Activities for 4-5s

Number 3, 21/04/2020

Activity 1: Jessie's feelings

- Watch Jessie & Friends Episode 1: 'Watching Videos' again – you'll find it at www.thinkuknow.co.uk/parents/jessie-and-friends/
- Explore with your child the topic of feelings. You might want to:
  - Ask how Jessie felt when she watched the crocodile video.
  - In the song, it says 'funny in your tummy'. This is because sometimes people get a funny feeling in their tummy when they are feeling worried, scared or sad about something.
  - Talk about how you can sometimes tell how someone is feeling by looking at their facial expressions.
- Show your child the 'Identifying Jessie's Feelings' sheet. Ask your child to look at the pictures of Jessie's face and tell you how she is feeling.
- Have a go at making some facial expressions together in the mirror! You could make some expressions and ask your child to guess how you are feeling or have your child makes some faces for you to guess.
- Ask your child to remind you who can help Jessie if she is feeling worried, scared or sad. Remind them of the lyrics to the song. Make sure your child knows who they can talk to if anything ever worries or upsets them.

Activity 2: Draw someone who can make Jessie feel better

- Using what you have available (paper, pens, pencils, crafts etc.), you and your child can draw a picture of someone from the episode who could make Jessie feel better.
- Ask your child to label their picture with the name of the character, or write it for them.
- We'd love to see your work! If you like, find us on Facebook **(Click CEOP)** and share a photo of your child's picture. **Artwork only please. Do not share your child's name or any pictures of your child.**

About Thinkuknow

Thinkuknow is the online safety education programme from the National Crime Agency. Once a fortnight, on Tuesdays, we will produce a new activity sheet to help you support your child while schools are partially closed.

You'll find lots of support and advice for parents an carers on keeping your child safe online at www.thinkuknow.co.uk/parents/.

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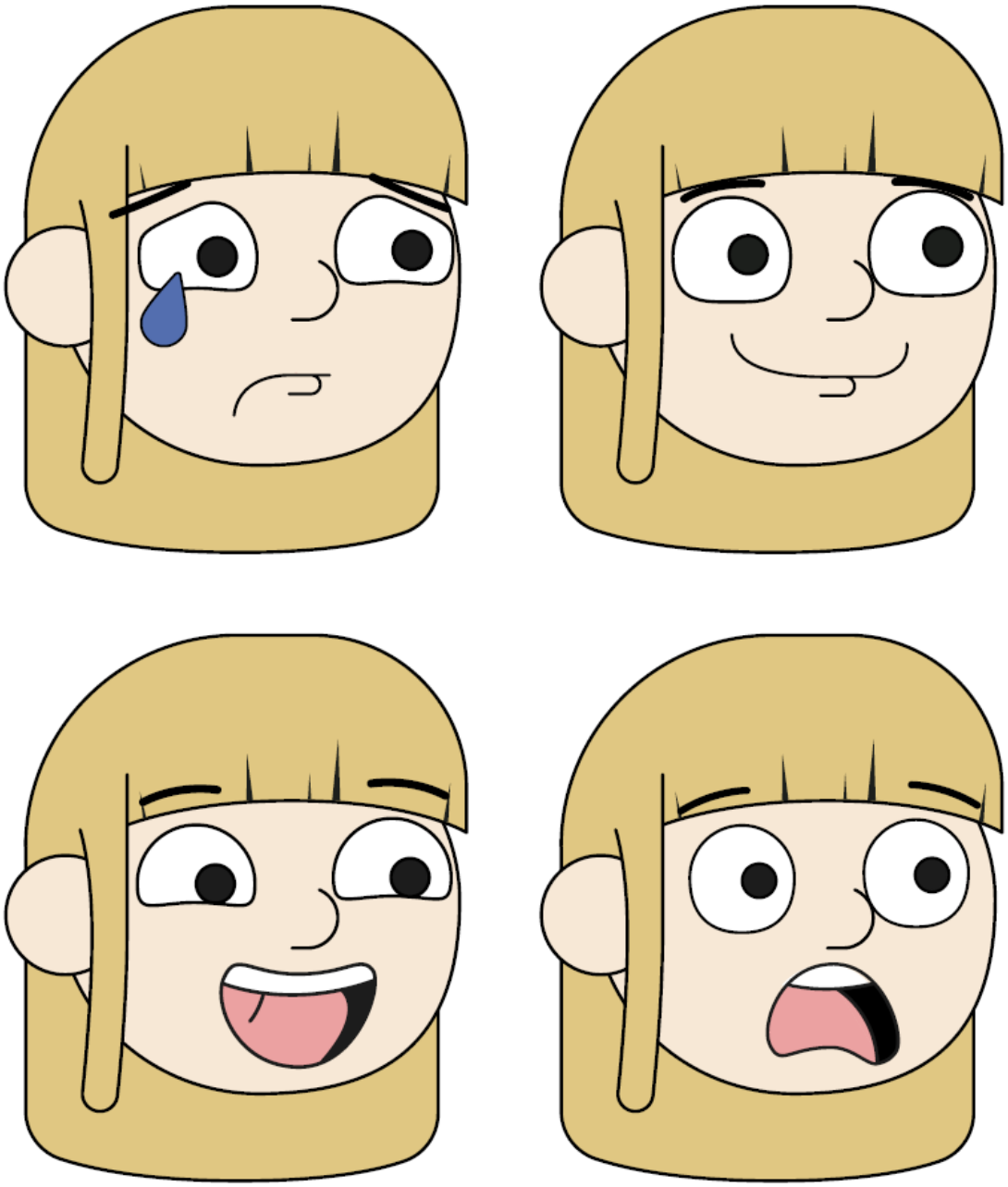
Identifying Jessie's Feelings



Scared | Sad | Excited | Happy