



HEART-MIND QUALITIES:

-  Secure and Calm
-  Gets Along With Others
-  Compassionate and Kind

AGE: Early Years

LEARNING OUTCOMES

- Children will recognize and name different feelings, identify their own feelings and practice expressing them.

MATERIALS REQUIRED

- Book: How Are You Peeling? By Saxton Freymann and Joost Elffers

TEACHING AND LEARNING ACTIVITIES

1. **ACTIVATE THINKING:** Introduce the book “How Are You Peeling?” to the children. Ask the group what they think the book is about based on the cover picture and the title.
2. Read the story.
3. Ask the children questions about the story as you read through it: “How does this fruit feel?” “How do you know they feel that way?” “Have you ever felt that way?”
4. Choose at least one positive and one negative emotion to focus on, in order to emphasize that both negative and positive emotions are normal.
5. Read through the story a second time. This time, encourage the children to use their faces to express the same feelings as the foods.
6. Ask children how they are feeling at the moment. They can use words or facial expressions to show their feelings.

ADAPTATIONS

- For children who need more of a challenge, encourage them to express their feelings using both words and facial expressions.
- If children have trouble expressing how they are feeling, have them select a picture in the book that shows how they are feeling.
- If children cannot think of a time they felt the same way as the foods, you can offer suggestions or provide your own examples.



- During future story times, re-read “How Are You Peeling” or introduce other feeling books.
- Put up mirrors or provide hand held mirrors so children can practice showing their feelings and see what their feelings look like.
- Incorporate sharing feelings into the daily routine. You might begin each day by asking children to share how they are feeling. This could be done with words or actions or a combination.
- Model feelings by sharing your own feelings with the children.
- For a creative follow-up activity, provide fruits and vegetables that can be drawn on and still remain edible. (Oranges are perfect for this activity) Encourage children to draw faces on the produce to create their own “foods with moods”.