

BOOKS TO GROW

Kit theme: **FEELINGS**

- Book titles included:
 1. **TODAY I FEEL SILLY & OTHER MOODS THAT MAKE MY DAY**
by Jamie Lee Curtis
 2. **SOMETIME I FEEL LIKE A STORM CLOUD** by Lezlie Evans
 3. **SOMETIME I FEEL LIKE A MOUSE** by Jeanne Modesitt
 4. **MY MANY COLORED DAYS** by Dr. Seuss
 5. **HOW DO I FEEL?** by Norma Simon
- DVD: **THE VELVETEEN RABBIT**
- CD: **ALEXANDER AND THE TERRIBLE HORRIBLE NO GOOD VERY BAD DAY** and Other Stories and Poems



Additional titles available at the Johnson County Library:

Feelings by Alik
Kids by Catherine Anholt
Sometimes by Keith Baker
When Sophie Gets Angry, Really Really Angry
by Molly Bang
Sunshine Home by Eve Bunting
Dora's Box by Ann Campbell
Dark Day Light Night by Jan Carr
Glad Monster Sad Monster: A Book About Feelings
by Ed Emberley
Go Away Big Green Monster by Ed Emberley
Miss Penny & Mr. Grubbs by Lisa Campbell Ernst
Mean Soup by Betsy Everitt
How Are You Peeling? By Saxton Freymann
Sheila Rae the Brave by Kevin Henkes
Boxer and the Princess by Helme Heine

Alicia Has a Bad Day by Lisa Jahn-Clough
Dinah's Mad Bad Wishes by Barbara M. Joesse
Horace by Holly Keller
Jafta by Hugh Lewin
Speak Up Blanche by Emily Arnold McCully
Brave Bear by Kathy Mallat
I Feel Happy and Sad and Angry and Glad
by Mary Murphy
**Things That Make You Feel Good/Things
Make You Feel Bad** by Todd Parr
So happy So Sad by Julie Paschkis
No! No! No! by Anne F. Rockwell
I Was So Mad by Norma Simon
Weird Parents by Audrey Wood
Clara Ann Cookie by Harriet Ziefert
Tiger Called Thomas by Charlotte Zolotow

See the back for activities to help children with these 6 by 6 *Ready to Read* early literacy areas:

Have Fun With Books
Notice Print
Talk, Talk, Talk

Tell Stories
Look for Letters
Take Time to Rhyme

Activity Ideas - FEELINGS

- After reading *Today I Feel Silly and Other Moods That Make My Day*, play a **mask** game with the children. Everyone covers their face with their hands. The teacher and children name an emotion-sad, happy, confused, angry-and when you remove your hands from your face, show what that emotion looks like.
- Let children create masks using paper plates, yarn, straws, toilet paper tubes and whatever found objects you'd like to include. They may need help cutting out eye holes if they want to have them.
- Have a mirror where children can see themselves. Ask them to show what their faces look like when: they get a present, they have to go to bed, they have a friend come over, when a big dog has scared them, etc.
- Play **Simon Says** using emotions: "Simon Says walk in a circle feeling happy . . . Simon Says walk in a circle feeling sad . . ." Make up actions and feeling to continue. (From *Creative Resources* by Judy Herr)
- Play various types of music including jazz, classical and rock and let the children draw while they're listening. Can music influence how you feel?

IF YOU'RE HAPPY AND YOU KNOW IT

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,
Then your face will surely show it,
If you're happy and you know it, clap your hands

If you're sad and you know it, wipe your eyes
If you're sad and you know it, wipe your eyes
If you're sad and you know it,
Then your face will surely show it,
If you're sad and you know it, wipe your eyes

If you're mad and you know it, stamp your feet
If you're mad and you know it, stamp your feet
If you're mad and you know it,
Then your face will surely show it,
If you're mad and you know it, stamp your feet

*Repeat using feelings and expressions suggested
by the children*

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WHO FEELS HAPPY?

Who feels happy, who feels gay?
All who do, clap their hands this way.
(Follow actions as rhyme indicates)

Who feels happy, who feels gay?
All who do, nod their heads this way.

Who feels happy, who feels gay?
All who do, tap their shoulders this way.
(From *Let's Do Fingerplays* by Marion Grayson)

SHAKE MY SILLIES OUT

We're gonna shake, shake, shake the sillies out,
Shake, shake, shake the sillies out,
Shake, shake, shake the sillies out
And wiggle our woggles away.

We're gonna clap, clap, clap the crazies out,
Clap, clap, clap the crazies out,
Clap, clap, clap the crazies out,
And wiggle our woggles away.

*Ask children what they can add: yawn the sleepies
out, stretch the slinkies out, sit the sillies out,
(Adapted from Raffi's Top Ten Songs to Read)*