

Emotions



Felix and Isaac at the Library



HOURRA!

ACTIVE
LEARNING!



Little Champions



This story takes place in the school library. In the library Felix and Isaac enjoy discovering new books.

The two friends like to find new stories and have fun reading them together. What is a book you like to read or listen to? Come with us to visit the library with Felix and Isaac.

In this story you will also learn about emotions. Can you find the star in the pictures and name the emotions being felt by Isaac and Felix?





Felix and Isaac have a day off from school and decide to spend their afternoon at the library. The two boys are very excited because they love to spend time there together.



What is something you like to do that makes you feel happy?



Felix reaches for a book, but it's too far away. He gets angry because he can't reach it. But then he has an idea! To get closer to the shelf he pivots with his chair. The first book Felix grabs is a cookbook with several delicious recipes. Isaac tries to pivot just like Felix so that he too can reach a book.

Can you show me
how you stand on
one leg like a
flamingo?



Isaac also chooses a book from the shelf and looks at it carefully. The book he chooses is about flamingos and has a beautiful flamingo on the cover. The two boys challenge each other to perform the flamingo pose while balancing with a book on their head.

Can you show me how to hold the chair pose? Try holding the pose back-to-back with a friend.



Felix and Isaac decide to start reading their books, but first, they want to have some fun trying to balance. Isaac wonders if he'll be able to hold the pose. He's a bit afraid of falling. But in the end, the two friends manage to hold the back-to-back pose for a few seconds before starting to read their books.



The friends are very happy with their afternoon at the library. They return home with many new books to read. Felix loves spending time with Isaac because Isaac always finds ways to include him in activities.

Two-Foot Pivot



Now it's your turn to practice doing a two-foot pivot just like Felix and Isaac!

Cues

1. I start with my arms out and legs shoulder width apart.
2. I pivot on the balls of my feet.
3. I turn my body and head as I pivot.
4. I put my heels down and keep my balance.

Video and link





How do you feel when you balance like a flamingo?

Flamingo Pose



Cues

1. I look forward.
2. I rest the bottom of one foot on my standing leg.
3. I breathe regularly.
4. I hold the pose 10 or more seconds.

Video and link



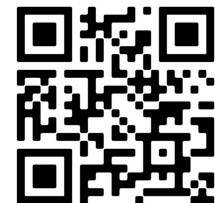
Back-to-Back Chair



Cues

1. I bend my knees.
2. My back is straight and pressed against my partner's.
3. My toes and knees point forward.
4. I keep my balance.

Video and [link](#)





Discovering Recipe Books

Have you ever
cooked a recipe
with your family
before?

Cooking with a recipe can be a fun way to practice reading, counting, learning shapes and colours.

You can help with the cooking by doing things like stirring or mixing, measuring ingredients and washing fruits and vegetables.

Helping in the kitchen, when you're young, is important and will help you learn to make and enjoy healthy foods as you grow up.

Reading a cookbook is also a great way to learn about foods that different cultures enjoy.

Congratulations!



Two-Foot
Pivot



Flamingo Pose



Back-to-Back
Chair

Magic Minute Felix and Isaac

Instructions:

Ask children to sit in a circle or semicircle.

- **Book pose:** Lift your arms to the side. Bring one arm towards the other arm, as if you were closing a book. Then, bring that same arm back to its original position as if you were opening a book. Repeat with the other arm.
- **Book pose:** Extend your legs in front of you while staying seated. Slide your hands on your legs towards your feet as if you were rolling dough.
- **Silent Library Pose:** Close your eyes and breathe as slowly and as quietly as possible: in 1-2-3, hold 1-2-3, out 1-2-3, hold 1-2-3, repeat.



Challenge-Two-foot pivot



Instructions:

1. Children spread out around the classroom and get into the pivot position (i.e. feet parallel, shoulder width apart, and arms outstretched on each side).
2. Randomly name objects (e.g. pictures, colours, shapes, etc.) that can be found around the classroom.
3. Children pivot on two feet towards the direction of the object being called out. Then point to it.

