



STORY OF THE DAY

THE FEELINGS BOOK

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(Click on title for book video)

STORY EXTENSION IDEAS

- Sing [If You're Happy and You Know it](#). Add the following verses: Mad – cross your arms; Frustrated – stomp your feet; Excited – jump up and down; Sad – make a frown; Scared – hide your face. Encourage your child to exaggerate, making the faces along with the body language. So often we focus emotion lessons only on faces, but children's bodies tell us how they are feeling too.
- [Belly Breathe](#) with Elmo
- Do the [Emotions Hokey Pokey](#).
- Play the Sesame Street [Name the Emotion Game](#)

IDEA OF THE DAY

Use this familiar sensory bottle concept as a means to explicitly teach how mindfulness can help to calm us when we are feeling stressed, anxious, sad, or angry.

Preparation: Fill a bottle or jar with water, leaving a 1-inch space at the top. Add a generous amount of glitter glue to the bottle (or a combination of Elmer's glue and regular glitter). Seal the bottle well!

Directions: Shake the bottle well to mix the glitter, water, and glue.

Share the following words with your child: "Imagine that the glitter is like your thoughts when you're stressed, mad, or upset. See how they whirl around and make it really hard to see clearly? That's why it's so easy to make silly decisions when you're upset because you're not thinking clearly. Don't worry this is normal and it happens in all of us (yep, grown-ups too).

[Now put the jar down in front of them.]

Now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your Mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer."