

Race Car Emotions

Activity 1



Objectives: To promote friendship and cooperation skills.

Key Learning Areas: social and emotional learning

Areas:

Materials: Race car images, colored pencils or markers.

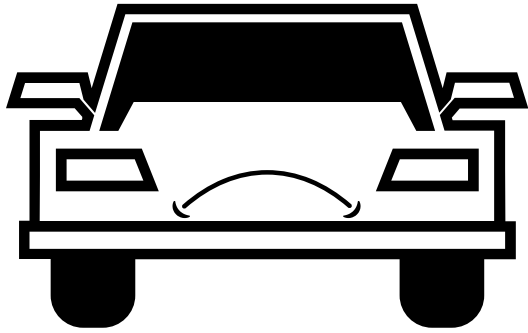
Set-up:

- Print out the car emotion worksheet and gather the colored pencils or markers for drawing.

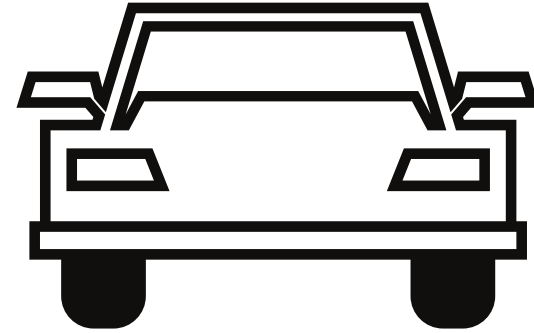
How to play:

- Look at each car and identify the emotion it represents.
- Use colored pencils or markers to draw a matching facial expression on each car on the other side of the worksheet.

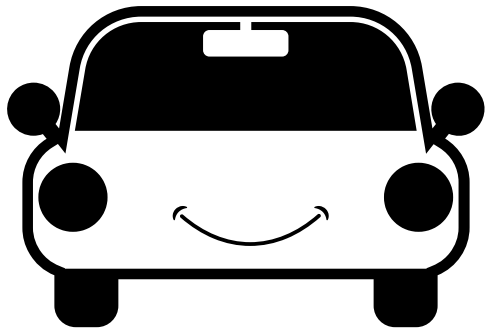
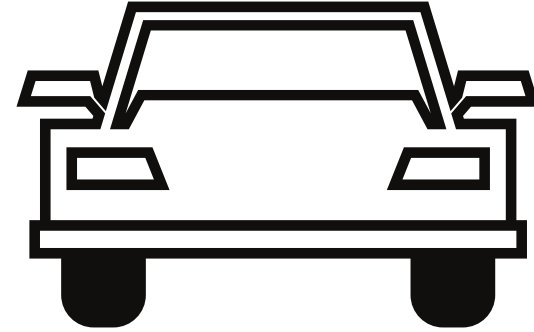
Car Emotions worksheet



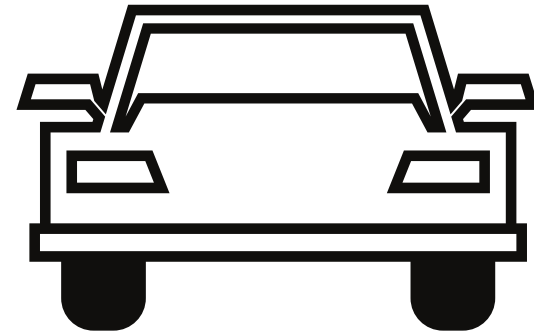
Sad



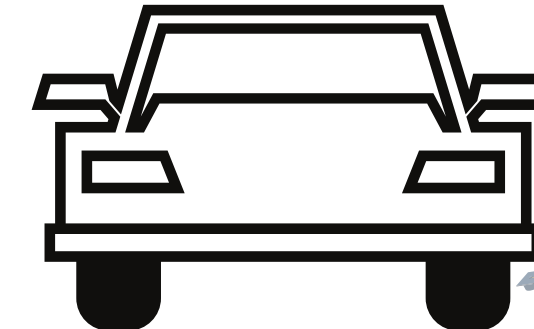
Angry



Happy



Surprised



Race Car Teamwork

Activity 2



Objectives: To enhance problem-solving and resilience skills.

Key Learning Areas: Social and emotional learning

Areas:

Materials: Drawing paper, coloring materials.

Set-up:

- Prepare drawing paper and coloring materials for the activity.

How to play:

- Imagine you are part of a race car team.
- Draw a picture of your team
- Write down how you work together and support each other. If your child can't write yet, have a discussion instead.

Car Challenges

Activity 3



Objectives: To enhance problem-solving and resilience skills.

Key Learning Areas: Social and emotional learning

Areas:

Materials: Drawing paper, coloring materials.

