

Skill Area(s): Feelings and Emotions Perspective taking
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Today I Feel Silly

By: Jamie Lee Curtis

Level: beginner, intermediate, advanced

Goal: to help children about different moods that they experience and to help them realize that other people have different moods as well.

Materials needed: “Today I Feel Silly” by Jamie Lee Curtis, different colors of paper, blank paper, scissors, markers, and glue. There are emotion cards with face cut outs you can also use. See folder Today I feel silly for more activity pictures.

Activity:

Before starting this activity make sure you have done some of the previous lessons on feelings and emotions so that the children have some knowledge about the subject. Now tell the children that today you are going to be learning more about feelings, emotions, and different moods. Discuss the word moods to make sure they know what this means. Ask the children to give you different moods they feel throughout their day. Now introduce the book “Today I Feel Silly”, tell them it discusses various moods. Notice in the book how some of the different moods presented are also related to various colors and describing words. As you read the book to them and show them the pictures, make sure to discuss how sometimes people can think of moods in colors. Make sure the children understand the describing words related to the moods so that they can later use these words to help them talk about their own feelings. Remember a lot of children with deficits in social language related to feelings and emotions do not understand that what they feel are called emotions and they have absolutely no idea of how to verbalize these feelings. This book is very fun for most children to hear and to read. It discusses not only the moods of the main character, but also her family members. This can give you an idea of how to relate to the children’s families and help the children understand that they are not the only ones who have feelings. Their mom, dad, sisters, brothers, teachers, etc... all have different moods at various times as well.

After reading the book, talk about all the different feelings and moods represented in the book. You may need to write them on the boards so they can remember them. Now for the creative part of the activity, give the children blank pieces of paper along with the markers. You can either go back through the book and discuss the various situations in the book and how they would feel if they were her, or you can develop your own situations. Either way have them draw themselves in the different moods. Encourage them to draw different facial expressions paying special attention to the eyes and mouth. Also encourage them to use the different colors to express moods around them. Since some children’s facial expressions do not change for their different moods, because that is the way they are, they may be able to better express their moods by using the different colors instead.