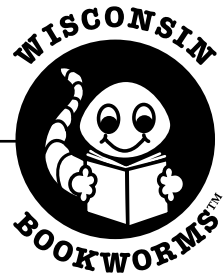


Activity Sheet



"The Way I Feel"

by Janan Cain

Feelings come and feelings go — I never know what they will be! Silly or angry, happy or sad — they are all a part of me! This book gives children a vocabulary of emotion to ease their way through life.

Before you read this book: Practice reading with different emotions in your voice. Check out the tips on the last page.

While you read this book: Pause often to help your kids understand the situations and vocabulary words.

After you read this book: Help kids make emotion faces with paper plates and Popsicle sticks. Retell situations from the book and have them hold up faces representing various emotions.

Draw to music. Invite your kids to use crayons or paint to illustrate their feelings as they listen to music. See how the same music causes different feelings in different people.

Try this at home: Play "catch" with a color-striped beach ball. Assign a different feeling to each color and wherever the "catcher's" right thumb lands, determines the emotion shared by everyone.

F.Y.I.: Janan Cain also wrote "The Way I Act," a book that uses illustrations, facial expressions and color to complement verses that explain character traits — curiosity, compassion and bravery.

Additional resources: "Today I Feel Silly: And Other Moods That Make My Day" by Jamie Lee Curtis, illustrated by Laura Cornell

Five Steps of Emotional Coaching: Everything we do and learn is shaped by the way we feel. Feelings are a natural part of who we are. Check out this website from Parenting Counts.

<http://www.parentingcounts.org/information/timeline/five-steps-of-emotion-coaching/>

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