

TIPS – Identifying and Managing Feelings in Young Children

Feelings Activities

Feelings Poster. Purchase two of the same feelings poster. Cut one of them into pieces, with each piece being one of the feelings faces. Put one side of Velcro on the back of each piece and the other side on the full poster with the matching face. The big poster and pieces can be laminated for durability. This can be used in the large group to review feelings, as a matching game, or to allow children to identify how they are feeling. It can also be placed in a center for the children to use later. If the children do not know all the feelings on the poster, you can cut it in half or make your own using pictures found on the internet or using flash cards you've purchased.

Feelings Bingo. Google "Free Feelings Bingo" and you'll find several options. You can also purchase Feelings Lotto, a similar game. You'll want to make sure children understand the feelings on the game.

Simon Says "Feelings." Play Simon Says with the children substituting feeling phrases for the usual directions. For example, say, "Simon says, look happy." In between commands you can ask them questions about those feelings, such as "What makes you feel happy?" Then say, "Simon says, look angry. Tell me something that makes you angry." Another command is, "Simon says, look proud. Have you felt proud before? What did you do that made you feel proud?" This is a great opportunity to learn about the children and things they have been through, both positive and negative.

Feelings Candyland. Use the game board from Candyland. For Feelings Candyland, each colored space on the board can be given a particular emotion and when you land on it, you need to share when you felt that way. With a little creativity, many basic games can be turned into a way to playfully talk about feelings.

Flannel Board Activity. Cut out several circles from flannel pieces to represent faces and draw on different emotions – happy, sad, scared, angry, sleepy, surprised, etc. Put up the first face (Happy) and say, "Happy face, happy face, what do you see? I see a _____ face looking at me." Put up next face and continue. This is the same pattern as *Brown Bear Brown Bear*. Make sure the children have learned about all the feelings you use. As you teach additional feelings, you can add those faces to the mix. Children would enjoy playing this on their own during center time as well.

Feeling Cards. Make a deck of **feeling cards**. You can do this by printing feeling faces and gluing them onto cardstock or index cards. You could also use photographs or pictures cut out of magazines. Make sure you have two of each feeling face. Write or type the name of the feeling below the picture. You can use the cards you make to play **Feelings Memory**, **Fishing for Feelings** (like Go Fish), **Feelings Charades**, or other games you think of.

Feelings Memory. Make sure you have two cards per feeling (pictures can match exactly or just match the feeling with different people, depending on the age and knowledge of the children). Use the feeling cards mentioned above. Spread the cards out face down and have the children take turns trying to find the matches. If a match is found, the person that got the match has to share a time they *remember* feeling that way. If a child can't think of a time he felt a certain way, give an example and leave it at that (but take note if they seem to be avoiding a certain category of emotions). If a match is found, the player gets to go again. If not, play moves to the next person. Make sure the children know there are no right or wrong answers. Play with the child. This allows them the opportunity to see you model appropriate behavior and hear you discuss that you have feelings too.

Feelings Charades. Use the feeling cards mentioned above. One person will draw a card and act out that feeling. The child may need to be told what the feeling is in the beginning. The other children must try to guess what feeling they see. Allow children to take turns drawing cards and acting out the feeling. After the children guess the feeling, ask questions such as, "Why did you say that feeling? What did you see on her face or in his body that made you think she/he felt that way?" This helps them to learn to look at and notice body language and facial expressions of others.

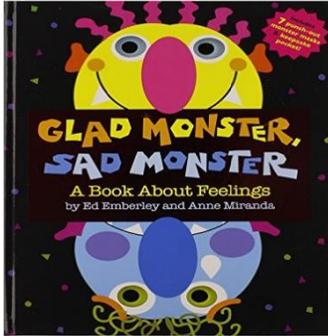
Fishing for Feelings. It's pretty much the same thing as Go Fish, but using feelings cards. Again, you can use the feeling cards mentioned previously. Deal out 5 cards to each person and make a "pond" in the middle with the remaining cards. Check your hands for any matches. If you have a match, you have to share a time you felt that way. The person with the most matches at the end wins. However, many times children don't care about winning as much as they care about the talking part of the game.

Feelings Mirror. Use a handheld mirror out or one on a wall so children can practice different facial expressions while looking at themselves in the mirror. Observing how they look when they have different feelings inside helps children to understand the body language of others. You can help facilitate this by suggesting different feelings or children can do it together in a center.

