





HEART-MIND
QUALITIES:

-  Secure and Calm
-  Compassionate and Kind

AGE: Early Years

 LEARNING OUTCOMES

- Children will learn to identify their feelings and express them.

 MATERIALS REQUIRED

- Book: “The Way I Feel” by Janan Cain

 TEACHING AND LEARNING ACTIVITIES

1. **ACTIVATE THINKING:** Introduce the book “The Way I Feel” to the children. Ask the group what feelings are. Have them give examples of different feelings they have.
2. Read the story.
3. Ask children to share times when they felt silly, scared, happy, sad, angry, excited and proud.
4. Use the children’s examples and additional situations and ask the children to show with their faces and bodies how they would show what they feel.

 ADAPTATIONS

- Print off outlines of faces or use paper plates and provide markers for children to fill in the facial expressions.
- Read other books about feelings as well as regularly ask children to identify feelings in storybook characters.
- Incorporate sharing feelings into the class’ daily routine
- Paint feelings. Put out different colours of paint and put on music. Invite children to listen to the music and think about how it makes them feel. Encourage them to use the different paint colours to show how they feel. Try this with different clips of music.
- Create a feelings wall. With permission, take photos of the children and post them to demonstrate different feelings and/or provide magazines for children to add images to the wall.