

Creative Curriculum Project: Emotion Book
Miss Shannon & Miss Mary

An easy project to do with your child is to create a homemade book. Use the attached papers to create one that he/she can share with his/her classmates. You can make a book about one emotion and have your child fill the pages with things that make him/her feel that way. For example, a “Happy Book” may have pictures that you and your child draw of things that make him/her happy, pictures cut out of magazines that are glued on the pages, or photographs of friends and family members. Another approach is to have the book be about a variety of feeling words and do a page on each of several emotions (happy, mad, surprised, scared, irritated, proud, etc.). For children who have a lot to say about their feelings, you may want to have them tell you a sentence about what makes them feel an emotion so you can write the sentence on the page. Then, your child can cut out a picture to glue in the book or draw a picture to go with the emotion. Have fun!

Child’s name _____ A.M. or P.M.

Name of adult who helped (print) _____

Adult signature _____

Date _____

Time spent (circle one) 30 min. 1 hr. 1.5 hrs. 2 hrs.

Verified by staff _____ Date verified _____

* Social Emotional / Social Studies:

1. Self-regulation
 - 1.1 **Independent Behavior**
 - 1.2 Regulation of Emotions and Behavior
 - 1.3 Prosocial Behavior
 - 1.4 Social Problem Solving

