

Let's Talk About **The Way I Feel**

Notice the faces of the children in this book. Their eyes, mouth, and position of heads, arms, and hands show how they are feeling.

Ask your child to imitate the expressions they see in the book. Let them see themselves in a mirror.



The emotion words are written to show feeling. The letters in "scared", for example, are white and squiggly.



Have your child write his or her own name. Write it in a way that shows happiness. Write it in a way that looks angry.

Encourage your child to express various emotions through writing. Listen to music. Have your child draw lines or pictures that show the emotions they hear in the music.

Let's Play With Rhymes

I Look In The Mirror

I look in the mirror
And what do I see?
I see a happy face
Smiling at me.

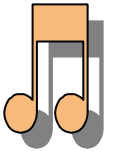


I look in the mirror
And what do I see?
I see a sad face
Frowning at me.

Add verses with different emotions. Use a real mirror or pretend to hold a mirror while changing facial expressions.

Shake My Sillies Out

(tune from Raffi's "More Singable Songs")



Do actions to suit words.

Gotta shake, shake, shake my sillies out
Shake, shake, shake my sillies out
Shake, shake, shake my sillies out
And wiggle my waggles away.

Add verses by changing the first three lines to:

Gotta clap, clap, clap my crazies out...

and

Gotta jump, jump, jump my jiggles out...

Note to Parents & Caregivers

Emotions can be difficult to talk about. Books like "The Way I Feel" give children the words they need to describe their feelings. Children can also use the book to point to pictures of feelings they are experiencing. This helps children who are unable to remember or cannot say the emotion they are feeling.

Books help children understand themselves better.

Let's Create

Finger-paint Expressions

Mix flour and cold water into a paste. Spoon onto a large sheet of finger-paint paper or construction paper. Add food coloring or powdered tempera paint onto the paper as your child paints.



Use another sheet of paper for yourself. Paint with your child.

Can you both make angry markings, happy markings, excited markings and so on, in the finger-paint?

Let's Be Together

Young children are discovering their feelings. Feelings can be confusing and scary.



Unpleasant feelings like sadness, anger and loneliness are the most difficult to deal with.

We want to protect our children from difficult feelings. We often ask them to push those feelings away. However, negative feelings cannot always be avoided. We need to help children face these feelings. We need to help them learn ways to cope.

Let your child know that:

- Everyone has negative feelings sometimes. These feelings should not be feared.
- Your child will feel less alone if she talks to someone she trusts.
- You want to spend time with your child when he is sad or upset.
- Cuddling a favorite teddy or toy may be comforting.
- A snuggle or hug may help.
- You too have coping strategies when you are feeling down.
- It may help the next time he feels down to make a list now of things to do when he feels badly.

We can teach our children how to cope with negative feelings.



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