



# Feelings and Emotions

October 2022



All books are available at local libraries. Click on each book cover for read-aloud links!



## Family Activity: Expressing Emotions

Helping kids learn to express their emotions is an important part of development. Below are ways you can encourage children to share their feelings:

- **Act It Out:** Kids often work through their biggest feelings while pretending. Fill a box with clothing you no longer wear, like work shirts and hats, along with props like wooden utensils and/or stuffed animals. As children play, help them talk about emotions by asking, "How does this character feel? Why is she feeling \_\_\_\_\_?"
- **Share Emotions:** Children will be more likely to share emotions if they see grown-ups doing it. During mealtime, go around and share one thing you did and one emotion you felt that day.
- **Build on Books:** Use books as a window into emotions. Choose books in which the characters struggle with big emotions. Ask children, "How does this character feel? Why do you think they feel this way? Have you ever felt this way?"
- **Feel the Beat:** Some children may have an easier time showing their feelings in physical ways. Turn on music and encourage children to dance or move to show different feelings (i.e. tired, sad, happy, etc.).
- **Heart to Art:** Kids can draw their feelings. Say, "Can you draw a happy thing that happened today?" or show them illustrations and say "This drawing reminds me of a time when I felt \_\_\_\_\_."

[Activity inspired by Sesame Street in Communities activity, "Expressing Emotions"](#)



**Mad, Mad Bear!**  
Kimberly Gee

THE RABBIT LISTENED



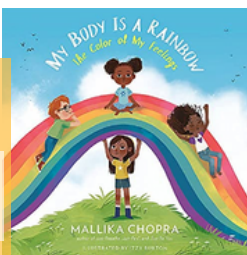
**The Rabbit Listened**  
Cori Doerrfeld



**The Big Umbrella**  
Amy and Juniper Bates



**Me and My Fear**  
Francesca Sanna



**My Body Is a Rainbow:  
the Color of My Feelings**  
Mallika Chopra



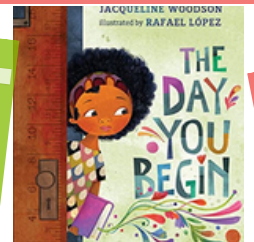
**Grumpy Pants**  
Claire Messer

## Family Reading Tip: Read with Expression

When you read with expression, you use your voice to show the emotions in the story. Try using different voices and tones for the different characters. By changing voices, you can show your child how the characters are feeling when they are talking.



**Theo's Mood**  
Maryann Cocca-Leffler



**The Day You Begin**  
Jacqueline Woodson

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