

Theme: Feelings

The Learning Triangle is TV that teaches + storybooks + activities—all related to one idea or skill. Parents and educators use the Learning Triangle to help children learn by encouraging them to interact with people and objects around them. Use the information below to create a Learning Triangle about feelings.

TV that teaches

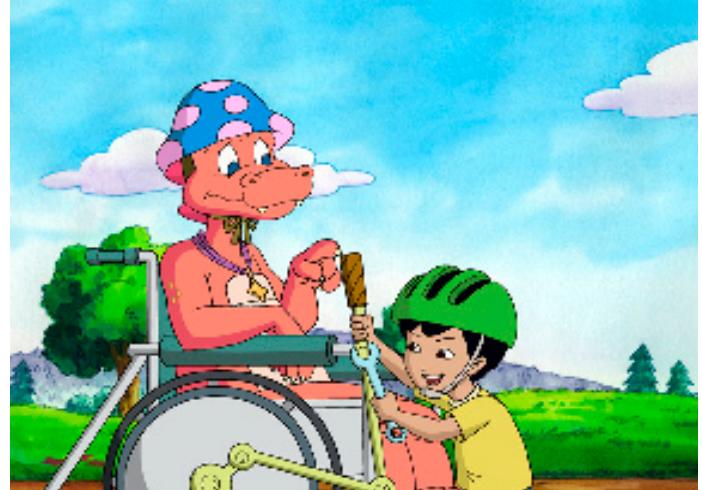
Between the Lions: #125—A King and His Hawk

Barney: #402—Is Everybody Happy?

Mister Rogers' Neighborhood: #1691—
Mouths and Feelings: Laughing Boxes

Reading Rainbow: #308—Feelings

Dragon Tales: #119—Don't Bug Me



Storybooks

My Many Colored Days by Dr. Seuss

The Way I Feel by Janan Cain

Feelings/Sentimientos by Susan Canizares

Today I Feel Silly and Other Moods that Make My Day by Jamie Lee Curtis

Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst

Activities

1. **Talk About Emotions:** Have a conversation with your child about a time when you experienced a strong emotion. What happened as a result? Did you talk things over with a friend? Did you cry? Did you go for a walk? Ask your child what makes her happy, sad, angry, scared, etc. Let your child know all feelings are okay, and help your child think of healthy ways to work through emotions.
2. **Make a Face:** Draw a circle on a piece of paper. Tell your child you are going to draw a face. Add facial features like mouth, nose, eyes, and eyebrows. Use these facial features to express an emotion like happiness, surprise, or sadness. Ask your child to guess how this face is feeling. Let your child draw a face. Try to guess how his face is feeling.
3. **Get Some Exercise:** Physical exercise is a great way to work through emotions. The next time you get angry or frustrated, tell your child, "I am feeling _____! I am going to go for a walk (or bike ride or run) to help myself feel better. Do you want to come?" Both you and your child will benefit.
4. **If You're Happy and You Know It:** Sing this fun song with your child. Sing it again substituting other emotions and actions such as "If you're sad and you know it, cry a tear," "If you're angry and you know it, stomp your feet," and "If you're excited and you know it, jump up and down!"
5. **About Face:** Visit the pbskids website and explore emotions with *Arthur*. Go to pbskids.org/Arthur/games. Click on "About Face." After you hear each story, you and your child decide how that character might be feeling. This game is a fun way to introduce your child to new feelings and emotions.

WILL has many resources that support the education of young children. For more information contact our educational outreach coordinator at **217-333-1070** or e-mail delaney1@will.uiuc.edu.

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