

## My Little Book of Big Feelings

### Overview

In this activity, students will develop an awareness of and vocabulary for emotions through book making.

### Grades

K-5

### Activity Type

Individual

### Materials

- Writing paper
- Pencils, crayons, markers, etc.
- Cardboard or construction paper (for book covers)
- Glue or paste (if students want to paste items onto the pages of their books)
- String or staples (for binding the book)
- Scissors or paper cutter

### Duration

Varies

### Instructions

1. Ask students to brainstorm a list of emotions/feelings, then prompt the group with specific questions such as:
  - How are you feeling today?
  - How do you feel when...
  - How do you act when you feel...

Chart all of the emotions students mention on the board.

2. Tell students that they are going to be making a book that explores feelings and emotions, and that each day they will complete a page of the book that focuses on a feeling of their choice. Tell students the name of the book will be "My Little Book of Big Feelings."

Assemble the blank books. (For example, fold pieces of 8 ½ by 11 paper and staple or hole punch and tie them at the spine. Glue pieces of construction paper or cardboard to the front and back outer sheets of paper.) Teachers can use their discretion whether to first allow students to decorate the outside of their books, or to complete the inner pages first.

3. Refocus student's attention on the list they brainstormed and tell them to individually choose one emotion they would like to focus on for their first page. Once they have decided, instruct students to complete the following sentence (Older students may be instructed to write more than one sentence on the emotion selected.):
  - I feel <insert emotion chose> when...
4. Next, have students think of a picture they can draw to illustrate this sentence. Once the sentence and art work is finalized, this will make up one page of the book. Students can either work directly in their book, or can work on separate paper that they then paste onto the pages of the book (this may be best for younger students who may make mistakes as they work.)
5. Each day, or perhaps one day a week, students can be instructed to add a new page in their book that focuses on a different emotion, such as an emotion they are currently feeling, an emotion they have witnessed someone else experience, or just an emotion they choose to explore that day.
6. Once students have completed their books (teachers can determine how many pages/emotions the book will contain) the class can have a publishing party to reflect on their great work.