

faber

# HOW DO I FEEL?

Activities for exploring emotions  
for parents, librarians and teachers



SARAH CHRISTOU

# AIMS

These activities aim to help children explore different ways to talk about emotions like sadness, excitement, anger, or more difficult emotions like grief. This resource pack is designed to accompany the book, *Blue*.

The activities focus on communicating our feelings, whether through reading together, playing a game or making art. The ideas in this pack are aimed at EYFS through to KS2.

🌀 **TOP TIP: GROWN-UPS CAN JOIN IN TOO!**



## ACTIVITY 1: READING *BLUE* TOGETHER

After you've read *Blue* together, discuss what the story could mean. Here are some questions to get you started:

- What kind of emotions do you think the girl might be feeling?
- Why do you think the monster is invisible to everyone except the girl?
- What kind of emotions do you think the girl might be feeling at the end of the story?
- The blue monster isn't on the last page of the story, why do you think that is?

🌀 **BEAR IN MIND, THERE ARE NO RIGHT ANSWERS – EVERYONE'S OPINION COUNTS.**



## ACTIVITY 2: NAMING EMOTIONS

Oh no! The monsters have dropped their *feelings badges* on the floor and now they don't know how they feel! Can you find the right badge for the right monster?

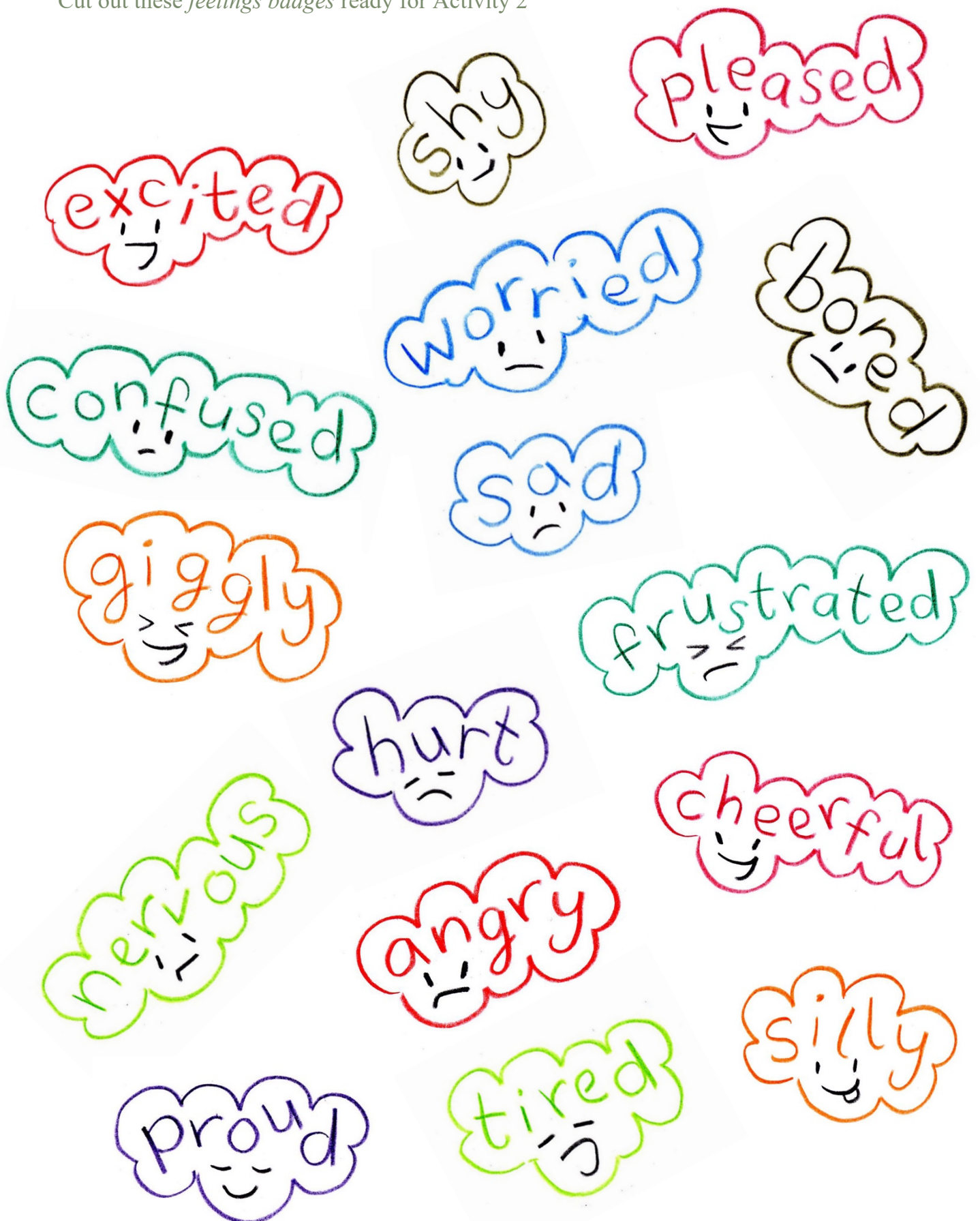
- In small groups or pairs, look at all the *feelings badges* and choose a badge for each of the four monsters.
- Look at the expression on the monsters' faces to get a clue about which *feelings badge* is the best one for them.
- Maybe they might need more than one badge. After all, sometimes we can feel lots of things at once – like tired and worried or silly and excited.
- You choose whatever you think is best for each monster. It's up to you!
- Once you've chosen their badge (or badges), use some glue to stick them on their tummies.

