



# GRETEL THE WONDER MAMMOTH

by Kim Hillyard



Gretel starts to feel a little overwhelmed and a bit lonely but soon realises that perhaps the bravest thing a person (or mammoth!) can do is ask for help.

Books are a great way to start conversations about feelings, find out more here

<https://wordsforlife.org.uk/activities/reading-about-feelings/>

## Tips for helping children to understand emotions.

- It can be really useful to draw or make faces together, showing your child feelings like 'happy', 'sad' and 'angry'. You can also use pretend play as a way to help explain emotions - tell them how teddy feels when he is poured a cup of tea.
- Chat to them regularly about a range of feelings, whether it's theirs or the people around them. Talk about times when they felt excited, surprised or left out.
- Try to be open and share feelings as a family. Tell your child how you are feeling and what you are going to do about it.



<https://www.bbc.co.uk/tiny-happy-people/helping-children-understand-their-emotions/zc4fsk7>



## Ice Play

Ask your child to choose some small plastic toys. They can then help you put them in an ice cube tray or small container, fill with water and put in the freezer overnight.

The next day your little one can try and get the toy out of the ice just like Gretel does! This is great for questions such as 'How are you going to get the toy out?' and 'What tools will you need?'

## Lots of Feelings

(Sing to the tune of 'Baa, Baa, Black Sheep')



**Lots of feelings,  
live inside of me.**

**Some are sad and some happy.  
Sometimes I'm cheerful,  
cross or angry.**

**Lots of different feelings,  
that make up part of me.**

