

Us Time

Feelings For Toddlers

Spark Meaningful Classroom Conversations
To Promote Social and Emotional Development



sparkler

Find songs, videos, and more for this unit at www.PlaySparkler.org/ustime

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Introduction

Let's Grow Kids' Big Hearts!

People need "big hearts" (also known as social and emotional skills) to understand themselves and manage emotions and to connect and cooperate with others. Sparkler Learning — an early learning and family engagement organization — created Us Time to help educators working with children aged 2 through 6 help students explore the ideas of:

- ♥ Me (identity, feelings, self regulation)
- ♥ You (awareness of others, appreciation of diversity)
- ♥ Us (relationships, working with others)

What is Us Time?

Us Time is a framework for classroom community meetings for young students, encouraging teachers to use activities, songs, and stories from Sparkler and our partners to grow kids' hearts. This is an action-oriented guide that teachers can print and use. It will help:

- ♥ Build multi-session curriculum lessons;
- ♥ Address issues in classrooms; and
- ♥ Stretch and support the hearts, minds, words, and bodies of young students.

Us Time will invite children to embark on the life-long discovery of how to be with ourselves and each other in the world. It will also help teachers

engage parents and caregivers, tapping into activities, tips, songs, and interactive tools available from Sparkler Learning and its partners. Each lesson can be pared down — or expanded — to meet the needs of your classroom. Find the interactive version online at playsparkler.org/ustime.



Who Made This Guide?

Sparkler Learning is a nonprofit organization that works with educators and other providers serving young children to engage and support families. Our goal: Sparking healthy early childhood development and helping every child get a strong start! Sparkler also collaborated with Noggin — Nick Jr.'s early learning service — and other partners to create a social and emotional learning campaign called Big Heart World, which provides free resources to help parents, caregivers and educators grow kids with big hearts.

Us Time Elements



A Place to Gather and Materials

During Us Time, students gather together on a rug or in a corner of the classroom. Make it yours! If materials are required (or optional) we will let you know.



Opening Song

An opening song helps establish a tone of joyful participation, and gives Us Time a feeling of ritual. We know that Us Time has started, because we just sang the song! You can access the song online at playsparkler.org/ustime



Voice and Body Breaks

Voice and Body breaks provide a break from sitting and waiting your turn. These moments can also be opportunities to reinforce big ideas through our bodies. Putting all our hands together, following the leader, building a giant machine with our bodies, stepping around the room in unison: these are all chances to practice working as a group, listening to each other, and expressing ourselves.



Discussion

Discussion is the heart of Us Time, when children get to share their own experiences, brainstorm ideas, and articulate lessons. Discussion can also be a good time to learn vocabulary — or "big words" — which help children to express their big ideas. If children have a lot to say, you can encourage them to turn to their partner to chat, instead of speaking as a full group together.



Activity

This is when children solidify their understanding through song, activity, or dramatic play. This helps them build a visible and physical manifestation of the lesson.



Story Time

Read together to explore the theme.



Vocabulary

Sometimes we will share vocabulary words, which educators and students can use during Us Time. These are never meant to be used as a list for memorizing, but rather ways to increase shared community understanding of key terms and phrases.



Play

We incorporate videos of songs and examples to enhance learning. A closing song book-ends Us Time, and sends us into our next activity, but with the understanding that the Us Time lessons stretch throughout our day, and our lives! You can access songs online at playsparkler.org/ustime



Take Home Resources

Each lesson is paired with a take-home resources that summarize the lesson and the language of the meeting, and shares some ideas for at-home activities to reinforce lessons.

**Us Time will start with this unit on feelings and eventually contain:
Feelings; Identity; Community; Play; Upstanding; and Inclusion.**

Learn more: www.playsparkler.org/ustime

Please email with questions/feedback or to get on the list for new releases: support@playsparkler.org

Us Time: Feelings Unit

Angry! Happy! Frustrated! Silly! Scared! Sad!

Every person on the planet has a range of emotions, and children's feelings are just as real and important for them as adults' emotions. Babies express their feelings through smiles and cries. Toddlers start to experience a greater range of feelings and, with help, can start to identify their feelings. Before children's language and regulation skills develop, they will use their facial expressions and bodies to express their feelings. This might include crying, stomping, or even hitting. It takes time to learn how to manage feelings. Children learn about their feelings — and how to control them — by watching their teachers, parents, grandparents, and caregivers. So remember: the kids are watching!

It can take years of practice for people to learn to express big feelings and to gain the language skills necessary to express themselves verbally. Remember: All the hard work will pay off. Identifying feelings and managing emotions helps children to develop empathy and independence. It helps them learn to tolerate frustration and navigate relationships with others, now and as they grow up.

