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Preschool Theme Kits MY FEELINGS



FOR YOU: a copy of these activities is available in back of this notebook.

BOX CONTENTS

BOOKS

Elizabeti's Doll (Book with CD)

Stephanie Stuve-Bodeen

Pepito the Brave

Scott Beck

Goodbye, Mousie

Robie Harris

My Many Colored Days

Dr. Seuss

Mean Soup

Betsy Everitt

Little Gorilla

Ruth Bornstein

I Like It When

Mary Murphy

Clap Your Hands

Helen Oxenbury

The Grouchy Lady Bug

Eric Carle

DVD

Peter's Chair in The Snowy Day & more

TOY

Feelings felt pieces

ADULT RESOURCES

The Peaceful Classroom : 162 Easy Activities to Teach Preschoolers Compassion and Cooperation

Charles Smith

ACTIVITY NOTEBOOK

**BEYOND THE KITS
STORYTIME HANDBOOK**

Welcome to *My Feelings* Theme Kit. Our target age group is 2 to 5 year olds but we have included at least one board book for babies to use. All these books read aloud well, and there are activities, finger plays, and teacher guides to help you. Also, take a look at the general information sheet on the inside cover of this notebook. ENJOY!

Related Activities

-Fun and Games-

FEELINGS

It is very important for children to be able to express their feelings. Often they will not even know what it is that they are feeling: fear, anger, elation, sadness, jealousy.

When children are experiencing a strong emotion, encourage them to use words to express what they are feeling. It's OK to say "I feel angry because he took my toy". When you see a child reacting emotionally, you may say "maybe you feel ... (afraid, angry, sad). Is that how you feel? It's OK to feel that way."

What is often not OK is when a child expresses emotions by hitting, kicking, biting, shouting at others, etc. It is also important for a person not to blame others for his/her feelings: "you made me mad, sad, etc." It is better to say "I feel mad, sad... when..."

Try not to say to a child "We don't get angry here", but "It looks like you're feeling angry" and give him/her a couple of options like "sit and look at books for a while", "make a picture about how you're feeling" or "go outside for awhile".



I WAS AFRAID *

After reading **Pepito the Brave** (a small bird who was afraid to fly), ask the children to tell their own stories of being scared and how they dealt with it. Praise every answer, even if the child hid in his/her mother's arms. Try to emphasize how they took care of themselves. Write down the stories on sheets of paper, leaving enough room for each child to illustrate. In the end, you will have your own bravery book. Be sure to do a page yourself!

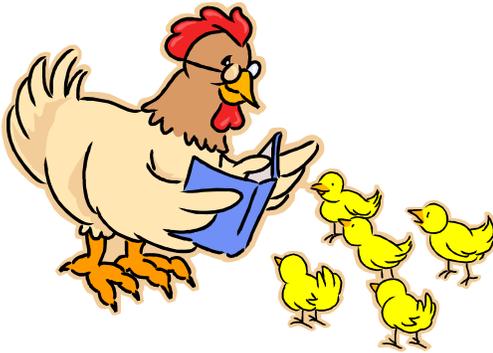
FEELINGS OF THE MOMENT *

This activity will help children verbalize their feelings. You need 6-7 clean cans labeled with clear pictures showing

- happy
- sad
- angry
- lonely
- frustrated
- silly
- afraid

Give each child (and adult) a popsicle stick or other marker with their name or a sticker on it. After introducing the cans and pictures, let children and staff put their sticks in a can. You can do this several times a day. Respect the child who chooses to observe rather than participate.

*Activities courtesy of the Early Childhood Office of the Seattle Public Library.



USING THE BOOKS IN THIS KIT

After reading any book in the kit, talk about how the characters felt at some point in the story. Talk about when the children may have felt like that. Let children tell individually about how they felt/feel. Assure them it's normal to feel like that.

I LIKE IT WHEN

Have a sharing circle and start it with "I like it when" or "I'm happy when" and let the children complete the sentence. Make a "I'm happy" mural: On a large sheet of paper or paper bags taped together, with crayons, markers, or paint let the children draw pictures of happy times.

FEELINGS Felt Pieces

Introduce this set by putting two or three of the faces (sleepy, happy, mad) on the felt board. Ask which face is happy? Mad? Sleepy? (children can come up and touch them). Continue until all the faces and emotions have been discussed. Put up a person, with hair and clothes, and put on a face that shows how you are feeling right then. Ask children if they would like to take turns showing how they feel. You can make up stories, by putting up a figure and making an opening statement: "Angela was on her way to play with a friend, going to school, stayed up too late..." Let the children play with the felt pieces during free time. Show them how to put the pieces away so they don't get lost or bent up.

My Feelings Theme Kit

Questions or Suggestions:
Call the Youth Services Dept.
at (360) 384-3150

-Fingerplays and Action Rhymes-

IF YOU'RE HAPPY AND YOU KNOW IT **

Traditional

If you're happy and you know it
Clap your hands
If you're happy and you know it
Clap your hands
If you're happy and you know it
If you're happy and you know it
If you're happy and you know it
Clap your hands.

If you're sad and you know it,
Wipe your eyes...etc.
If you're angry and you know it,
Stamp your feet...
Let the children suggest other feelings and actions.

SOMETIMES I'M GLAD

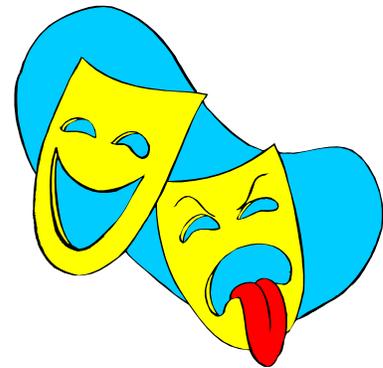
Sometimes I'm glad
Sometimes I'm mad
Look how I am now.

Everyone says the rhyme; let children take turns making a "feeling" face and others guess the feeling portrayed. An adult might want to go first.

FEELINGS *

Sometimes on my face you'll see
Point to face.
How I feel inside of me
Point to chest
A smile means happy
A frown means sad
Smile, then frown.
And when I grit my teeth I'm mad.

Alternative: add a last line
This is how I feel now.
Each person in group makes appropriate face.



MAKE A FLANNEL BOARD FROM A PIZZA BOX **

Don't have a flannel/felt board to use with felt pieces? Personal size flannel boards can be made from an unused pizza box or other shallow box. You can often gather these from a local store. Cut felt to fit inside of box and glue with white glue or craft glue. The children can use this size easily and it will store well. Make your own felt pieces for favorite stories or songs.

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THE PEACEFUL CLASSROOM : 162 Easy Activities to Teach Pre-Schoolers Compassion and Cooperation

This book is easy to use, and has simple games that help children to enjoy playing together and knowing each other better. *Telephone Friends* (p. 121) requires tin cans (you can use paper cups too) and some string. *Hand me Pictures* requires a sheet of paper and crayon for each person, and tape. Chapter 2 has an *Emotions* section (p. 67-93), with suggestions for puppets, activities and art projects that you won't want to miss.

How You Can Help

- Use and return kits promptly so that they are available for others.
- Please check box contents before returning.
- Do not use the book drop. Please return kits inside an open library.