

Dear Caregivers:

Today we used some of these books, fingerplays, and other materials in our storytime. Please continue helping your child develop by sharing these at home!

# EMOTIONS/FEELINGS

LETTER OF THE DAY

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BOOKS TO SHARE

*The Rabbit Listened*  
by Cori Doerrfeld

*Llama Llama Mad At Mama*  
by Anna Dewdney

*When Sadness Is At Your Door*  
by Eva Eland

*Joy*  
by Corrinne Averiss

*Wemberly Worried*  
by Kevin Henkes

*Yesterday I Had The Blues*  
by Jeron A. Frame

*Ira Crumb Feels His Feelings*  
by Naseem Hrab

*Jabari Jumps*  
by Gaia Cornwall

*Wild Feelings*  
by David Milgrim

*Happy Hippo, Angry Duck*  
by Sandra Boynton

*Crunch, the Shy Dinosaur*  
by Cirocco Dunlap

FUN WITH FINGERPLAYS AND SONGS

**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 is gonna show it,  
If you're happy and you know it, clap your hands.

[Verses:

If you're sad and you know it, wipe your eyes . . .  
If you're mad and you know it, stomp your feet. . .  
If you're scared and you know it, hide your eyes . . .]

**Where Is Happy? [action rhyme]**  
[Tune: "Where Is Thumbkin?"]

Where is happy? Where is happy?  
Here I am [smile].  
How are you today, sir?  
Very well, I thank you.

[Verses: repeat with other emotions, using facial expressions and voice to convey feelings]

ASL SIGN OF THE DAY  
"I feel . . ."



## I Have Feelings [action rhyme] [Tune: "Twinkle, Twinkle, Little Star"]

I have feelings, you do too [point to self and then someone else]  
Let's all sing about a few  
I am happy [smile]  
I am sad [frown]  
I get scared [wrap arms around self]  
I get mad [Make a fist and shake it]  
I have feelings [point to self]  
You do too [point to someone else]  
We just sang about a few.

### When I Am . . . [rhyme]

When I am sad, I want to cry.  
When I am proud, I want to fly.  
When I am curious, I want to know.  
When I am impatient, I want to go.  
When I am bored, I want to play.  
When I am happy, I smile all day.  
When I am shy, I want to hide.  
When I'm depressed, I stay inside.  
When I am puzzled, I want to shrug.  
When I am loving, I kiss and hug.

### Angry Feelings [fingerplay]

When angry feelings start to mount,  
That's when I take some time to count [count on fingers and aloud]  
One....Two.....Three....Four...Five.  
Counting helps me settle down,  
Counting helps to fade my frown:  
Six...Seven...Eight...Nine...Ten.

### "I Feel Good," James Brown (1964)

## MORE FUN!

### Mood of the Day Cup

Supplies:  
(2) white paper/styrofoam cups  
Scissors  
Markers



Carefully cut a square out of one of the paper cups.

Help your child write "Mood of the Day" on this cup, above/around the square cutout.

Ask your child to draw 4-5 different feelings (happy, sad, angry, worried, silly, crabby, etc.) on the uncut cup.

Place the uncut cup inside of the cut cup and spin the inside cup to demonstrate how your child can use the cups to express what they are feeling!

**Being able to verbalize their feelings with tools like this can be incredibly validating and calming for a child.**

**Social-emotional learning**, or SEL, is a **crucial**, yet often overlooked, aspect of early literacy in young children. Developing this skill involves helping children manage their own emotions, feel and show empathy for others' feelings, and initiating and maintaining positive relationships with others.

As adults, we can model positive behaviors and provide vocabulary for even the youngest children to better express themselves.

Next time you're tired or crabby, acknowledge and name your feelings for your child and demonstrate coping mechanisms . . .

Example: "I had a really long day at work, so I'm feeling frustrated and crabby with how much traffic there is on our drive home. How about we put on some fun music to try to make me feel better?"

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