

Lots of Feelings

by Shelley Rotner

A quick and easy-to-read book with countless photos portraying all different types of emotions.



Read

Before:

Introduce the book and tell the children a little bit about it. Follow that with a comment or question that is related to the story such as, *Sometimes we can tell how another person feels just by looking at the expression on their face. This book is full of pictures of kids with different expressions on their faces.* Encourage a discussion so the children can comment, ask questions, and express their feelings. Set the stage for listening by asking an "I wonder" statement based on the cover illustration.

- I wonder what made these kids laugh? Smile? Cry?

During:

Encourage the children to comment on the illustrations. Ask questions and take turns making the facial expression that goes with the feeling. Point out "rare words" (e.g., those words that are not commonly used in every day conversation) and help the children relate the meaning in a way that makes sense to them.

Rare Words in *Lots of Feelings*

- shy: reserved or uncomfortable around others
- proud: feeling pleased and satisfied about doing something
- surprise: to cause somebody to feel sudden amazement
- frighten: to make somebody feel fear
- thoughtful: appearing to be deep in thought
- serious: important enough to require thought and attention
- curious: eager to know about something
- confused: unable to think clearly

After:

Discuss the story. Ask questions...

- Do all people look the same when they are happy? Sad?
- Can you think of a special time of year that is exciting?
- Can you think of anything that would make someone feel proud?
- When was the last time you were surprised? Do you like surprises?
- Some feelings may lead us to experience other feelings. Do you act grumpy when you are sleepy?
- Which picture in the book is your favorite? What feeling does it portray?
- How many of the different feeling have you felt today?

Do

Sing "If You're Happy and You Know It"

If you're happy and you know it

Clap your hands

(clap twice)

If you're happy and you know it

Clap your hands

(clap twice)

If you're happy and you know it

Then your face will surely show it.

If you're happy and you know it

Clap your hands

(clap twice)

For additional verses, change the emotions and actions.