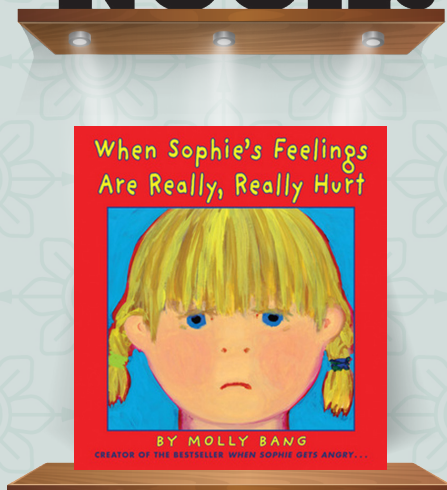


New York State BOOK NOOKs



When Sophie's Feelings are Really, Really Hurt

This book reminds us that words can hurt and helps the reader recognize what it feels like when someone is sad, and how to show kindness to someone who is feeling hurt or sad.

When you read this story, you will experience Sophie's range of emotions as she goes from feeling very confident and excited about her artwork to feeling hurt and questioning her decision to create a tree that is distinctly different from the trees other children created.

She begins to feel sad as she processes the hurtful words of being told she did not draw her tree the right way. After the teacher helps them see the beauty in things that are different, the children express their appreciation for each other's artwork.

Title: When Sophie's Feelings are Really, Really Hurt

Author: Molly Bang

Illustrator: Molly Bang

Date published: September 29, 2015

Pyramid Skill or concept(s)	Empathy, kindness, creative thinking, problem solving, and that feeling change.
Goal/Objective:	Children will recognize different emotions and that there are many different ways to interpret the world. Children will use social and emotional words.
Emotional Vocabulary:	Ashamed, courageous, embarrassed, friendly, gentle, generous, guilty, happy, kindness, proud, respect, sensitive, strong, and thoughtful.

Story Time: (Show and Tell It)

Name of Activity:	Managing The Hurt
Supplies needed:	Emotional Faces, Solution Kit, and The Teasing Shield.
Ideas of what to say or do.	<p>Prior to reading the story, take some time to create a problem solving area, to stage various props that can be used by children to help children manage their feelings. During the story, relate the emotional vocabulary in the book to the feeling chart from the resources in the Pyramid Model.</p> <p>Ask the children the question, "Have you ever seen another child being teased?" Ask them, "How do they think the child who was teased felt?"</p> <p>If you have time, show the video (2.6), from module two of the Pyramid Model preschool curriculum so the children can watch the teacher model how to ignore someone who is teasing them.</p>
What Pyramid skill or concept is covered?	Recognizing feelings, problem solving, regulating emotions.

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BOOK NOOKS

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Large Group: (Practice It)

Name of Activity:	Feeling Flash Cards
Supplies needed:	A minimum of ten different emotions being expressed on the faces of children, for example, frustrated, embarrassed, sad, mad, nervous, happy, proud, scared, loved, lonely (use the Pyramid Model feelings chart).
Ideas of what to say or do.	<p>Print out the feelings chart from the resources in the Pyramid Model. Cut out and laminate the faces to create individual cards, to be used as flash cards.</p> <p>While holding up one of the feeling flash cards, guide the children in exploring the different feelings that are on the chart, by asking the following questions:</p> <p>"Do you know what feeling I am holding up?"</p> <p>"How many of you are feeling (name the feeling), for example sad, nervous, mad?"</p> <p>You can find the feeling that you are holding up on the Pyramid feeling chart.</p> <p>Give the children enough time to take the flash card and walk over to the chart to place it next to the same feeling being expressed on the chart. Allow all the children who want to participate to take a turn.</p>
What Pyramid skill or concept is covered?	Identifying feelings, building emotional vocabulary.

New York State
**BOOK
NOOKs**



When Sophie's Feelings
Are Really, Really Hurt



BY MOLLY BANG
CREATOR OF THE BESTSELLER WHEN SOPHIE GETS ANGRY...



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Arts & Crafts: (Practice It)

Name of Activity:	My Feeling Tree
Supplies needed:	Various colors of paint, paintbrushes, various colors of construction paper, and glue sticks.
Ideas of what to say or do.	Using the materials listed, guide the children in creating their own favorite tree. Ask the children, "How do you think Sophie would feel about your tree?" Ask them, "How do you feel about your tree?" Let the children identify and choose the emotion from the feeling chart that represents how they feel about their tree. Lastly, ask the children "How do you feel about the other trees that were made?"
What Pyramid skill or concept is covered?	Identifying feelings, confidence, building emotional vocabulary.

Arts & Crafts: (Practice It)

Name of Activity:	Color Me Happy, Color Me Sad
Supplies needed:	Various colors of paint, paintbrushes, smocks and painting easels.
Ideas of what to say or do.	Using the materials listed, guide the children in creating a colorful piece of art that reflects how they are feeling at that moment in time. Allow children to stand at a painting easel while they paint. You can add music to this activity to promote gross motor skills and set the mood in the room.
What Pyramid skill or concept is covered?	Identifying feelings, building emotional vocabulary.