The Us Time Feelings Unit

Throughout this seven-lesson unit, children will practice: naming feelings, talking about feelings, recognizing feelings in others, "coming down" from big feelings, and building empathy — feeling the feelings of others. By devoting a structured classroom time to discussions of feelings, you are showing your students how essential an understanding of feelings is to their play, learning, and growth.

You will also be able to refer back to these lessons during during difficult moments in the classroom or playground, as children build a powerful language to express their rich internal lives and navigate the complex world around them.

This unit has 7 lessons, which make up most of this guide:

1. **Us Time!** Introduce the structure and purpose of Us Time.
2. **What are feelings?** Introduce the idea of feelings, and start naming them.
3. **Identifying our feelings/Feelings Detectives!** Can we identify feelings?
4. **Big Feelings: Anger.** How can we express anger in safe and productive ways?
5. **Big Feelings: Sadness.** It's OK to be sad. What are some ways to express and cope with sadness?
6. **Empathy: Sharing Feelings.** How can we feel other people's feelings?
7. **Feelings Party (Review).** What have we learned about feelings?

Feelings: Lesson 1 – Us Time Intro

🕒 7 MINUTES



Lesson 1 Goals

- ♥ Introducing the structure of Us Time
- ♥ Introducing the purpose of Us Time
- ♥ Sharing the songs!

Materials



Get Ready!

- ♥ A place to gather
- ♥ Us Time Songs
- ♥ Paper or board for drawing agreements

Us Time!



Us Time Song (1 min)

Open Us Time with the "Us Time" song. Sing it together or play the video, which is available online at playsparkler.org/UsTimeSongs.



Us Time Introduction (1 min)

Sit down in a circle. Tell your students when they hear the "Us Time" song, they know that it's Us Time — a time for community thinking, feeling, helping, and sharing.



Introduce Agreements (3-5 mins)

Us Time agreements are the rules that we all agree to follow when we are together. They are meant to ensure that everyone feels safe and heard. Share your agreements for Us Time with the group, drawing little pictures for each one. You might use these:

- ♥ We will stay together
- ♥ We will listen
- ♥ We will keep our hands and feet to ourselves



Thank You: Us Time Closing Song (1 min)

Conclude with "Thank You," the Us Time "goodbye" song. This song marks the end of Us Time. Find the song [online at playsparkler.org/UsTimeSongs](https://playsparkler.org/UsTimeSongs).

Feelings: Lesson 2 – What Are Feelings?



10 - 12 MINUTES



Lesson 2 Goals

- ♥ Defining "Feelings"
- ♥ Naming the feelings
- ♥ Beginning to explore each feeling

Materials



Get Ready!

- ♥ Your Us Time classroom space, where the class will gather
- ♥ Feelings Grid ([available in the back of this guide or online at playsparkler.org](#))

What are Feelings?



Us Time Song (1 min)

Open Us Time with the "Us Time" song. Sing it together or play the video ([available at playsparkler.org/UsTimeSongs](#)).



Review Agreements (~1 min)

Review the agreements that you introduced in the last lesson.



Discussion: What are feelings? (3 mins)

- ♥ Share the Feelings Grid, which you can find at the back of this packet.
- ♥ Point to and describe each face. What shape is the mouth? Where are the eyebrows?
- ♥ Name each feeling and encourage children to repeat.



Movement: Dance Your Feelings! (3 mins)

Listen to "Dance Your Feelings" ([Find it online at playsparkler.org/UsTimeSongs](#)) and dance the different feelings as the music changes.





Closing Discussion: (~2 mins)

- ♥ What were the feelings we talked about?
- ♥ Can we name them all?



Thank You: Us Time Closing Song (1 min)

Conclude with "Thank You," the Us Time "goodbye" song. Sing it together or play the video (available at playsparkler.org/UsTimeSongs).



For their Backpacks

Send students home with the Feelings handouts, which you can find in the back of this guide.

Sparkler Activities to Share with Families (find them in the Sparkler Library using your dashboard)

- ♥ **Dance It Out:** Some songs are slow and sad. Some songs are fast and happy! Let's listen to different types of music and move our body to the rhythms that we hear.
- ♥ **Feelings Memories:** Families choose a feeling from the Feelings Grid and tell true stories about a time that they had that feeling.
- ♥ **Rainbow Feelings:** Drawing with every color of the rainbow and connecting colors and feelings through conversation to understand the feelings and work on managing feelings.



Feelings: Lesson 3 – Feelings Detectives



11 - 13 MINUTES



Lesson 3 Goals

- ♥ Reviewing our definition of "feelings"
- ♥ Reviewing our list of feelings
- ♥ Practicing identifying and naming feelings

Materials



Get Ready!