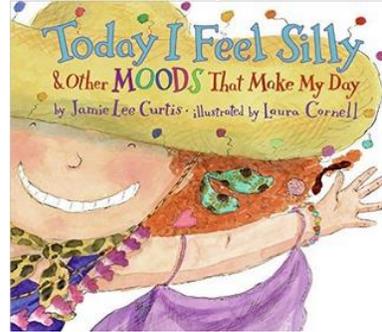
Feelings Sort. For feelings sort, provide multiple pictures of feelings (for example, 4-5 different happy faces, 4-5 different angry faces, 4-5 different scared faces) for the children to sort according to the feeling. Pictures can be of only children or a combination of children and adults. You can find pictures by googling "children sad face," "children angry face," etc. Additionally, you can take pictures of the children feeling certain ways or cut them out from magazines. This can be done individually, during small group, or as a large group during circle time.

Top 6 Book Picks

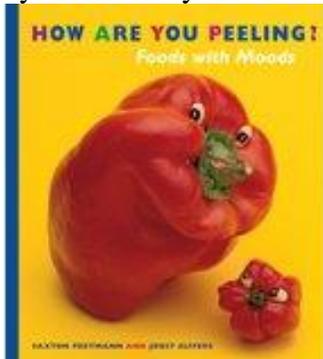
Glad Monster, Sad Monster
by Ed Emberley & Anne Miranda



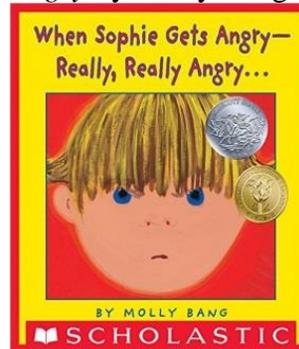
Today I Feel Silly & Other Moods That Make My Day by Jamie Lee



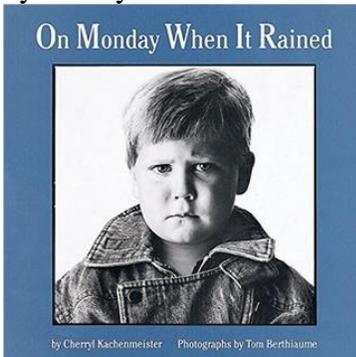
How Are You Peeling: Foods with Moods
by Saxton Freymann



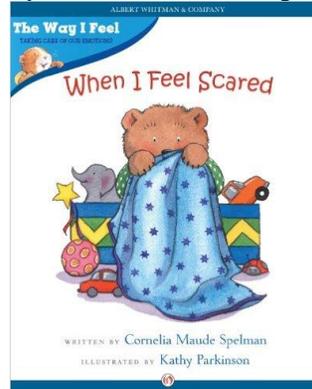
When Sophie Gets Angry – Really, Really Angry by Molly Bang



On Monday When It Rained
by Cheryl Kachenmeister



When I Feel Scared
by Cornelia Maude Spelman



Other books in this series include:

- When I Feel Angry
- When I Feel Good About Myself
- When I Feel Jealous
- When I Feel Sad
- When I Feel Worried
- When I Miss You
- When I Care About Others

Feelings Book List

General Feelings

ABC Look at Me by Roberta Grobel Intrater (Ages infant-4)
"Baby Faces" books (most are by Roberta Grobel Intrater) (Ages infant-4)
Baby Faces by Margaret Miller (Ages infant-3)
Baby Senses Sight by Dr.S. Beaumont (ages infant -3)
Can You Tell How Someone Feels? (Early Social Behavior Book Series) by Nita Everly (Ages 3-6)
Double Dip Feelings by Barbara Cain (Ages 5-8)
The Feelings Book by Todd Parr (Ages 3-8)
Feeling Happy by Ellen Weiss (Ages infant -3)
Glad Monster, Sad Monster by Ed Emberley & Anne Miranda (Ages infant-5)
The Grouchy Ladybug by Eric Carle (Ages 1-6)
The Pout Pout Fish by Deborah Diesen (Ages 3-5)
The Three Grumpies by Tamra Wight (Ages 4-8)
Happy and Sad, Grouchy and Glad by Constance Allen (Ages 4-7)
How Are You Peeling: Foods with Moods/Vegetal como eres: Alimentos con sentimientos by Saxton Freymann (Ages 5-8)
How Do I Feel? by Norma Simon (Ages 2-7)
How Do I Feel? Como me siento? by Houghton Mifflin (Ages infant-4)
How I Feel Proud by Marcia Leonard (Ages 2-6)
How I Feel Silly by Marcia Leonard (Ages 2-6)
How Kind by Mary Murphy (Ages 2-5)
I Am Happy by Steve Light (Ages 3-6)
If You're Happy and You Know it! by Jane Cabrera (Ages 3-6)
Little Teddy Bear's Happy Face Sad Face by Lynn Offerman (a first book about feelings)
Lizzy's Ups and Downs by Jessica Harper (Ages 3-9)
My Many Colored Days by Dr. Seuss (Ages 3-8)
On Monday When It Rained by Cherryl Kachenmeister (Ages 3-8)
Proud of Our Feelings by Lindsay Leghorn (Ages 4-8)
See How I Feel by Julie Aigner-Clark (Ages infant-4)
Sometimes I Feel Like a Storm Cloud by Lezlie Evans (Ages 4-8)
Smudge's Grumpy Day by Miriam Moss (Ages 3-8)
The Way I Feel by Janan Cain (Ages 4-8)
Today I Feel Silly & Other Moods That Make My Day by Jamie Lee (Ages 3-8)
What Makes Me Happy? by Catherine & Laurence Anholt (Ages 3-6)
What I Look Like When I am Confused/Como me veo cuando estoy confundido (Let's Look at Feeling Series) by Joanne Randolph (Ages 5-8)
When I Feel Frustrated by Marcia Leonard (Ages 2-6)
When I Feel Jealous by Marcia Leonard (Ages 2-6)

