

Personal, Social & Emotional Development Home Learning Challenge Autumn 1 2020



22- 36 Months- Can express their own feelings such as sad, happy, cross, scared, worried.

30-50 Months- Aware of own feelings and knows that some actions and words can hurt others' feelings.



It is good to discuss with children how they may be feeling so they can start to understand their emotions.

Can you talk with your child about what makes them happy, sad or cross? And why?

Can you find something in your house that makes you happy, it could be a particular toy or a person. Can you tell us why it makes you happy and how it makes you feel?

It would be fantastic if you could take a picture of the things that make you happy and send them to your class email, so we can share it with your friends at Nursery.

Ladybirds class email- ladybirds@westfieldnursery.co.uk

Caterpillar class email- caterpillars@westfieldnursery.co.uk

Butterfly class email- butterflies@westfieldnursery.co.uk

Bumble bees class email- bumblebees@westfieldnursery.co.uk



If you're happy and you know it!

If you're happy and you know it, clap your hands.
If you're happy and you know it,
Clap your hands. If you're happy and you know it,
And you really want to show it,
If you're happy and you know it,
Clap your hands.

If you're happy and you know it, stamp your feet.
If you're happy and you know it,
Stamp your feet. If you're happy and you know it,
And you really want to show it,
If you're happy and you know it,
Stamp your feet.

If you're happy and you know it,
Nod your head.
If you're happy and you know it,
Nod your head. If you're happy and you know it,
And really want to show it,
If you're happy and you know it,
Nod your head.

If you're happy and you know it,
Jump about.
If you're happy and you know it,
Jump about. If you're happy and you know it,
And you really want to show it,
If you're happy and you know it,
Jump about.



Enjoy singing this song together