- ♥ Your Us Time classroom space, where the class will gather
- ♥ Feelings Grid ([available in the back of this guide or online at playsparkler.org](https://www.playsparkler.org))

Feelings Detectives



Us Time Song (1 min)

Open Us Time with the "Us Time" song. Sing it together or play the video ([available at playsparkler.org/UsTimeSongs](https://www.playsparkler.org/UsTimeSongs)).



Review Agreements (1 mins)

Agreements are rules that people decide, together, to follow. Review the list that the class created. You can add to it, modify it, and recommit.



Discussion: What are Feelings? Do we remember? (3-5 mins)

- ♥ Hold the Feelings Grid or display it where children can see
- ♥ Tell the class that you are going to pretend to have one of the feelings, can they guess which one? Use exaggerated facial expressions and body language to display each feeling.
- ♥ When they guess, encourage children to make facial expressions along with you



Movement: Dance Your Feelings (2 mins)

Dance to the second version of the feelings song, with the feelings removed. See if children can guess the feelings as they dance.



Closing Discussion: (~2 mins)

- ♥ What were the feelings we talked about?
- ♥ What are some ways WE can be feelings detectives throughout the day?



Thank You: Us Time Closing Song (2 min)

Conclude Us Time with "Thank You," the Us Time "goodbye" song. Sing it together or play the video ([available at playsparkler.org/UsTimeSongs](https://playsparkler.org/UsTimeSongs)).



For Their Backpacks

Send students home with the Feelings handouts, which you can find in the parent resources at the back of this guide.

Sparkler Activities to Share with Families

- ♥ **Farm Animal Feelings:** Pretending to be animals with feelings. Let's be sad horses, happy chickens, or angry pigs!
- ♥ **Feelings Mirror:** Exploring facial expressions in the mirror
- ♥ **Shadow Puppet Feelings:** Using a flashlight and fingers to express different feelings.





Feelings: Lesson 4 – Big Feelings: Anger



11 - 13 MINUTES

Lesson 4 Goals



-  Introducing strategies to manage anger
-  Practicing dealing with anger



Materials



Get Ready!

-  Marker
-  Big paper or board

Big Feelings – Anger



Us Time Song (1 min)

Open Us Time with the "Us Time" song. Sing it together or play the video ([available at playsparkler.org/UsTimeSongs](https://playsparkler.org/UsTimeSongs)).








Review Agreements (~1 mins)

Agreements are rules that people decide, together, to follow. Review the list that the class created. Add to it, modify it, and recommit.



Discussion: Let's Talk About Anger (3-5 mins)

-  What do you look like when you feel angry?
-  What are some things that make you feel angry? Document children's ideas (with words or pictures) for all to see.
-  What can you do when you are angry? Document children's ideas. For example: stomping, pushing the wall, hitting a pillow, or using words or sounds to share how you feel.
-  Practice using some "angry words" together. For example, "I don't like that!" or "GRRR!"
-  What helps you to feel better and calm down when you are angry? Document children's ideas. For example, taking a deep breath, counting, or a hug!



Movement: Hard Rock, Fluffy Cloud (1-3 mins)

Practice this exercise that can help children to regulate big feelings like anger:

- ♥♥ Let's pretend we are hard rocks. Let's tighten our bodies and hold our breath for three seconds: one, two, three!
- ♥♥ Now, let's breathe out, relax our bodies, and lift up our hands like they are fluffy clouds.
- ♥♥ Let's try it again!



Closing Discussion (~2 mins)

- ♥♥ What did we learn about anger?
- ♥♥ Let's agree to calm down and use our words instead of our bodies when we're angry.



Thank You: Us Time Closing Song (1 min)

Conclude Us Time with "Thank You," the Us Time "goodbye" song. Sing it together or play the video ([available at playsparkler.org/UsTimeSongs](https://www.playsparkler.org/UsTimeSongs)).



For Their Backpacks

Send students home with the Feelings handouts, which you can find in the parent resources at the back of this guide.

Sparkler Activities to Share with Families

- ♥♥ **Punching Pillow:** Making a place to safely release angry feelings.
- ♥♥ **The "No!" Song:** Singing a new song together. Pretend to have a tantrum and then pretend to calm down again.
- ♥♥ **Freeze Dance:** Playing a "stop and go" game to practice the self-regulation skills necessary to manage anger.

Feelings: Lesson 5 – Big Feelings: Sadness

🕒 10 - 15 MINUTES



Lesson 5 Goals

- ♥ Introducing strategies to deal with sadness
- ♥ Practicing dealing with sadness

Materials



Get Ready!

- ♥ Marker
- ♥ Big paper or board

Big Feelings – Sadness



Us Time Song (1 min)

Open Us Time with the "Us Time" song. Sing it together or play the video ([available at playsparkler.org/UsTimeSongs](https://playsparkler.org/UsTimeSongs)).



