



STORYTIME CRAFT

Feelings

Children experience many of the same emotions adults do. Children can feel happy, sad, angry, silly, surprised, and worried. Understanding feelings is an important part of your child's social-emotional development. Young children often lack the words to talk about how they are feeling. You can help them by identifying emotions and building a "feelings vocabulary".

Emotions Book

- photos
- marker
- tape
- hole punch
- heavy card stock
- yarn

Start by gathering photos of your child or family members showing different emotions. Magazine photos work well too. Tape the photos on card stock and label each with a feeling word. Punch holes in the pages and tie together with yarn.



Emotions Song

Use songs to practice feeling words. Try changing the words to songs like "If You Are Happy and You Know It".

If you are happy, and you know it clap your hands
 If you are happy, and you know it clap your hands
 If you are happy, and you know it, then your face will surely show it
 If you are happy, and you know it, clap your hands

Now replace happy with different emotions

Mad - cross your arms
 Frustrated - stomp your feet
 Excited - jump up and down
 Sad - make a frown
 Scared - hide your face



Paper Bag Puppet

Puppets are a great way to introduce children to feeling words. Sometimes children will talk to puppets about their feelings.

Reading Stories

Use children's books to talk about feelings. Ask your child

- What do you think the character is feeling?
- Have you ever felt this way?
- Can you make a face that shows that feeling?



Read bedtime stories. There is something magical about this end-of-the day routine that makes it the ideal time for talking about feelings.