

Feelings Book



SKILL AREAS ADDRESSED:

- ✓ Emotional identification
- ✓ Emotional expression
- ✓ Emotional regulation



MATERIALS NEEDED:

- Paper
- Crayons, markers, pencils, and/or paint
- Stapler and staples

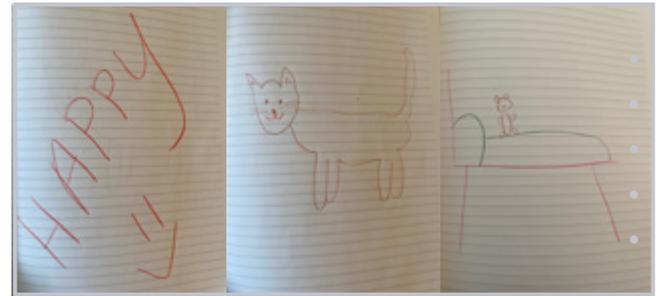
*If you don't have these materials, you can also use these substitutes:

- Magazine clippings and scissors
- Digital clip art
- Yarn and a hole punch



ACTIVITY STEPS:

- 1 Create a book for each feeling, start by picking one feeling (ie. happy) and making a cover page with the feeling word and a face that shows that feeling.
- 2 In your child's 'happy' book, have your child draw a picture on each page of something that makes him or her happy.
- 3 Now, stack up all of the 'happy' pages and staple them together to create a book. You can do a simple staple in the top left corner or you can do three staples down the left side to create more of a book effect. If you don't have a stapler, you can instead use a hole punch to make a few holes on the left side of the stack, then use yarn to weave in and out of each hole.
- 4 Complete a different book for each feeling (ie. scared, mad, sad, etc.)



ACTIVITY TIPS

- Help your child brainstorm ideas of pictures for their book if they get stuck. Be sure not to tell them what to draw for every page, but you can give hints and suggestions sometimes.
- You can also cut out clippings from a magazine or create a digital book using clipart from the internet and Microsoft Word or Google Documents. You can then print out the book or keep it as a digital book on your computer.