Review Agreements (~1 min)

Agreements are rules that people decide, together, to follow. Review the list that the class created. Add to it, modify it, and recommit.



Listen: The Sad Song (~2 mins)

Listen to The Sad Song from Noggin's Big Heart Beats Album available online at: <https://www.bigheartworld.org/big-heart-beats-album>. Listen to the music and the lyrics in the song.



Discussion: Let's Talk About Sadness (3-5 mins)

- ♥ What do you look like when you feel sad?
- ♥ What are some things that make you feel sad? Document children's ideas (with words or pictures) for all to see.
- ♥ What can you do when you are sad? Document children's ideas. For example: cry, spend time alone, or use words to share how you feel.
- ♥ What helps you to feel better when you are sad? Document children's ideas. For example, taking a deep breath, counting, or a hug!



Closing Discussion (~2 mins)

- ♥ What did we learn about sadness? (Invite the class to share.)
- ♥ It's OK to be sad. When we're sad, we can use our breathing, art, and words to share how we feel and help us feel better.



Thank You: Us Time Closing Song (1 min)

Conclude Us Time with the "Thank You," the Us Time "goodbye" song. Sing it together or play the video ([available at playsparkler.org/UsTimeSongs](https://www.playsparkler.org/UsTimeSongs)).



For Their Backpacks

Send students home with the Feelings handouts, which you can find in the parent resources at the back of this guide.

Sparkler Activities to Share with Families

- ♥ **Llama Llama's Feelings:** Read or listen to Llama Llama Misses Mama and discuss his many feelings.
- ♥ **Feather Breath:** Practicing calm breathing by pretending to have a feather on your nose!
- ♥ **Emotional Drumming:** Drum on pots and express different feelings.



Feelings: Lesson 6 – Big Feelings: Empathy



12 - 14 MINUTES



Lesson 6 Goals

- ♥ Defining empathy/sharing feelings
- ♥ Practicing empathy: sharing feelings

Materials



Get Ready!

♥ [Grumpy Monkey](#) by Suzanne Lang and Max Lang

Sharing Feelings: Empathy



Us Time Song (1 min)

Open Us Time with the "Us Time" song. Sing it together or play the video ([available at playsparkler.org/UsTimeSongs](https://playsparkler.org/UsTimeSongs)). Find the music and lyrics at the back of this guide.



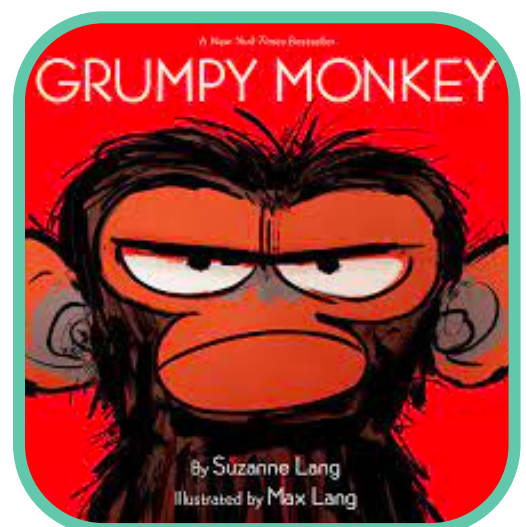
Review Agreements (~1 min)

Agreements are rules that people decide, together, to follow. Review the list that the class created. Add to it, modify it, and recommit.







Story Time: Grumpy Monkey (~5 mins)



- ♥ Read Grumpy Monkey, written by Suzanne Lang and Illustrated by Max Lang.
- ♥♥ How was Jim the monkey feeling?
- ♥♥♥ What helped the monkey start to feel better?
- ♥♥♥ Have you ever felt grumpy like Jim the Monkey and Norman? We can pretend to be grumpy all together. How many can share a feeling?



 **Movement: Share Your Feelings (3-5 mins)**

-  Listen to the Dance Your Feelings Song
-  Invite one student to dance one of the feelings.
-  Can everyone in the class match their moves?
-  Repeat until everyone has a chance to be the leader if they want to.

 **Closing Discussion (2 min)**

-  What did we learn about sharing feelings? (It feel nice when others feel the same way you do)
-  Let's remember to practice sharing each other's feelings throughout the day.




 **Thank You: Us Time Closing Song (1 min)**

Conclude Us Time with "Thank You," the Us Time "goodbye" song. Sing it together or play the video ([available at playsparkler.org/UsTimeSongs](https://playsparkler.org/UsTimeSongs)).

 **For Their Backpacks**

Send students home with the Feelings handouts, which you can find in the parent resources at the back of this guide.