Happy Feelings

Amadeus is Happy by Eli Cantillon (Ages 2-5)
Feeling Happy by Ellen Weiss (Ages 2-5)
If You're Happy and You Know it! by David Carter (Ages 2-6)

If You're Happy and You Know It by Scholastic/Taggies book (Ages infant-2)
The Feel Good Book by Todd Parr (Ages 3-6)
Peekaboo Morning by Rachel Isadora (Ages 2-5)
When I Feel Happy by Marcia Leonard (Ages 2-6)

Sad Feelings

Let's Talk About Feeling Sad by Joy Wilt Berry (Ages 3-5)
Franklin's Bad Day by Paulette Bourgeois & Brenda Clark (Ages 5-8)
How I Feel Sad by Marcia Leonard (Ages 2-6)
Hurty Feelings by Helen Lester (Ages 5-8)
Knuffle Bunny by Mo Willems (Ages 3-6)
Sometimes I Feel Awful by Joan Singleton Prestine (Ages 5-8)
The Very Lonely Firefly by Eric Carle (Ages 4-7)
When I'm Feeling Sad by Trace Moroney (Ages 2-5)
When I Feel Sad by Cornelia Maude Spelman (Ages 5-7)

Angry or Mad Feelings

Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst (Ages 4-8)
Andrew's Angry Words by Dorothea Lackner (Ages 4-8)
Bootsie Barker Bites by Barbara Bottner (Ages 4-8)
The Chocolate Covered Cookie Tantrum by Deborah Blementhal (Ages 5-8)
How I Feel Frustrated by Marcia Leonard (Ages 3-8)
How I Feel Angry by Marcia Leonard (Ages 2-6)
Llama Llama Mad at Mama by Anna Dewdney (Ages 2-5)
Sometimes I'm Bombaloo by Rachel Vail (Ages 3-8)
That Makes Me Mad! by Steven Kroll (Ages 4-8)
The Rain Came Down by David Shannon (Ages 4-8)
When I'm Angry by Jane Aaron (Ages 3-7)
When I'm Feeling Angry by Trace Moroney (Ages 2-5)
When I Feel Angry by Cornelia Maude Spelman (Ages 5-7)
When Sophie Gets Angry – Really, Really Angry by Molly Bang (Ages 3-7)
Lily's Purple Plastic Purse by Kevin Henkes (Ages 4-8)

Scared or Worried Feelings

Creepy Things are Scaring Me by Jerome and Jarrett Pumphrey (Ages 4-8)
Franklin in The Dark by Paulette Bourgeois & Brenda Clark (Ages 5-8)
How I Feel Scared by Marcia Leonard (Ages 2-6)
I Am Not Going to School Today by Robie H. Harris (Ages 4-8)
No Such Thing by Jackie French Koller (Ages 5-8)
Sam's First Day (In multiple languages) by David Mills & Lizzie Finlay (Ages 3-7)
Sheila Rae, the Brave by Kevin Henkes (Ages 5-8)
Wemberly Worried by Kevin Henkes (Ages 5-8)
When I'm Feeling Scared by Trace Moroney (Ages 2-5)
When I Feel Scared by Cornelia Maude Spelman (Ages 5-7)

Songs about Feelings

Show Me

(Tune: Do Your Ears Hang Low?)

When you're feeling really sad,
'Cause you sure do miss your dad,
And you left your cuddly mouse
Over at your neighbor's house,
When you're sad all through and through,
Show me just what you would do,
When you're feeling sad.

When you're feeling really scared
'Cause you heard a sound out there
And it's really, really dark
When you're walking through the park,
When you're frightened through and through,
Show me just what you would do,
When you're feeling really scared.

When you're feeling really mad
'Cause your haircut looks so bad
And your friend won't come to play
And it's just an awful day
When you're angry through and through,
Show me just what you would do,
When you're feeling mad.

