

Tuesday

1692

Maggie Stewart tells Mister Rogers that swimming helps when she is feeling angry. Mister Rogers watches a video of Maggie swimming. In the Neighborhood of Make-Believe, Lady Elaine turns the Eiffel Tower upside-down because she is angry.

“Physical Exercise” can help children:

- develop coordination;
- learn to follow directions.

Physical Exercise

Materials

- none

You can begin by talking about angry feelings and asking if the children have ever felt the way Lady Elaine is feeling. Sometimes physical exercise can make people feel better when they are frustrated. See if the children can show you some exercises they could do at times like that. Put some active music on the radio, record or tape player and have the children follow your lead in doing some exercises. Let them follow you or encourage them to take turns being the leader. Some examples of exercise movements are:

- raising their hands over their heads;
- lifting their knees as if marching;
- making circular movements with their arms;
- touching their heads, shoulders and toes;
- twisting from side to side;
- jumping with one or two feet.

It can help calm the children at the end of this activity if you play softer, slower music as you are finishing.

Wednesday

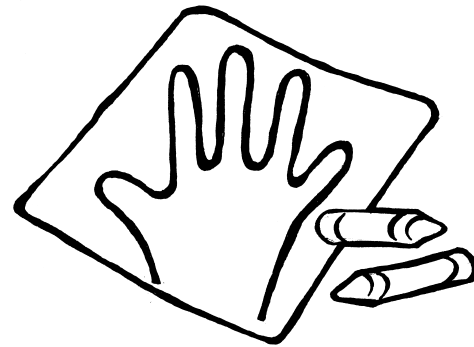
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Mister Rogers talks about some things that people can do with their hands — things that don't hurt anyone. In the Neighborhood of Make-Believe, Lady Elaine is still upsetting people with the way she is handling her angry feelings.

“Hand Tracing” can help children:

- learn more about their bodies.

Hand Tracing



Materials

- paper
- crayons or markers

This activity is something that can be done on a one-to-one basis throughout the day. You might begin by talking with the group about all the many ways they can use their hands:

- drawing pictures;
- squeezing lemons;
- pounding dough;
- stirring food;
- reading books.

Then set aside time to trace each child's hand sometime during the day and talk with that particular child about things we can do with our hands. Write down some of the things the child tells you and attach the list to the hand tracing. When the children take the hand tracings home, you might encourage parents to talk with their children about other ways people can use their hands.