

# CURRICULUM BUILDERS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

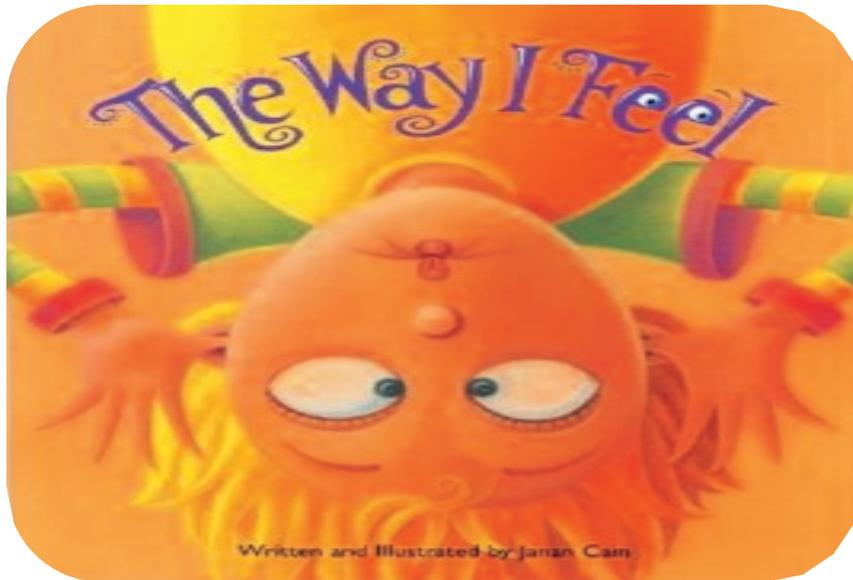
CHILD CARE RESOURCE SERVICE

RESOURCE AND REFERRAL

February 2015

[www.crs.ymca.org](http://www.crs.ymca.org)

SUPPORTING CHILD CARE PROVIDERS AND EARLY CHILDHOOD EDUCATION



## ABOUT THE STORY

*The Way I Feel*

by Janan Cain

Feelings come and feelings go. I never know what they'll be. Silly or angry, happy or sad- They're all a part of me!

Romp with children through this delightful word book of feelings. This book helps to capture and explain the world out there as well as the world within.

### STORY STRETCHER

Helping children create their own feeling faces book is a great way to help them recognize and discuss emotions. You could have them draw pictures of faces showing different emotions. Or, you can take photos of the child "modeling" the different feelings

### CRS RESOURCE LIBRARY

Curriculum Resource books are available to check out at our library. Call 619-521-3055 ext. 2304 to make a library appointment.

### WEB SITES:

<http://blog.playdrhutch.com/2012/10/10/playful-activities-to-help-kids-learn-about-feelings/>

[https://www.michigan.gov/documents/hal/Im\\_2009MR\\_ProgrammingGuide\\_Part4\\_288132\\_7.pdf](https://www.michigan.gov/documents/hal/Im_2009MR_ProgrammingGuide_Part4_288132_7.pdf)

<http://childfun.com/index.php/activity-themes/people-house-home/229-feelings-activity-theme.html?start=3>

### CONNECT WITH CRS!

Learn about upcoming events, Wellness Wednesday, Frugal Friday and more:

[www.facebook.com/YMCA.CRS](http://www.facebook.com/YMCA.CRS)



## CIRCLE TIME ACTIVITY

### FEELINGS CHANT

Hello, Good Morning (child's name).  
How are you?

Continue chanting this until all of the children have had a chance to tell you how they are feeling.

## MUSICAL MOOD ART

Painting to music is a great way for children to express their feelings. Actually, all forms of painting, such as finger painting, are a great outlet for children to work through emotions and delve into their creativity. After their masterpieces are done, ask children to talk about it and record their words on the paper.

### Materials:

- White paper or canvas
- Multiple colors of paint
- Paintbrushes
- Music (CD player, iPod, etc.)

### Instructions:

Allow children to paint to music of different genres and of different paces to explore their emotions.

## LANGUAGE & LITERACY

### BOOKS

**When I Feel Afraid** By Cheri J. Meiners

**I Love You The Purplest** By Barbara M. Joosse

**How do You Feel?** By The Child's World

### SONG

Tune: "Twinkle, Twinkle Little Star"

I have feelings, so do you.  
Let's all sing about a few.  
We get happy, we get sad.  
We get scared, we get mad.  
I am proud of being me  
That's a feeling too you see.  
I have feelings, so do you.  
We just sang about a few.



## FEELINGS SNACK

### Rice Cake Feeling Faces

### Ingredients:

- Rice Cakes
- Marshmallow Fluff/Peanut butter
- Raisins
- Nuts
- Any other snack items that you like

Encourage children to create a face using the ingredients that are provided. The marshmallow fluff/peanut butter will serve as the "glue" to keep the ingredients stuck to the rice cake. Have the children choose an emotion to convey. Talk about feelings and circumstances or events that provoke particular feelings while enjoying this quick and delicious snack.