When you're feeling really fine
'Cause you're standing first in line
And you're helper of the day
And you're going out to play
When you're happy through and through,
Show me just what you would do,
When you're feeling fine.

Cry, Cry When You're Sad

(Tune: Row, Row, Row Your Boat)

Cry, cry when you're sad.
Just between me and you.
Don't be afraid to shed a tear.
It's the thing to do.

Jean Warren

If You're Happy and You Know It

If you're **happy** & you know it (clap your hands)

Silly – shake your head

Angry – stamp your feet

Sad – say boo-hoo (rub eyes)

Hungry – rub your tummy

Sleepy – close your eyes

Excited – yell hooray (raise arms overhead)

Scared – hide your eyes

Quiet – sit right down

Feelings song

(Tune: Twinkle, twinkle)

I have feelings, so do you.
Let's all sing about a few.
We get happy, we get sad.
We get scared, we get mad.
I am proud of being me.
That's a feeling too, you see.
I have feelings, so do you.
We just sang about a few.

I Have a Happy Face

(Tune: I'm A Little Teapot)

I have a happy face,
Just watch me grin.
I have a great big smile
From my forehead to my chin.

When I'm upset
And things are bad,
Then my happy face
Turns to sad.

Jean Warren

(Let your children sing this song as they first
make a happy face and then a sad one at the
end.)

Poems about Feelings

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 surprised face looking at me.

Adapted Traditional

(Use this song while you and your child are looking in the mirror. Make up other verses as you make additional “feelings” faces.)

Feelings

Sometimes on my face, you’ll see, (point to face)

How I feel inside of me. (point to chest)

A smile means happy, (smile)

A frown means sad, (frown)

And gritting teeth, means I’m mad. (grit teeth)

When I’m proud, I beam and glow, (smile)

But when I’m shy, my head hangs low. (bow head)

By Karen Folk

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Sometimes I Feel Happy

Sometimes I feel happy,

Sometimes I feel sad.

Sometimes I feel curious,

Sometimes I feel mad.

Sometimes I feel silly,

Sometimes I feel surprised.

How many feelings,

Do I have inside?

Jean Warren

Any Way I Feel

(Teacher leads chant. Children respond with bolded expressions.)

When I am happy, I **laugh**. **Ha, ha, ha.**

When I am sad, I **cry**. **Boo, hoo, hoo.**

When I am angry, I **yell**. **Rats, rats, rats.**

When I am down, I **sigh**. **Ahh, ah, ah.**

Any way I feel, I can show it to you.

Do you ever feel the same way, too?

When I am tired, I **yawn**. **Aw, aw, aw.**

When I am silly, I **giggle**. **Hee, hee, hee.**

When I am sick, I **moan**. **Oh, oh, oh.**

When I am excited, I **wiggle**. **Jiggle, jiggle, jiggle.**

When I Feel

When I feel sad, I feel like crying.
(rub eyes)

When I feel proud, I feel like trying.
(head held high)

When I feel curious, I want to know.
(look up, wondering)

When I feel impatient, I want to go!
(cross arms, tap foot)

When I feel bored, I want to play.
(big sigh)

When I feel angry, I look this way.
(angry look)

When I feel happy, I smile all day.
(big smile)

When I feel shy, I want to hide.
(hide face)

When I feel puzzled, I make a shrug.
(shrug shoulders)

When I feel loving, I want to hug.
(hug yourself)

Websites

1. Conscious Discipline
<https://consciousdiscipline.com/>
2. The Center on the Social and Emotional Foundations for Early Learning
<http://csefel.vanderbilt.edu/>
Click on “For Teachers/Caregivers” to access the following items (and more):
 - Tucker Turtle Takes Time to Tuck and Think
 - Children’s Book List (expanded)
 - Book Nook (Guides for teachers and parents with hands-on ways to embed social emotional skill building activities into everyday routines)
 - Feelings Charts
 - Emotion Faces
3. Technical Assistance Center on Social Emotional Intervention
http://challengingbehavior.fmhi.usf.edu/do/resources/teaching_tools/ttyc_updated_to_c.html
This will take you to the page with the Teaching Tools for Young Children. There are many useful items on this page, including Folder 8 – Feeling Vocabulary.

TIPS for Great Kids

02-C1 – Social-Emotional Health

- a – Feeling Words
- b – Emotional Thinking
- c – Calming Down
- d – Asking a Grown-Up for Help
- e – Learning to Make Good Choices
- f – Think, Then Act
- h – Coping with Emotions
- j – Raising Socially Healthy Kids
- k – Raising an Emotionally Healthy Child
- s – Books about Feelings and Emotions
- t – Books about Anger and Calming Down