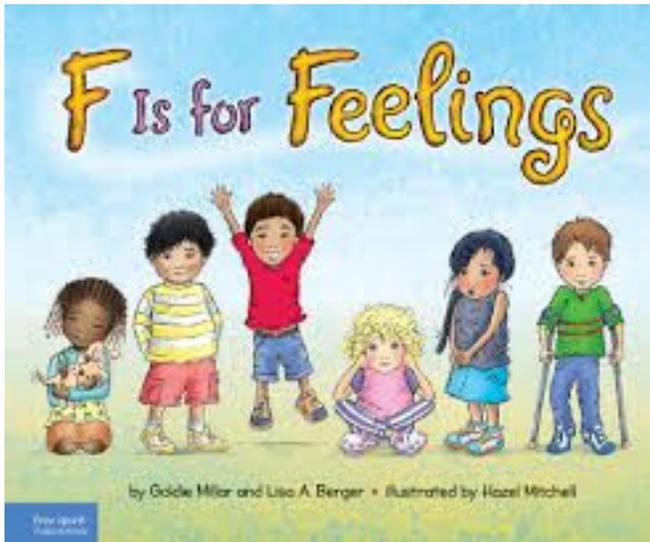


Book Nook
By Cristina Ulrich
Using books to support social emotional development



F is for feelings

*By Goldie Millar and Lisa Berger
Illustrated by Hazel Mitchell*

F is for feelings is a picture book that uses an alphabet format to describe a variety of feelings. Using colorful and diverse illustrations along with simple text exposes readers to emotional language and how the range of emotions is natural and important. (Ages 2-6)

Examples of activities that can be used while reading *F is for feelings* and throughout the day to promote social and emotional development:

While reading the story, pause and ask children if they have felt the same way the characters do in the story. For example, do you ever feel jealous when someone has a toy robot you want? Ask students to share other times they have felt jealous.

While reading the story, use a small handheld mirror to have students match the emotions in the book.

Have the students make a mural of things that make them excited, jealous, and determined.

Repetition of the book will continue to expose children to a wide range of emotional vocabulary as well as to detailed examples of when children feel certain emotions.

Different feelings

Reading: Take pictures of students showing different feelings to create a class book based on *F is for feelings*.

Math: Make a list of a few different types of feelings. Graph how the students are feeling that day. Count the number of students who feel _____. Discuss which category has more, less, or if any categories are equal.

Music: As a class, create lyrics to the song “Happy and you know it...” using different feelings from the book. Make a list of feelings and an action that would correspond to the feeling.

| Feeling | Action |
|-----------|-----------------|
| Shy | Hide your face |
| Excited | Say “yippee” |
| Nervous | Bite your nails |
| Determine | Say “I can do” |

Use the list to create your class song, for example:

If you're shy and you know it, hide your face.

If you're shy and you know it, hide your face.

If you're shy and you know it and your face will surely show it.

If you're shy and you know it and you really want to show it.

If you're shy and your know it, hide your face.

Art: Using a variety of art material, paint or draw a time you experienced a certain feeling. Focus on one feeling for the class. For example, paint/draw a time you were frustrated. Have students share a time they felt frustrated. Write their ideas on their paper to create a class book on a particular feeling. Try this with several different feelings.