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. **Sometimes 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 Aliki
*Sometimes* by Keith Baker
*When Sophie Gets Angry, Really Really Angry* by Molly Bang
*Go Away Big Green Monster* by Ed Emberley
*How Are You Peeling?* by Saxon Freymann
*Sheila Rae the Brave* by Kevin Henkes
*Boxer and the Princess* by Helme Heine
*Horace* by Holly Keller
*No! No! No!* by Anne F. Rockwell
*Weird Parents* by Audrey Wood
*Clara Ann Cookie* by Harriet Ziefert

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

*Have Fun With Books*  *Tell Stories*
*Notice Print*  *Look for Letters*
*Talk, Talk, Talk*  *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 which will add to their vocabulary of concept words. 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.

Make a paper plate puppet with a happy face on one side and a sad face on the other. Develop storytelling skills by telling stories about things that would make a person feel happy or sad.

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. Discuss ways to handle these emotions.

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)

Can music influence how you feel? Play various types of music including jazz, classical and rock and let the children draw while they’re listening.

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 & expressions suggest by the children)

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.
(from Let’s Do Fingerplays by Marion Grayson)

You’ll find a printable copy of this activity sheet by searching for this kit in our Library’s web catalog.