

# Feelings

## Storytime To Go

### Books

*Grumpy Pants*  
Claire Messer

*Wild Feelings*  
David Milgrim

*The I'm Not Scared Book*  
Todd Parr

*You're a Crab: A Moody Day Book*  
Jenny Whitehead

*In My Heart: A Book of Feelings*  
Jo Witek

*Ravi's Roar*  
Tom Percival

*My Blue is Happy*  
Jessica Young

### Other Items

Set of 24 "I'm feeling..." cards



### Fingerplays

#### If You Chance to Meet a Frown

If you chance to meet a frown  
Do not let it stay  
Quickly turn it upside down  
And smile that frown away!

No one likes a frowning face  
Change it for a smile  
Make the world a better place  
By smiling all the while.

Source: [SurLaLune Storytime](http://SurLaLuneStorytime.com)

#### Frogs

One, two, three, four, five (*hold up hand and count fingers*)  
Five little frogs standing in a row  
This little frog stubbed his toe (*point to each finger, following the rhyme*)  
This little frog said, "Oh, Oh, Oh!"  
This little frog laughed and was glad  
This little frog cried and was sad  
This little frog, so thoughtful and good,  
Ran for the doctor as fast as he could.

Source: [SurLaLune Storytime](http://SurLaLuneStorytime.com)

### Feelings

Sometimes on my face you'll see (*point to face*)  
How I feel inside of me. (*Point to chest*)  
A smile means happy, a frown means sad, (*Smile, then frown*)  
And when I grit my teeth, I'm mad. (*Grit teeth and frown*)  
When I'm proud I beam and glow, (*Smile*)  
But when I'm shy, my head hangs low. (*Bow head*)

### Boo Boo

One, two I've got a boo-boo  
Three, four, oh, it's sore!  
Five, six, blow it a kiss  
Seven, eight, put the bandage on straight  
Nine, ten now it's better again!

Source: [King County Library System](http://KingCountyLibrarySystem.org)

### Action Songs

#### If You're Happy and You Know It

If you're happy and you know it, clap your hands.  
If you're happy and you know it, clap your hands.  
If you're happy and you know it, your face will surely show it.  
If you're happy and you know it, clap your hands.

Additional Verses:

- If you're angry and you know it, stomp your feet.
- If you're sad and you know it, wipe your eyes (*wipe tears away*).
- If you're scared and you know it, hide your face.

Source: *Adapted Traditional*



## Songs

### Feelings

*Sung to 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.

*Source: Adapted Traditional*

### How Are You Feeling Today?

*Sung to Hickory Dickory Dock*

How are you feeling?  
Oh, how are you feeling today?  
I'm happy and glad,  
Happy and glad.  
That's how I'm feeling today.

How are you feeling today?  
Oh, how are you feeling today?  
I'm grumpy and cross,  
Grumpy and cross.  
That's how I'm feeling today.



## Science & Math

### Apple Experiment

Materials: (1) apple

Directions: Sit the class in a circle and show them the ordinary apple. Then pass the apple around in the circle and instruct the students to lightly hit the apple on the floor. Once all of the children have had a turn, show the apple to the children. Ask the children does the apple look any different? What do you think happened to the inside of the apple? Explain to the children that the apple looks normal on the outside, but on the inside it is bruised. Cut the apple open and pass the apple halves around the circle letting the children examine the bruised inside. Explain to the children that sometimes we cannot see how our words or actions hurt our friends on the inside, but like the apple our friends can be bruised on the inside by what we say and do.

*Source: [Lanieslittlelearners.blogspot.com](http://Lanieslittlelearners.blogspot.com)*

## Art Projects

### Pip cleaner Expressive Art

Materials: various colors of pipe cleaners, paper, glue, scissors, crayons or markers

Cut pipe cleaners into half-inch pieces. Have child express different emotions by drawing heads onto a piece of paper. Shape and glue pipe cleaners onto the heads for mouths. Talk about feelings and how eyes can also express how one feels!

### Early Literacy Take Home:

Helping your child to put words to feelings develops vocabulary in a meaningful way. You can talk not only about your child's feelings, but about yours as well. Children can understand the words long before they can say them.

**Questions about this kit?**  
**Email youth services staff**  
**at [youth@nols.org](mailto:youth@nols.org) or**  
**contact staff at**  
**(360) 417-8500 x7705.**

**[www.nols.org](http://www.nols.org)**