Equipment:

- poly spots (optional)



Variations:

- Call out a direction (left or right). Children pivot in the direction being called out to find the object.

Emotions variation:

- Place pictures of emotions around the classroom and ask children to pivot towards the named emotion. Then ask them to make the face which would represent that emotion (e.g. smile to show joy) .

Concept of Space variation:

- Add a spatial challenge to each crossing:
 - Shuffle to the right of each chair.
 - Shuffle around the tables.
 - Shuffle between the chairs.



Challenge-Flamingo pose

Instructions:

1. Children spread out around the classroom.
2. Challenge children to perform the flamingo pose in various ways:
 - Hold the pose standing on your left foot.
 - Hold the pose standing on your right foot.
 - If comfortable, close your eyes while holding the pose for 5 to 10 seconds.
- Balance bean bags on different parts of the body and hold the pose for 5 to 10 seconds.
- Hold the pose for as long as you can.

Equipment:

- bean bags(optional)

Variations:

Emotions variation:

- In teams of 2, children hold the flamingo pose while mimicking an emotion. They hold the pose until their partner guesses the emotion, then they exchange roles.



Challenge-Wall sit

Instructions:

1. Play music and have children dance around the classroom.
2. Stop the music after 30-45 seconds.
3. When the music stops, children move to a wall and perform the wall sit pose for a few seconds.
4. Children hold the pose until you start the music again.
5. Repeat a few times.

Equipment:

- music

Variations:

Emotions variation:

- Children dance with a partner, each child mimes an emotion while dancing. When the music stops, the children sit with their backs to the wall and name the emotion mimed by their partner.



Game-Back to back pass

Instructions:

1. Divide children into pairs. Each pair has a soft ball or other object that can be safely passed (e.g. books, bean bag, stuffed toy etc.).
2. On your signal, children get into the Back to Back pose and pass the ball back and forth to each other, trying not to drop it.
3. Challenge the children to explore different passes:
 - Pass the object overhead
 - Pass the object to the right/left at waist height
 - Pass the object through the legs while maintaining the pose
 - Pass the object using only your right/left hand
 - Pass the object with both hands

Equipment:

- Soft ball or other object that can be safely passed (e.g. books, bean bag stuffed toy etc.). (1 object per 2 children)

Variations:

- If a child is partnered with a child that uses a wheelchair, have that child sit on a chair or a wooden box (see image in game diagram).



Indoors

Game-Pivot twister

Instructions:

1. Hand out several poly spots of various colours to each child.
2. If you do not have poly spots, bean bags can be used or you can cut out and laminate various geometric shapes of different colours. You may want to tape the shapes to the floor.
3. Children stand in their own space and place the poly spots in a circle around them.
4. Each child is standing in the centre of their own circle.
5. One at a time, call out a colour or shape.
6. Keeping their one foot planted in the centre of the circle, children pivot around the circle with their other foot onto the colour or shape that has been called out.

Equipment:

- Poly spots of various colours (or bean bags, cut and laminated geometric shapes of different colours), tape

Variations:

- If a child is using a wheelchair or other mobility device, a pool noodle or ruler can be used to point to the shapes.
- Numbers, letters or directions (e.g. north, south, forward, backward etc.) can also be added to the shapes.



Indoors

Game-Balance pose pass

Instructions:

1. Divide children into groups of 5 or 6.
2. Each group forms a circle.
3. Each group has a medium sized ball.
4. When the music starts, children get into the Flamingo pose and pass the ball around the circle.
5. When the music stops, call out another pose (e.g. Giraffe pose, Downward Dog, Dog Pointer, Airplane pose etc.) then restart the music.
6. Children get into the new pose and begin passing the ball again.

Equipment:

- Speaker, 1 medium sized ball per 5-6 children

Variations:

- Have children pass the ball in different ways (e.g underhand throw, rolling the ball, passing hand to hand etc.).
- Children can also hold the pose while sitting.



Indoors

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