Sparkler Activities to Share with Families

-  **Animal Bath:** Taking care of pretend animals to help them feel better.
-  **Big Rescue:** Rescue toys from sand, dirt, or ice.
-  **Get Well Gift:** Make and send a gift to help someone feel better.

Feelings: Lesson 7 – Feelings Party (Review)



10-12 MINUTES



Lesson 7 Goals

- ♥ Reviewing ideas from the unit
- ♥ Celebrating all of the feelings

Materials

Get Ready!

- ♥ Feelings Grid
- ♥ Documentation of children's ideas from previous lessons

Feelings Party!



Us Time Song (1 min)

Open Us Time with the "Us Time" song. Sing it together or play the video ([available at playsparkler.org/UsTimeSongs](https://playsparkler.org/UsTimeSongs)).



Review Agreements (~1 min)

Agreements are rules that people decide, together, to follow. Review the list that the class created. Add to it, modify it, and recommit.



Discussion: Feelings Party! (3-5 mins)

- ♥ Today we are having a FEELINGS PARTY! What do we remember about feelings? You may want to refer to the children's ideas documented from previous lessons.
- ♥ Look at the feelings grid. Can we name each of those feelings? Can we name even more?
- ♥ What can help when we have big feelings, like angry or sad?
- ♥ How do we share each other's feelings? What helped Grumpy Monkey?



Movement: Dance Our Feelings (~6 mins)

Let's have a feelings dance party!

- ♥ Dance to the "Dance Your Feelings" song.
- ♥ Dance to the "How You Feel" song.



Closing Discussion (~1 min)

As we keep doing Us Time in our classroom, we will keep learning about new things! But what we have learned in our feelings unit will keep coming up: We will keep talking about the feelings, how to manage emotions, and how to identify NEW feelings!



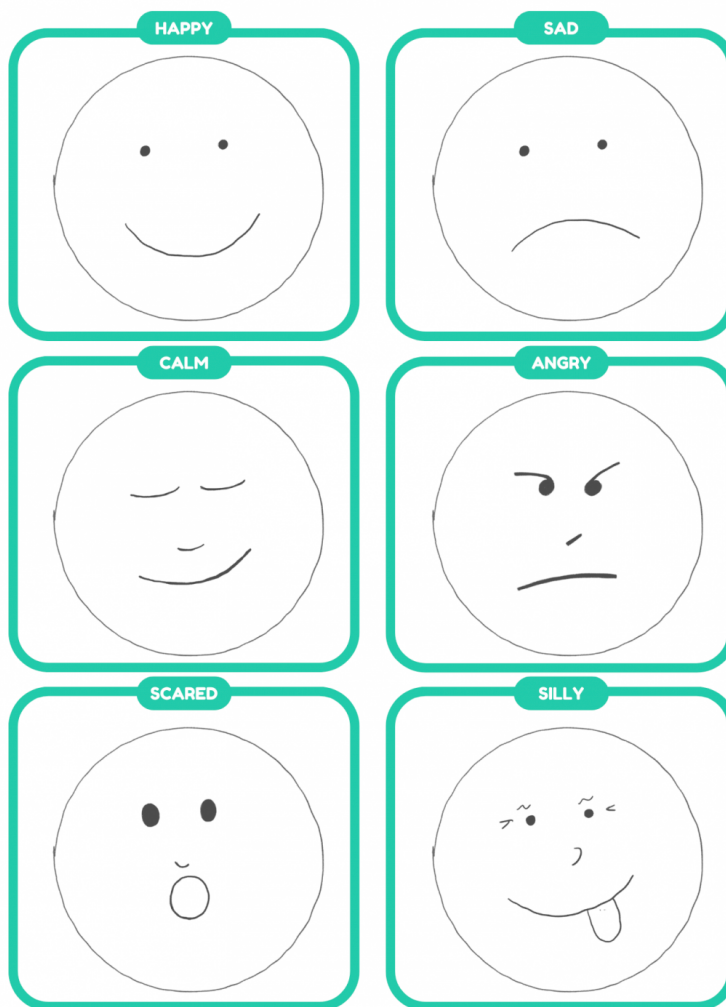
Thank You: Us Time Closing Song (1 min)

Conclude Us Time with "Thank You," the Us Time "goodbye" song. Sing it together or play the video ([available at playsparkler.org/UsTimeSongs](https://playsparkler.org/UsTimeSongs)).



For Their Backpacks

Send students home with the Feelings handouts, which you can find in the parent resources at the back of this guide.



Extension Activities

Learning about feelings is a lifetime project! If you have the time with your students, here are some more projects and activities that build on the Us Time: Feelings work in the preceding pages.



