



Feelings Literacy Bag

We are so glad you have brought home a Family Literacy Bag!
We hope you and your child enjoy the activities below.

Read the books aloud with your child and repeat them throughout the two-week checkout period.
Below are fun activities that explore feelings.

This bag includes

How Are You Peeling? by Saxton Freymann and Joost Elffers, *My Many Colored Days* by Dr. Seuss, nonbreakable mirror, box of crayons, paper, individual emotions written on paper, Family Activity card

Activity 1

Take turns making faces in the mirror that relate to the feelings described in the books. Ask your child, “What makes you feel this way?”

Activity 2

While you have this literacy bag, ask your child to choose a color that represents how they feel that day. Have them draw a picture and label their picture with the feeling. Collect the pictures and staple them together to make a feelings book for your child.

Activity 3

Choose an emotion card. Read it aloud. Ask your child to act out the emotion. You can also act out the emotion and ask your child to guess the feeling.

We hope you enjoy these activities! Please share your experience with us.