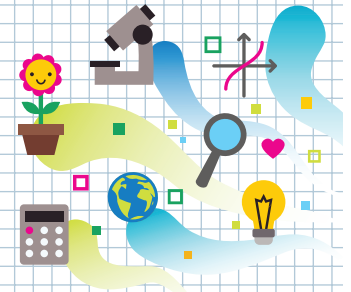




HEADS IN, HEARTS IN

Reading With Emotions

Instructions for Set-Up



Supplies

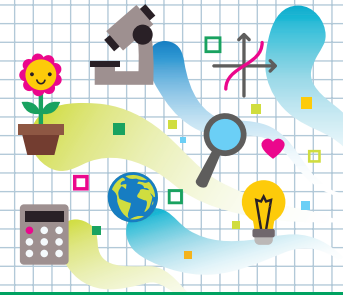
- “Guide for Families” handout
- Clear plastic standup display (optional)
- Children’s picture books
- “Emotion Cards” handout
- Scissors
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print and cut out the cards in the “Emotion Cards” handout.



HEADS IN, HEARTS IN



Reading With Emotions Guide for Families

Learning Objectives

What you need to know:

Social emotional health is a critical component of healthy development for young children. Social emotional development includes the ability to identify and label or name emotions, and find appropriate ways to express or manage those emotions. For young children, strong emotions can be overwhelming. Since they do not have the skills to handle them, they might act out, get clingy or withdraw. You can help them manage their emotions by giving them permission to feel the way they do, helping to identify how they feel, supporting them and teaching them emotion regulation strategies. You can teach them multiple ways to feel calm and then let them decide which technique they want to try.

Emotional literacy, an important life skill, refers to the ability to understand, identify and respond to your own emotions as well as the emotions of other people. Helping young children learn to identify and label different emotions will help them build up their emotional literacy.

What you will do and learn:

In this activity, you will read a book with the child and practice identifying and naming the emotions you see from the characters in the book. Talk about the emotions in the book and relate them to the emotions that the child experiences: "He is so sad because nobody came to his birthday party. Just like you were sad this morning because it was raining, and we couldn't go outside."

Instructions

1. Tell the child that you will be reading a book together.
2. As you read the book, pay special attention to the emotions you see from the characters in the book. Use the "Emotion Cards" to help you look for emotions to point out to the child.
3. Talk about and name the emotions that you see: "He is so excited because it snowed, and he can build a snowman."
4. As you read the book, talk about the child's feelings too and how they express those emotions: "He is yelling because he is angry. Sometimes you yell when you are angry too."
5. Whenever you read a book to the child, try to talk about the emotions that you see.

Reading With Emotions

Emotions Cards Handout

Angry



Sad



Happy



Worried



Surprised



Afraid



The "Emotion Cards" handout originally appeared in the *Heads In, Hearts In* activity "Feelings Masks" by Michigan State University Extension, 4-H Youth Development, 2017.