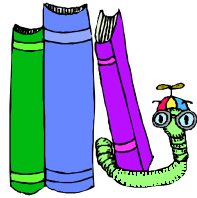


Emotions



Developed by:
MICHELLE LOVELL

This Family Literacy Bag is a project funded by:



The Emma Eccles Jones Center for
Early Childhood Education
at
Utah State
UNIVERSITY



ACTIVITIES TO DO and QUESTIONS TO ASK FOR EACH STORY

I Was So Mad!

- What are some things that make you feel mad?
- What do you do when you feel mad?
- As you are reading the story, see if there is anything in the story that has happened to your child. Ask your child to share how he/she felt when a similar situation happened to him/her.
- Make a book using a different emotion. It could be titled “I Was So Happy!” or “I Was So Sad!” Have your child draw pictures to illustrate the book. Help your child write short sentences to tell about the pictures.

Mean Soup

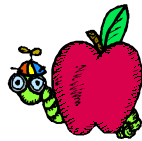
- Do you ever have days when you just feel mean? What do you do when you feel mean?
- How did the boy feel before they made mean soup? How did he feel after they made mean soup?
- Is it OK to feel mean sometimes?
- Make some silly soup by putting water in a pot and making silly faces. (You can use other emotions to make happy soup, angry soup, etc.)
- Play a guessing game. Make different facial expressions and have your child try to guess what you are feeling. Switch roles and guess what your child his feeling by his/her facial expressions.

Today I Feel Silly and Other Moods That Make My Day

- How are you feeling today? Why are you feeling this way?
- As you read the story, look at the expressions on the little girl’s face. We can show how we feel by the expressions on our faces. Try guessing how the little girl is feeling by looking at her face before reading the page.
- What is your favorite way to feel? What is your least favorite way to feel?
- We can use colors and drawings to show our moods. An “angry” picture might be red and full of scribbles, a “silly” picture might be crazy and colorful, a “happy” picture might be bright and colorful. Use your imagination to draw pictures to show how you feel.

ATTENTION PARENTS:

Before returning this bag, please make sure
all of the following items are inside.



Thank you!

BOOKS:

- I Was So Mad* by Norma Simon
- Mean Soup* by Betsy Everitt
- Today I Feel Silly and Other Moods That Make My Day* by Jamie Lee Curtis

OTHER CONTENTS:

- COMPLETED* evaluation form
- Box of crayons
- Extra story booklets
- Unused paper