



# POPEY @ Home & School

*Provincial Outreach Program for the Early Years*



## All About Feelings

Activity Package





# All About Feelings



## Big Feelings Chat

We've been going through a time of BIG feelings.

Brainstorm feeling words and write down each word on a piece of paper or sticky note.

Draw and/or make faces that go along with the feelings you brainstormed.

Talk about how each member of the family or members of your class are feeling right now.

Talk about how it's okay to have a lot of feelings, especially right now.

**Make sure to listen to and acknowledge everyone's feelings.**

You can use this [Feelings Chart](#) or this [Mood Metre](#) to help.

## List of Happiness

Draw or write a list of ten things that make you happy.

Choose your favourite thing to share with a family member and explain why it makes you happy.

Extra fun!

Write and draw about your favourite thing.

Make a "Favourite Things" book

## Play a Feelings Game

Play a feelings game with a family member by taking turns acting out different feelings and guessing what they are.

Afterwards, talk to a caring adult about the feelings you have been having lately.

If you have questions about COVID-19, you can read [this book](#) for more information.

You can use this [Feelings Chart](#) or this [Mood Metre](#) to help.

## What Colour Are You?

When you think of a feeling, do you sometimes feel colours? Like red for angry? Lots of people have made connections to feelings and colours.

Choose a colour and think about how it makes you feel. Draw and write about it. Pick a few more colours and do the same.

Read and listen to the story [The Colour Monster](#) see how feelings can match different colours.

You can use this [Feelings Chart](#) or this [Mood Metre](#) to help.





# All About Feelings



## How Do You Feel?

With your family (*in your house, or family who don't live in your house*) - answer these questions:

1. How do we want to feel as a family?
2. What can we do to feel that way?

Brainstorm a list of ways you want to feel (loved, safe, happy, playful, joyful,...) and write them down.

Then write down some ideas for what you can do to feel those ways.

Post the list somewhere in your house for everyone to use.

You can use this [Feelings Chart](#) or this [Mood Metre](#) to help brainstorm your list of Family Feelings.

more details about this activity can be found [here](#)

*\*this activity can be modified to be a Class Charter instead of a Family Charter*

## What's Your Tip?

Sometimes we have feelings that are hard to feel. When we feel that way, it's good to have some ideas, or strategies, to feel better.

What are some ways that you can feel better when you're not feeling so great?

Ask friends and family what some of their tips are for feeling better on a not so great day.

Draw, write, have a puppet show, make postcards, or make a video sharing all the tips you heard.

[You can read and listen to the book - Ishi](#) - for tips on what to do on a stinky day.

