



# FULL OF FEELINGS

## LEARN ABOUT

Children develop vocabulary and an understanding of different feelings as they match pictures with emotion words. Through conversation with adults, children can also make connections to their own experiences.

## WHAT YOU'LL NEED

A copy of *Not Norman: A Goldfish Story*, by Kelly Bennett | One set of picture cards featuring Norman and the little boy from *Not Norman* | One set of emotion word cards | Scissors | Colored construction paper (optional)

## WHAT YOU'LL DO

**Preparation:** Download and print out the picture cards featuring Norman and the little boy and the emotion word cards. | Cut out each set of cards. | Mount cards on construction paper, if desired.

**Introduction:** Begin by telling children that they will be matching pictures of Norman and the little boy to different word cards. The pictures are of Norman and the little boy with different emotions on their faces. The word cards say the words we use to describe how Norman and the little boy are feeling. Explain that in *Not Norman*, Norman and the little boy have many different feelings, and they show these emotions on their faces. In some of the pictures, the little boy is happy, but in others, he is sad, worried, or scared.

*Not Norman: A Goldfish Story* is a humorous tale about a child who finds a new friend in an unexpected place.

Children connect pictures of emotions (e.g., smiling, frowning, etc.) with the corresponding emotion word card during this matching game.



## HOW IT'S DONE

1

Place the picture cards in two rows, face down on the table.



2

Place the emotion word cards in two more rows, face down on the table.



3

Let children take turns flipping over one picture card and one word card to see if they match. Support children with reading the word card, and looking for its matching picture card.

4

When a match is made, acknowledge the match and place the two cards off to the side. If the cards do not match, encourage children to flip the cards back over and try again.

5

Demonstrate making a match by selecting and reading an emotion word card and asking children to find a picture card that shows that emotion.



6

Continue until all of the cards have been matched.



## VOCABULARY LIST

Use these words and explanations in your conversations with children:

**disappointed** | feeling sad or unhappy when something you hoped for did not happen or was not as good as you expected

**emotion** | a strong feeling

**excited** | feeling happy and eager about something

**frustrated** | feeling angry or upset because you are not able to do something

**happy** | feeling pleased or glad

**relieved** | feeling relaxed and happy because something hard or unpleasant has stopped

**sad** | feeling very unhappy

**scared** | feeling afraid of something

**worried** | feeling concerned because you think that something bad has happened or is going to happen

## TALKING TIPS

Use visual aids like the book and your own facial expressions to support children in making matches. Ask simple questions about emotions as children turn the cards over. For example, you might say, *"This word is disappointed. What does your face look like when you are disappointed? Yes, you might be frowning and your eyes might be looking down. Let's see if we can find a card with a face that looks disappointed."* As children make matches, ask them to think about the cause of different emotions. For example, say, *"Yes, that face is scared. I wonder what happened to make the little boy scared. What do you think?"*

Excited



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Disappointed



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Frustrated



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Relieved



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Sad



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Scared



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Worried



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Happy



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