# Feelings

## Learning Objectives

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<tbody>
<tr>
<td>1.</td>
<td>Discover new things and share current interests, practice asking questions and listening to others, and learn many ways to find information or answer questions</td>
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<td>2.</td>
<td>Practice asking others to play and for space</td>
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<td>3.</td>
<td>Identify different feelings we may feel</td>
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<td>4.</td>
<td>Identify and discuss what makes us upset</td>
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<td>5.</td>
<td>Learn ways to solve problems with words</td>
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<td>6.</td>
<td>Identify different feelings we may have when we don’t get what we want</td>
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## Curiosity

**Major Questions:**
- What does it mean to be curious?
- How can we find answers to our questions?\(^1\)
- What objects in your house do you want to know more about?

**Books to Explore:**
- *The Curious Little Kitten* by Linda Hayward
- *Explorers of the Wild* by Cale Atkinson
- *Playground* by Mies van Hout

**Home Applications:**
- Careful Looking: Home Scavenger Hunt!
  - Something **GREEN**
  - Something **BLUE**
  - A square
  - A circle
  - 2 pillows
  - A sock
  - Something fluffy
  - Something hard
  - Something **RED**
  - A book

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# Playfulness

**Major Questions:**
- When and where do we play?
- How can we ask to play with others?
- What can we tell others when we want to play alone?

**Books to Explore:**
- *Can I Play Too?* by Mo Willems
- *Meow!* by Victoria Ying
- *Play! Play! Play!* by Douglas Florian

**Let’s Sing: Hokey Pokey**

You put your right hand in, *(stretch hand out in front)*

You put your right hand out, *(stretch hand behind yourself)*

You put your right hand in, *(stretch hand out in front)*

And shake it all about. *(wiggle hand)*

You do the Hokey Pokey *(turn around in a circle waving hands over head)*

And you turn yourself about, that’s what it’s all about. *(clap clap)*

*(Continue by putting in all the other parts of the body, and finish up with your whole self)*
Handling Our BIG Emotions

**Major Questions**
- What makes you feel angry, frustrated, or sad?
- What do we do if another person makes us feel this way?
- Does yelling, whining, or pushing let another person know to stop?
- What can we do to make ourselves feel better or solve a problem?

**Books to Explore**
- *When Sophie Gets Angry— Really, Really Angry* by Molly Bang
- *Theo’s Mood* by Maryann Cocca-Leffler
- *Walter was Worried* by Laura Vaccaro Seeger

**Activities to Promote Self-Regulation**
- **Freeze!**
  - Play a favorite song, the kids have to “freeze” when the music is paused!
  - Fun Tip: Play different styles of music with different tempos
- **Yoga**
  - Calming: Sit facing the sun or walk during sunrise/set. Ask your child what the sun is and what it does for us.  
  - Fun filled: Set up a scenario and act it out using yoga poses!

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2 Image from: [https://childhood101.com/yoga-for-kids/](https://childhood101.com/yoga-for-kids/)