

My Feelings Book

Age: Preschool-age (3-4 years)

This activity helps your child's development in this domain: Social-Emotional, Language and Literacy

What You Need:



- 3'x3' photo of your child
- 1 sheet of 8"x11" paper (e.g., cardstock)
- Scissors
- Glue stick
- Marker
- Crayons

What To Do:

1. Create a book by placing a piece of paper in front of you (landscape way).
Fold this paper into thirds. Keep it folded, then fold the paper into thirds the other way, creating a square. Open the paper, you will have 9 squares.
Cut out the four corners leaving a cross. On the top square, write a title for the book (e.g., My Feeling Book).
2. Have your child glue his photo into the middle square. Choose a photo of your child smiling. Ask your child what makes him smile and write that under his photo.
3. Talk about other feelings with your child. Ask questions such as, "What does your face look like when you're sad? What makes you sad?" Use an emotion chart to show your child what these feelings look like. For more emotions visit this website:
<http://csefel.vanderbilt.edu/modules/2006/feelingchart.pdf>.



Learning to Grow

University of Hawai'i Center on the Family (CTAHR)

www.learningtogrowhawaii.org

Learning to Grow
MAKING A DIFFERENCE TOGETHER

4. Have your child draw the other faces that represent feelings, label each picture with what feeling it is and when he feels that way.

