

All About My Feelings

Provides items that help children learn to explore and express their feelings and develop a sense of self.

What Children Will Learn

Children’s self-concept comes from defining who they are and what makes them similar to and different from other people. Through their own printing and pictures, “All About My Feelings” books give children the opportunity to create a special book that makes a great addition to any classroom or home library. Children learn that they are unique, and that their friends are interesting and special, too!

Social and Emotional Skills Supported

Attachment, Initiative, Self-Control

Materials Needed

crayons
heavy construction paper or card stock for book cover
hole punch
markers
paper
pencils

What to Do

- ▶ Start a discussion with the children about feelings. Share with the children that we all have feelings and special ways of showing them.
- ▶ Let the children know that ALL feelings are acceptable! It is okay to be happy or sad, excited or disappointed. Having a range of feelings is healthy.
- ▶ Finally, let the children know that what is most important is HOW to express our feelings safely so that we don’t hurt ourselves or others.
- ▶ Explain that together you will make an “All About My Feelings” book to help talk about and understand feelings better.
- ▶ In this activity you will introduce the children to several “feeling words.” Outlined below are the words you will introduce along with a brief definition of the word. You can feel free to use the definition provided or one you think the children may understand better.
 - ◀ Afraid—feeling scared, like something bad might happen
 - ◀ Angry—feeling upset or really mad
 - ◀ Excited—feeling really happy like you want to jump up and shout with joy



Social & Emotional Lenses

Invite children to an “Authors Circle” where they can share their “All About My Feelings” book with the class.

- ◀ Happy—feeling great joy and pleasure
- ◀ Lonely—feeling all alone or missing someone you love
- ◀ Loved—feeling like someone really cares about you
- ◀ Proud—feeling good about yourself or something you have done
- ▶ Using the cardstock paper you have available, work with the children to make a book cover entitled “All About My Feelings.” Be sure to add the child’s name as the author.
- ▶ Ask the children to help you complete each sentence below. Illustrate the page with words and pictures drawn by the children.

I get scared when...

I am really happy when...

I get angry when...

I get excited when...

I sometimes become lonely when...

I feel loved when...

I am proud of myself when...

- ▶ Start with one page at a time, using the text above as the heading for each individual page. (**NOTE:** This activity can be done over several days or weeks.)
- ▶ When all the pages are complete you can put them together to make a book.
- ▶ To put pages together, use your hole punch to make three holes along the left margin. Then use ribbon to tie the pages together.

DO THIS AT HOME

All About Me

Try this activity at home to reinforce your child’s view of himself and his peers.

What Children Will Learn

Your child’s self-concept comes from defining who he is and what makes him similar to and different from other people. Through his very own print and pictures, your child’s “All About Me” book gives him the opportunity to create a picture journal book that makes a great addition to any home library. He will learn that he is special!

Materials Needed

crayons
heavy construction paper or card stock for book cover
hole punch
markers and family photos
paper
pencils
yarn

What to Do

- ▶ Talk with your child about how wonderful he is. Avoid general statements like, “You are so special” and instead use specific comments about his abilities, accomplishments, interests, and unique characteristics. “Danny, your drawings are so full of details and colors, I think you are a budding artist!”
- ▶ Explain that you would like your child to illustrate a book about himself. He can also add words and photos if he’d like.
- ▶ Begin by completing the cover page. Next, move to the other pages within the book.
- ▶ Your child can complete the pages over a certain period of time, or he can complete it in one sitting. Talk with your child about the pictures and words he adds to his pages while he works on his book.
- ▶ When the book is ready, use a hole punch and ribbon to tie the pages together.
- ▶ Invite him to lead an “Author’s Circle” where he can read his book to peers, friends, and family.

*You can download this activity and the other at-home activities in this book at www.centerforresilientchildren.org/SSES.