

EMOTIONS SENSORY BOTTLES

Supplies: Clear water bottles, food coloring, beads, buttons, glitter, permanent marker, silly eyes and anything else that is small, shiny and colorful that could fit in the bottles. This is a great time to look through little junk drawers for knick knacks in shades of red, blue, yellow, green and purple.

Each emotion is represented by a color so you'll want to have beads, buttons, glitter and paint in these colors: red (anger), blue (sadness), yellow (joy), green (disgust) and purple (fear).



Whatever supplies you have collected, have your child sort them by color. Then drop supplies in the coordinating water bottle. Next, add a few drops of the appropriately colored food coloring.



Fill each water bottle to the top and place the cap on (TIGHTLY), and shake. Then create faces displaying the emotions on the outside of the bottle.



Every emotion has a facial expression. Have the discussion about facial expressions. How do our eyebrows look when we are angry? Or sad? Or mad? Kids will eagerly demonstrate each emotion to you on their face if you ask them to. Ask why someone would be sad, etc.? What do you do when you are happy, etc? How can we help someone feel joy?

Emoji Stress Balls

Supplies: Balloon, sharpie, corn starch, and a funnel

Blow up a balloon with a little air. Next, using a funnel fill up the balloon with corn starch. Fill the balloon as full as you can. Remove the funnel and then tie the balloon tightly. Now using the sharpie draw your favorite emoji face!



Praise the Lord Tambourine

Supplies: 2 paper plates, glue, stapler, rice or beans or beads, colors.

On the bottoms of both the plates draw pictures and color things that you are thankful for. Flip over one plate and pour your rice/beans/beads onto the center of the plate. It doesn't need too much. Next, glue the two plates together where both the bottoms of the plates are facing out. You can staple the outside of the plates together for extra security. Now give it a shake and praise God. Tell him how thankful we are for all of his creations!

