

Literature and

Feelings!



Prompt children to think about a character's facial expression, body language, tone of voice, and any problem the character is facing.

Ask children to find the feelings faces (reverse side) that match the character's-- or their own feelings.

Invite children to act out a character's facial expression, body language, tone of voice.

Stories offer a rich opportunity to talk with children about feelings!

- **How do you think _____ [character] is feeling?**
 - **Why do you think that _____ is feeling that way?**
 - **Is there anything about the way _____ looks or sounds that is a clue?**
- **Have you ever felt the way _____ does now?**
 - **What happened?**
- **When did _____'s feelings change? What happened?**
 - **Can you remember a time when you felt like _____ [e.g. scared] but later your feelings changed [e.g. to safe or calm]?**
 - **Turn to a friend and tell the story.**



How are you **Feeling?**

children's
institute

STRENGTHENING SOCIAL AND
EMOTIONAL HEALTH



Frustrated
Frustrado



Embarrassed
Avergonzado



Sad
Triste



Mad
Enojado

**This
is
how
I
feel
today!**



Nervous
Nervioso



Happy
Alegre



Proud
Orgullosa



Scared
Asustado



Loved
Amado / querido



Lonely
Solitario