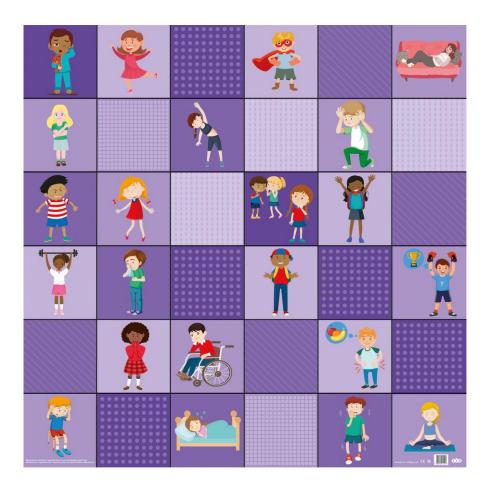
Feelings and Emotions Mat Activity Ideas



With many thanks to Bolton Schools ICT for sharing these activity ideas for using Loti-Bot with the Feelings and Emotions Mat.

You could adapt the activities to use with other robots, such as Bee-Bot or Blue-Bot.





Me and My Emotions

The objective of this activity is for children to learn more about themselves and their classmates, to improve their ability to share with others and improve programming skills with a robot.



Activity:

- Ask the children to create an algorithm using Loti-Bot's movement, sounds and colours to represent themselves and how they are feeling today. E.g. If they are feeling sad about a fall out with friends, they could program Loti-Bot to move to the correct feeling square, show a sad colour and play a sad noise.
- This offers opportunities for discussion about the reasons behind these feelings and the group sharing times when they have felt that same emotion.

Alternative Activity:

• Ask children to program Loti to reach a given emotion on the mat, then flash a colour and sound which represents that feeling. Again, there are opportunities here for discussion about the experiences the children have had of these feelings and what they did to help resolve them.



Growth Mindset

The objective of this activity is to develop a growth mindset, improve the ability to recognise challenges and develop teamwork skills.



Activity:

- Using 6-8 post-it notes place them on the mat. These are squares which Loti must avoid.
- Divide the children into two teams.
- Unplugged The first team verbally creates an algorithm for Loti-Bot to travel along, from a given square to another, avoiding the post-it note squares.
- The second team then moves the post-it notes tactically to try and alter their path. The first group then work together to change the planned route avoiding the post-it notes.
- The first group then programs Loti-Bot to reach the given square.
- The teams switch roles and repeat the sequence.

Opportunities for discussion:

- What did you find challenging?

- How did you overcome those challenges?
- What can you do when you face a challenge?
- How did you feel at different points in the game?



Positive Loti-Bot

The objective of this activity is to improve self-awareness and understanding of how positive thinking affects our mood. The winner is the first to reach the top right-hand square on the emotions mat.



Activity:

- Use the mat as a board game starting at the bottom right-hand side. Loti-Bot starts just off the mat.
- Roll a dice and program Loti to move that number of squares. Ensure you select a counter colour for Loti-Bot's sidelights.
- Explain to the children that when Loti lands on an emotions square, she feels that emotion. They need to find a sound to match it and change the left sidelight colour to represent that emotion.
- Before they roll for their next turn, they need to encourage Loti -Bot to overcome fear and believe in herself by giving a positive message e.g. You don't need to worry Loti, speak to a friend or trusted adult, you are strong, you can do it.
- Each time Loti hears the encouraging messages, program her to make a full turn and make a happy sound before she moves to the next square.

Opportunities for discussion:

- How did it make you feel giving Loti positive messages?
- How could you use positive words to help others?

- How do you think it made Loti feel?
- How could you use positive words to help yourself?

