

MAKING OOGLIES: TALKING ABOUT FEELINGS

YOU WILL NEED

Consider the safety of using any small parts or items with very young children and choose appropriately:

Plasticine or Playdough	Stick on wobbly eyes
Pipe cleaners	Felt tips or colouring pencils
Wooden lollipop sticks	Sticky tape or glue
Thick paper or card	Sticky gem stones
Scissors	Foam shapes

WHAT TO DO

Let children have freedom to create their own little Ooglies.

You may wish to pre-make a few examples to illustrate what you want them to create.

They can colour, draw, stick, paint, mould, shape, and create to their own ability level.

Once the Ooglies are made, it's play time!

HOW TO USE THE OOGLIES

Introduce the Ooglies to each other:

What is your Ooglie's name?

What does your Ooglie like to eat?

What does your Ooglie like to do?

You can start to introduce feelings:

How is your Ooglie feeling today?

Are they happy?

What is making them feel happy?

You may want to create a scenario similar to the child's experiences at the moment:

My Ooglie is feeling a bit sad today.

This Ooglie's daddy/brother has died.

Ooglie has a sore tummy.

Ooglie does not want to sleep in his own bed?

Ooglie does not like it when his mummy has to go to work.

How can we help Ooglie to feel better?

This will allow the child to act out and explore these issues safely because they are talking about the Ooglie and not themselves.

Very young children may not be able to have these discussions with you. You also need to consider the safety of using any small parts or items with them. They might enjoy making a figure, or watching you make one, drawing a face and acting out and telling the story of the Ooglies.

Just follow the child's lead and play with them at their level. They will be learning things from what you say and do even if they cannot say much or express themselves fully yet.

