



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.