Activity: Draw Your Feelings (~5 mins)

Crayons respond to the strength of children's pressure and movements across the paper, making them a great art supply to use when discussing feelings like anger or sadness. This activity gives children another way to express and manage big feelings.

1. Let's make some angry art!
2. Let's pick a color (or colors) that remind you of being angry. Now you're ready to draw!
3. As you draw, think about anger: how does it make you feel? Where in your body do you feel it?
4. Let's talk about how your fingers, hands, wrists, and arms move while you're drawing. How does your hand feel when you're finished?
5. Let's look at all of our finished angry art! How are the pictures the same? How are they different?



Activity: Mask Making! (5-10 mins)

1. Prepare cut ovals or paper plates to serve as masks for each child. Cut holes for their eyes!
2. Help children make Feelings Masks. Children can choose which feeling they want on their mask — adults or children can draw facial features or simply draw using a color to represent their feeling.
3. Attach a popsicle stick handle.
4. When finished, take turns sharing. Can children match the feelings that they see?



Play “How You Feel” by Oh, Hush! and Grayson DeWolfe from the Big Heart Beats Album (2 mins)

Share a feelings song to prompt conversation.

Play it at: www.bigheartworld.org/big-heart-beats-album-how-you-feel

Then Discuss (~2 mins):

- ♥ What feelings words did you hear in the song?
- ♥ How did listening to the song make you feel?



More Extension Activities



Activity: Introduce and Share Your Puppet (~3 mins)

Puppets are powerful classroom tools. YOU can use a puppet to connect with students and reinforce key messages, and students can use puppets to express themselves. (If you don't have a puppet, you can use your voice, or hand, or even a sock to have a similar effect.)

1. Introduce your puppet, and use your puppet to model feelings.
2. Can the students guess which feeling is which and point to the feeling on the grid (available at the back of this guide)?
3. Now try using the puppet to express a feeling with your kazoo, just modeling the tone of voice. Can the kids point to it on the grid? (See a demo: <https://youtu.be/wl8uzxuikTk>)

The Power of Puppets

Research shows that handmade or store-bought puppets can help to: generate classroom communication, support positive classroom climate, enhance creativity, foster cooperation, and improve children's attitudes. Start with one puppet — your puppet! Later, your students can create their own puppets.



Activity: Feelings Memory (~4 mins)

This is a fun way to remember and match the feelings.

1. On 3 or 4 paper plates, draw faces with different feelings. Make a second set of faces to match, so that you have two places with each feeling.
2. Place the plates face down and mix them up.
3. Turn over one plate to reveal a feelings face. Choose a child to try and find the match!
4. Keep going until all of the matches are found.
5. As we match, let's practice making the faces and sounds of each feeling.



Activity: Read With Feeling (4-6 mins)

1. Read a favorite classroom book, focusing on the characters' feelings.
2. Pause the story to ask questions such as, "How are they feeling on this page?" "What happened to make them feel that way?" "How would you feel if that happened to you?" or "Have you ever felt that way?"

Family Resources



On the pages that follow, you'll find materials that you can send home during Sparkler's Us Time Feelings Unit. The suggested letter and other resources will help parents/caregivers understand what you're doing in the classroom, and help families explore the feelings at home with their children.

Dear Families

How are you feeling today? No really, HOW ARE YOU FEELING? Are you happy? Excited? Sad? Frustrated? Silly? Anxious? Joyful?

Our class is thinking and learning about FEELINGS this month. We will learn the names of many feelings, focusing on these 6 basic emotions:

♥ Happy
♥ Sad

♥ Angry
♥ Silly

♥ Scared
♥ Calm

We will learn to identify these feelings (and any others that arise) in ourselves and others, and think deeply about some of our BIGGEST feelings: anger and sadness. We will also start to think about empathy — when we feel each other's feelings!

Why the focus on feelings? Research tells us when young children learn to name and understand feelings, it lays a foundation that will help them develop in all areas, and help them fare better in school and in life. When we focus on feelings now, your children will learn to express themselves clearly and confidently, resolve conflicts and solve problems that arise with peers, manage and regulate themselves when they feel a big feeling like anger or sadness without harming themselves or others, and so much more.

At school, we emphasize the fact that ANY way that children feel is okay. Even feelings that we sometimes view as negative — like aggression, jealousy, or even fear — are a natural part of the human experience. We never want a child to feel bad or wrong for feeling their feelings. Our goal is to help children learn what they can DO with their feelings. How can they express anger without hurting others? How can they let others know that they are feeling sad or lonely without feeling ashamed? Can you feel scared and still be a “big kid?” These are all questions that we hope to help children answer as we learn about feelings and each other.

There are many ways that YOU can help support your child’s learning at home! Below are some resources that you can use to help your child learn about feelings. Some of these will be familiar to them as we are using them in our classroom. Others will be new, and will add to your child’s growth and learning.

