

Skill Area(s): Feelings-Emotions
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My Many Colored Days, by Dr. Seuss

Level: beginner, intermediate, advanced

Goal: to help children identify feelings-emotions

Materials needed: My Many Colored Days, Dr. Seuss, paper, scissors, and markers.

Activity:

Talk with the children about moods and how all people have some of the same and some different moods at certain times. Show them the book and see if anyone can guess what it's about. Read the book to the children. After reading ask the children if they ever have any of the feelings like in the book and what color they can relate to when they feel these feelings. Make sure to let the children know that everyone is different and that we may associate colors to feelings in different ways than our peers.

Pass out the paper, scissors, and markers and have them trace their own hands and cut them out. Next present them with common feelings like the ones you read in the story. Have them write each mood on one of their fingers. Then have them color each finger a different color that represents that feeling to them. Encourage them to think hard and know that they do not have to be the same as yours or others in the group. After you're done you can laminate the hand and have them keep it with them or on their desks or folder. This can be a good way of communicating at time when they are unable to verbalize what they are feeling. They could either point or maybe just say the color.

Follow-up or ways to extend the activity:

- If you have more time you can always have them think of an animal that also goes with the color and mood that they can relate to. Have them draw it on the finger next to the word.
- You could also make it into a spinner by adding an arrow with a bracket in the middle and use it for a game. For example you could have them spin and which ever color/mood it lands on have them act out the mood or role-play a situation related to the mood.