🧙‍♂️ **FOR THIS ACTIVITY YOU'LL NEED PRINTED COPIES OF THE ACTIVITY 2 WORKSHEETS, WITH THE BADGES CUT OUT READY FOR SORTING. YOU'LL ALSO NEED SOME GLUE.**



# ACTIVITY 2 WORKSHEET

Cut out these *feelings badges* ready for Activity 2



ACTIVITY 2 WORKSHEET ( CONTINUED)



ACTIVITY 2 WORKSHEET ( CONTINUED)



ACTIVITY 2 WORKSHEET ( CONTINUED)



ACTIVITY 2 WORKSHEET ( CONTINUED)



# ACTIVITY 3: MAKING OUR OWN MONSTERS

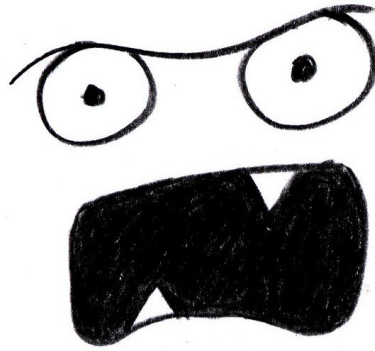
Have you ever wanted to design your very own monster? Well, now you can! Your monster can be whatever you want them to be, so be as creative as you like.

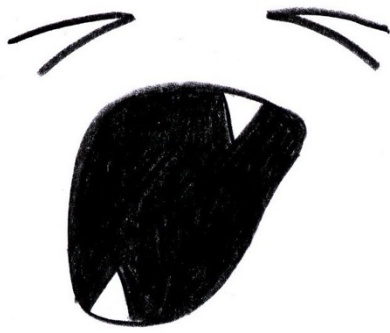
- Choose a page with your favourite monster face.
- Draw a scribbly monster around the face on the page, being careful not to draw over their eyes.
- Make it as messy as you like – the messier the better!
- Add two arms and two legs. Or maybe they have more than two arms and two legs. Or maybe they don't have any arms and legs at all!
- Do they have horns? Do they have curly hair? Or spiky hair? Or no hair!
- Are they wearing a hat? Or glasses? Or maybe they're not wearing anything at all.
- You decide what you want your monster to look like, because it's your monster after all!

