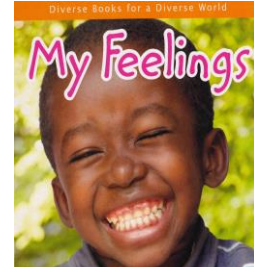




## **BOOK: My Feelings**

### **Before Reading:**

1. Read the book to yourself before reading to your child.
2. Choose a place to read that is well lit and cozy.
3. Invite your child to read by saying, "Let's read about feelings!"



### **During Reading:**

1. This book really promotes conversation between you and your child so take the time to ask the question on each page and listen to your child's answer.
2. As you are reading, talk with your child about the expressions on the faces of the people in the book. This will help your child recognize how each feeling looks on someone's face.

### **After Reading:**

**Feelings Game:** Take a cube-shaped tissue box and cover it with any type of paper you have. On smaller sheets of paper, draw a face that shows a different feeling. Think outside the box (literally) and include more complex emotions like confused or frustrated along with the familiar ones, such as happy or sad (the types of feelings you include will also depend on the age of your child). Take turns throwing the dice with your child and when it lands on a feeling help your child make the face on the cube and then ask what makes your child feel that way. When it falls on angry, frustrated, confused, or any type of more complex word, you may have to describe it in a little more detail. It would also be a great time to discuss with your child what they can do to make themselves feel better when they are having these emotions.

**Art:** You will need some pre-cut large shapes; a variety of smaller pre-cut shapes; glue or glue stick; and, popsicle sticks if you want to make these into puppets. Tell your child that they are going to make feelings monsters! They can choose any large shape for the face and then glue on pre-cut shapes to show a feeling. After they finish gluing on the shapes, ask them what kind of feeling monster did they make and why does the monster feel that way. Write their words on the back of the face. Ex. "This is a mad monster because his friend took his toy!" This activity will really help you understand your child's understanding of feelings and what might make them feel these types of emotions. You can glue the faces on the sticks if you want to make puppets and let your child pull out the different monsters to show how they are feeling.