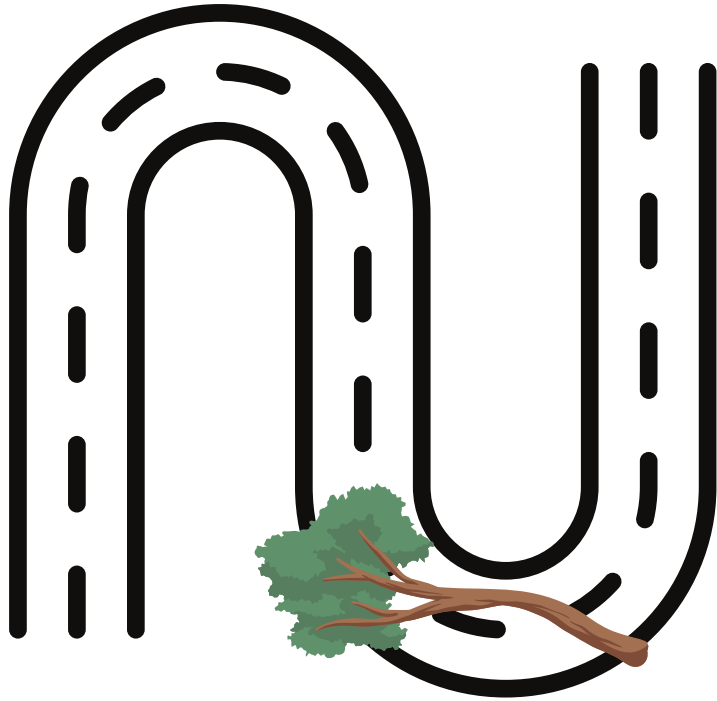
Set-up:

- Provide drawing paper and coloring materials for the activity if needed

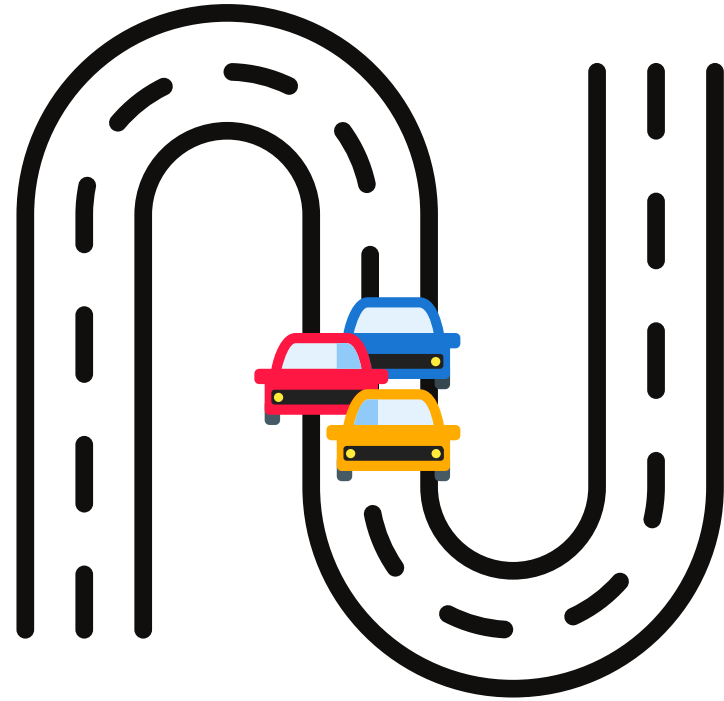
How to play:

- a. Look at the various scenarios in the obstacle tracks
- b. Have your child think and share how he/she would overcome these obstacles
- c. Have your child draw some obstacles for you and demonstrate how you would overcome these
- d. Switch roles and repeat

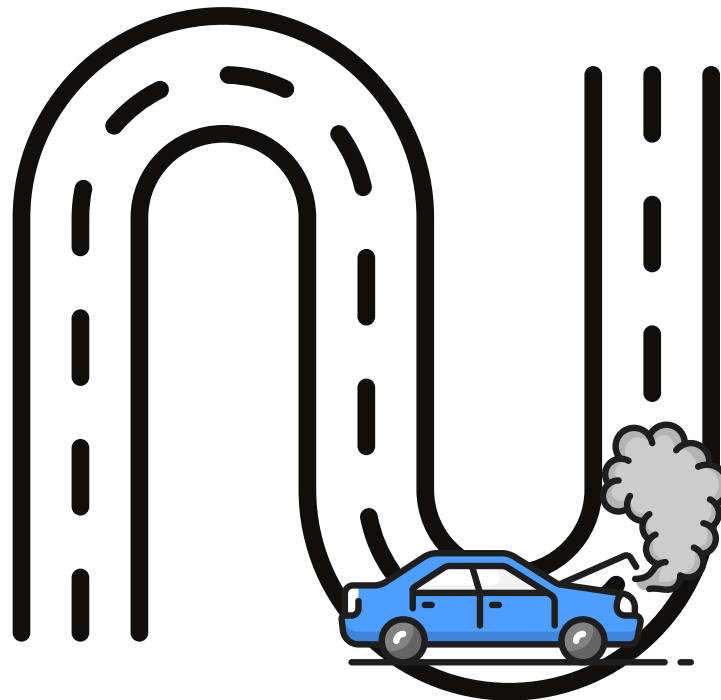
Obstacles



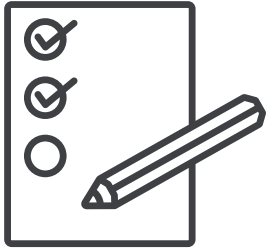
Fallen Tree



Traffic Jam



Car Breakdown



CARS EMOTIONAL ACTIVITIES



Recap Checklist

Discuss with your child the following points

Activity 1: Car Emotions

- Which emotions did you explore?
- Can you recall a time when you felt each of those emotions?
- How did it feel to draw expressions on the cars to match different emotions?

Activity 2: Race Car Teamwork

- Share more about this race car team you created
- Does it have a name? Do you have any goals for it to achieve?

Activity 3: Car Challenges

- Can you describe one of the problems you faced?
- How did you try to solve the problem? What did you do to make it better?
- Did you keep trying even when it was hard? How did you feel when you didn't give up?