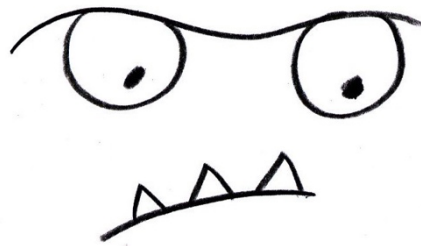
🌀 **FOR THIS ACTIVITY YOU'LL NEED PRINTED COPIES OF THE ACTIVITY 3 WORKSHEETS, WHICH YOU'LL FIND ON THE NEXT FEW PAGES. THERE ARE NINE DIFFERENT EXPRESSIONS FOR THE CHILDREN TO CHOOSE FROM. YOU'LL ALSO NEED COLOURED PENCILS, CRAYONS OR WHATEVER YOU THINK IS BEST FOR SCRIBBLING!**

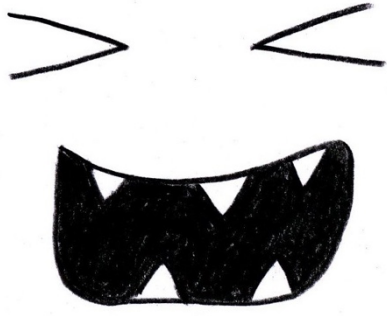


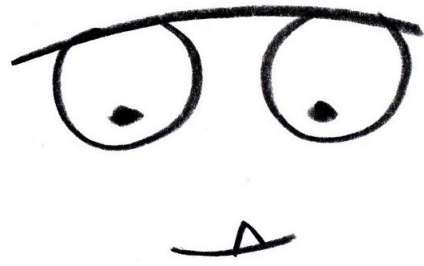
ACTIVITY 3 WORKSHEETS

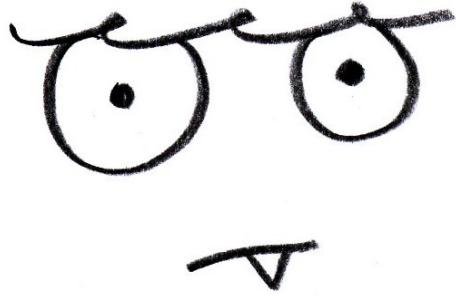


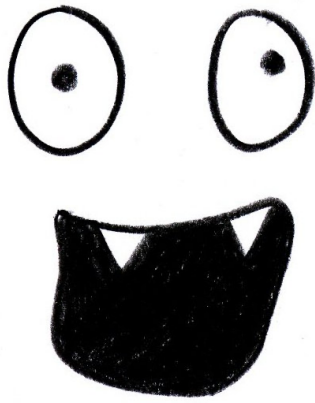


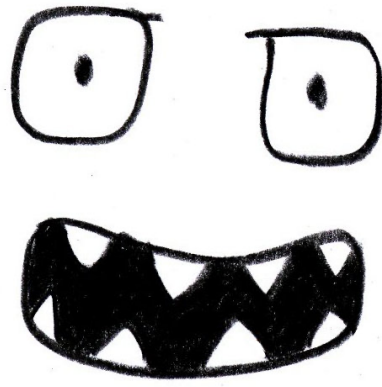














## ACTIVITY 4:

# GETTING TO KNOW OUR MONSTERS

Some people think monsters are scary but, in fact, most of them are like us and just need to be understood. Let's get to know our monsters . . .

- Working in pairs or small groups, introduce your monster. What's their name? What's their favourite snack? How do they feel today? Is there a little story you'd like to tell us about them?
- Talking about them will help you understand your monster and make them feel like they've got a friend in you.
- Now you can give them a *feelings badge* so that everyone knows how they feel. Choose one from the printed-out badges. Or choose more than one if your monster is feeling more than one thing today.
- Once you've chosen the best badge (or badges), use some glue to stick them on their tummy.

°°° FOR THIS ACTIVITY YOU WILL NEED TO PRINT THE BADGES ON THE ACTIVITY 4 WORKSHEET AND CUT THEM OUT. THESE ARE THE SAME BADGES FROM ACTIVITY 2. YOU'LL ALSO NEED SOME GLUE.



# ACTIVITY 4 WORKSHEET

Cut out the *feelings badges* ready for Activity 4