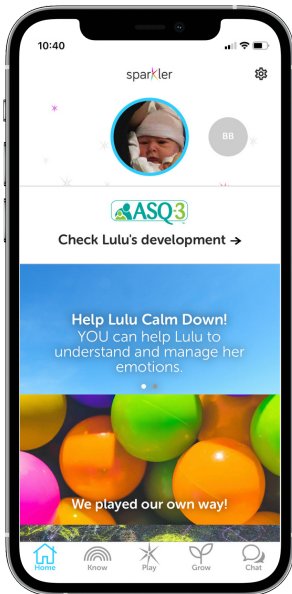
As always, please feel free to reach out to us if you have any questions or concerns. We would love to hear from you.

At Home Activities



Play to Learn!

Reinforce what your child learns at school by playing at home! Play is a great way for your child to remember, practice and explore new concepts, skills and vocabulary.



Do you have access to the Sparkler App?

- ✔ Look for these activities in your Sparkler app to keep learning about FEELINGS with your child at home or on the go!
- ✔ Go to the "Play" section of the Sparkler app. Tap the four squares in the top right corner and scroll to find the right Playpack

- ♥ Rainbow Feelings (Rainbow Playpack)
- ♥ Shadow Puppet Feelings (Puppets Playpack)
- ♥ Animal Bath (Animals Playpack)
- ♥ Freeze Dance (Dance Playpack)
- ♥ Little Helper (Family Playpack)

No app? No Problem!

Access these free do-together activities from our colleagues at Big Heart World. Find them at bigheartworld.org (These activities are also available in the Sparkler app!)

- ♥ **Feelings Memories:** Toss coins with the whole family to practice talking about feelings.
- ♥ **Punching Pillow:** What can a child do with a big feeling? Punching a pillow is one strategy grown-ups and children can try.
- ♥ **How Do We Feel Now?** Pretend together to practice talking about feelings.
- ♥ **The "NO!" Song:** Sing "no" to the tune of Frère Jacques. When kids use their voices to advocate for themselves, they are taking the first step toward being upstanders!
- ♥ **Big Rescue:** Rescue animals from sand, dirt, or ice. This sort of pretend play is a great way for children to start developing empathy.
- ♥ **Bird Feeder:** Helping to take care of living things, like feeding birds in the park, helps children to develop skills that will lead to empathy.

Feelings Books

Books Make Life Better!

Here are a few books related to feelings, which you can use as part of Us Time or suggest to families. Research shows that reading aloud is a great way for kids to reinforce important ideas. If you have time, using books during Us Time will help students make connections between the lessons and their lives.



The Color Monster: A Story About Emotions

By Anna Llenas

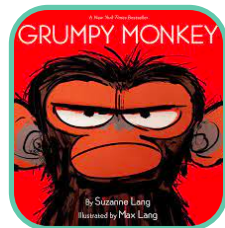
One day, Color Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad, and scared all at once! To help him, a little girl shows him what each feeling means through color.



The Feelings Book

By Todd Parr

The Feelings Book illustrates the wide range of moods people experience, helping children think about the feelings they feel throughout the day or all at once.



Grumpy Monkey

Written by Suzanne Lang

Illustrated by Max Lang

Jim the chimpanzee is in a bad mood for no reason. His friends can't understand — and have suggestions to help him feel better. Maybe he just needs a grumpy day!

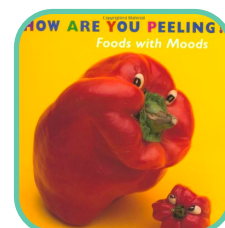


My Blue Is Happy

By Jessica Young

Illustrated by Catia Chien

What is your blue like? A lyrical ode to colors — and the unique ways we experience them — follows a little girl as she explores the world with her family and friends.



