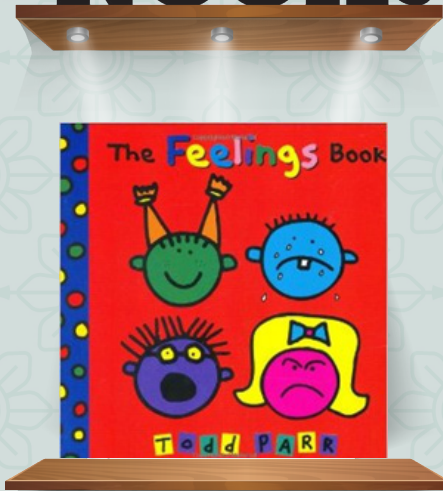


New York State  
**BOOK NOOKS**



**Title:** The Feelings Book  
**Author:** Todd Parr  
**Illustrator:** Todd Parr  
**Publisher:** Little, Brown Books for Young Readers  
**Date published:** 2000

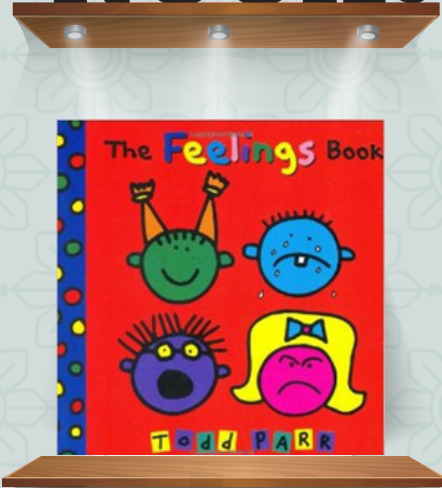
# The Feelings Book

*The Feelings Book* expresses with great colors and wonderful expressions of how children can experience a wide range of emotions in a short time. It shows children how to express themselves in a way that they can relate to and allows them to be free and silly while doing so.

<b>Pyramid Skill or concept(s)</b>	Recognizing feelings in others and one's self.
<b>Goal/Objective:</b>	Children will be better able to recognize the different feelings they could experience.  Children will use feeling words to describe different emotions.
<b>Emotional Vocabulary:</b>	Brave, courageous, crank, excited, happy lonely, scared sick, silly.

<b>Large group: (Practice It)</b>	
<b>Name of Activity:</b>	Bingo (feelings chart)
<b>Supplies needed:</b>	Facial expressions of the children in the class, card stock, glue stick, Velcro and laminated words used in the book.
<b>Ideas of what to say or do.</b>	Create the bingo board using the card stock and the feelings faces. Have only 6 or 8 feelings faces on each board (make another set of feelings faces for the matching card the children will pull out of the basket)  Ask children to pick a card from a basket. Call the bingo game by asking the question, "Who has the scared face on their Bingo board"  Help the children match the feeling face and demonstrate the facial expression it goes with.
<b>What Pyramid skill or concept is covered?</b>	Concentrating, emotional vocabulary, recognizing feelings in others.

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Transitions: (Practice It)	
<b>Name of Activity:</b>	How are you feeling?
<b>Supplies needed:</b>	Teacher led.
<b>Ideas of what to say or do.</b>	<p>Use this activity to get kids moving and transitioning to another activity.</p> <p>Ask the children, "Who can show me their silly face?"</p> <p>Ask the children, "Who can show me a glum face?"</p> <p>Use phrases like, thank you for showing me your silly face, or I see you showing how someone who is feeling glum might look, to reinforce recognition of different emotions.</p> <p>As each child shows you an expression, they can transition to the next activity. Make sure there is not a lot of waiting time for this activity.</p> <p>Transitions are most effective when they are short, meaningful and consistent.</p>
<b>What Pyramid skill or concept is covered?</b>	Listening to instructions, concentrating, and having confidence, control over his or her body.

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