

# Emotions

## Introduction

Watch a three-minute video, "[Faireachdainnean](#)", and a two-minute video, "[Slàinte-Inntinn](#)".

## Activity 1

A gross-motor or sensory activity to get the wiggles out.

## Activity 2

A more sedate activity, usually involving letters, numbers, or fine-motor.

## Lunch Snack

Ideally themed to the topic.

## Activity 3

Crafting activity.

## Activity 4

Any other fun optional bonus.

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