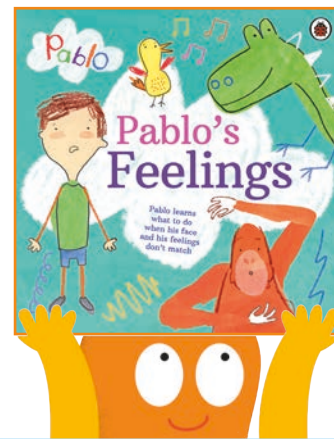


PABLO'S FEELINGS

by Ladybird



Pablo has autism and he sees the world in a different way. Together with his friends, the Book Animals, he comes up with a way to let people know what he is thinking!



<https://www.bbc.co.uk/cbeebies/shows/pablo>

Make a 'Happiness Box'

Why not create a box filled with things that make your child happy?

The joy of a 'Happiness Box' is that it will be their box, just for them and they can choose what to put inside. It might be a photograph, a soft toy, a book, or a blanket.

Can you guess what your child might choose?



Mirror, Mirror



Identifying emotions and feelings is an important part of your child's development. Mirrors are a great way to practise what these feelings look and sound like using their own faces, bodies, and voices.

Try sitting with your child so that you can both make different emotion faces in the mirror and talk about them.



Pretend Play

Pretend play is a great time to talk to your child about emotions. Why not join them and use emotion words to talk about the stories they are creating!

For example; **"Is it time for a birthday party? I'm so excited, are you excited?"** or, **"Is teddy feeling poorly? Oh, that makes me a little bit sad!"**



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.**

You can repeat this verse by letting your child choose the actions.

You could even change the emotions:

**If you're grumpy and you know it,
Stamp your feet..**



www.bbc.co.uk/teach/school-radio/nursery-rhymes-if-youre-happy-and-you-know-it-clap-your-hands/z6nmfr