring musical instruments	The Branch	√						√					
Precious items breaking	The Branch	√					√						
Building project	The Branch	√						√					
Scavenger hunt + Nature crafts	The Branch	√	√	🌸🌿🌻🌻	√			√					
Construction material donations	The Branch		√	🌸🌿🌻🌻	√			√					
How would you feel?	The Invisible Boy	√					√		√		√		
Make your emotions move!	The Invisible Boy	√	√	🌸🌿🌻🌻				√					√
Web art	The Invisible String	√				√							

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The Invisible String dance	The Invisible String	√	√	🌸🌿🌻🌻				√					√
Matching emotions	The Lion and The Bird	√					√				√		
Emotions role-play	The Lion and The Bird	√						√					
Book Creator activity	The Lion and The Bird	√					√	√					
Seasons yoga	The Lion and The Bird	√	√	🌸🌿🌻🌻				√					√
Creating your own Nowhere Box	The Nowhere Box	√			√			√					√
Naming emotions	The Rabbit Listened	√					√		√				
Listening rabbit ears	The Rabbit Listened	√			√		√	√					
Musical chairs or freeze dance	The Rabbit Listened	√	√	🌸🌿🌻🌻				√					√
Make your emotions move!	The Rabbit Listened	√	√	🌸🌿🌻🌻				√					√
Animal movements	The Rabbit Listened	√	√	🌸🌿🌻🌻				√					√
Animal tracks scavenger hunt	The Rabbit Listened	√	√	🌸🌿🌻🌻									√
Easter emotion egg hunt	The Rabbit Listened	√	√	🌸🌿🌻🌻			√	√					√
Bunny making activity	The Rabbit Listened	√						√					√
Classroom rabbit visit	The Rabbit Listened				√		√						
Story sequencing	The Sorry Plane	√					√						
Naming emotions	The Sorry Plane	√					√						



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Puppets on a stick	The Sorry Plane	√						√					
Reasons why we cry	Why Do You Cry?	√					√				√		
Role-play with puppets	Why Do You Cry?	√						√			√		
Arts and crafts creations	Why Do You Cry?	√						√					
Matching emotions	Why Do You Cry?	√					√						
Comfort kit	Why Do You Cry?				√						√		√