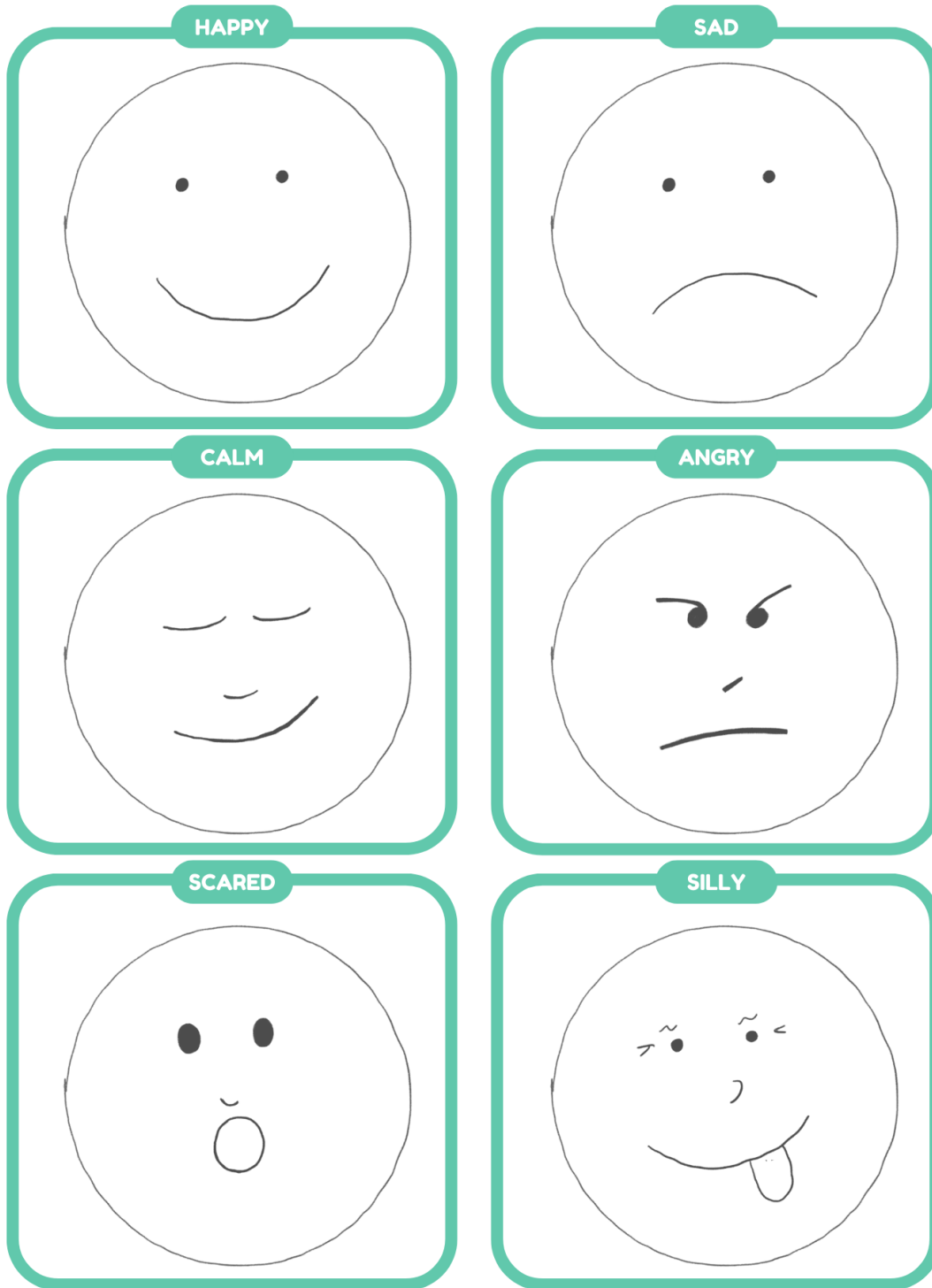
How Are You Peeling? Foods With Moods

By Saxton Freymann and Efficers Joost

Explore the feelings with produce! The book asks readers to explore how they feel in different situations, while the pictures give away the emotions on the "faces" of fruits and veggies.

Feelings Grid

Try to hang the grid on your refrigerator and use magnets to help everyone in your family share their feelings!



Extra Credit

- ♥ How Social and Emotional Learning can Promote Children's Health and Wellbeing by Dr. Divya Chhabra
<https://www.bigheartworld.org/sel-and-mental-health/>
- ♥ What is Social Emotional Learning? by Julia Levy
<https://www.bigheartworld.org/sel-infographic/>
- ♥ How to Raise an Empathetic Child: A Guide for Parents of Children Ages 2-6 by Dr. Colleen Russo Johnson
<https://www.bigheartworld.org/teach-empathy/>
- ♥ Helping Children Identify Their Emotions by Dr. Colleen Russo Johnson
(<https://www.bigheartworld.org/helping-children-identify-their-emotions/>)
- ♥ Tominey, S., O'Bryon, E., Rivers, S., & Shapes, S. (2017). NAEYC: Teaching emotional intelligence in early childhood. <https://www.naeyc.org/resources/pubs/yc/mar2017/teaching-emotional-intelligence>
- ♥ Krögera, T., Nupponenb, A.M. (March 2019). IEJEE: Puppet as a Pedagogical Tool.
<https://files.eric.ed.gov/fulltext/EJ1212334.pdf>



Feelings

For Toddlers

Learn more:
www.playsparkler.org/ustime

Please email with questions/feedback
or to get on the list for new releases: support@playsparkler.org