

## Read “The Feeling Book” by Todd Parr

### Outcome:

This story will take children through a rainbow of many different feelings and emotions that they have in their little bodies (silly, cranky, sad). It helps children understand that it's ok to have and embrace those feelings and it's important to share their feelings with their parents, teachers and caregivers.

### Materials Needed:

- You may find this book at your community library—or, you could make your own book of feelings and emotions!
- Markers, scissors, construction paper, yarn, hole puncher

### How:

- Find a nice spot to read with your child: outside under a tree, in your favourite chair, or in bed at bedtime.
  - Read “*The Feeling Book*” by Todd Parr
- or make your own ‘Book of Feelings’
- Stack two or three sheets of construction paper; fold them in half.
  - Punch several holes through the folded edge and weave the yarn through them to hold your book together.
  - On each page, draw faces showing different emotions and label them. You can even try writing your own story!
  - Read your book together with your child and talk about the emotions you drew.

