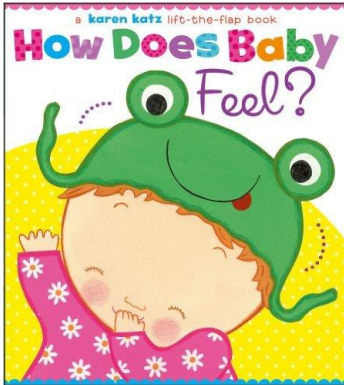




SEEDS for Story Time

Promoting Social Emotional Development Through Books



How Does Baby Feel?

By Karen Katz

Baby wants milk and crackers. How does Baby feel? Hungry!

There are so many feelings that Baby can have! Little ones can lift the flaps to find Baby experiencing a range of emotions. This gem from Karen Katz is sure to become a favorite among teachers, children, and families. (Ages 1-3)

Introducing this book to young children:



CLL2.1b

As you read this story to a small group of toddlers allow them to participate by practicing opening the flaps to see how baby feels. Pause before opening each flap and prompt older toddlers to identify each feeling.



CLL1.1a

While reading the story, pause, and ask children if they feel the same way the baby does. For example, do they feel sad when they break a toy? Ask what other things make them feel happy, sad, loved, etc. Do they think the same kinds of things that make them feel happy would make baby feel happy?



SED2.1b

After reading the story several times, have children make feeling faces. For example, when baby is sad, model how to make a sad face and have children imitate. If you're reading this to a small group of toddlers, provide them with small plastic mirrors so they can look at themselves as they make each face.



CLL3.1b

Use a cube-shaped empty box, such as a tissue box, and draw or glue pictures of faces expressing emotions on each side: happy, sad, angry, and excited. Encourage children to roll the box and then act out the emotion that is showing. You can also prompt older toddlers to identify the emotion – start with a few (happy and sad), and add more (mad, excited, frustrated) as appropriate.



SED5.1d

Have “How Does Baby Feel?” moments during the day as you see children express different emotions. For example, when a child is crying and needs comforting identify their feelings. Ask “How does (insert child’s name) feel?” and say “(Child Name) is sad.”

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Repeated readings of the same book provides opportunities for toddlers to develop a sense of competence and confidence. Children learn to point at and label pictures, turn pages, discuss the story, and make predictions of what will happen next, while learning new words and relating the story to their own experiences. Read *How Does Baby Feel?* for several days in a row and use some of the ideas, activities, and teaching opportunities listed below to enhance social and emotional skills.



GELDS Activity Spotlight

Art

Cut out different faces showing various emotions from magazines. Mix water with non-toxic glue in a small bottle. Encourage children to use a paintbrush to apply the glue mixture to a piece of construction paper and adhere the pictures. Children may apply the glue mixture over the pictures for added durability. As children create, talk with them about the pictures. For example, say “Look at her face. She looks happy”. **SED5.1d**

Library

Trace and cut out ovals from skin toned felt. Cut out shapes for eyes, noses, ears, hair, mouths, hats, etc. The older your child, the more detailed your pieces can get (eyebrows, mustaches, earrings). Make a variety of expressions such as, happiness, sadness, excitement. Display these on a felt board so that children can create a variety of different faces. Ask questions such as, “Which one is happy?” and mimic the feeling face. **SED2.1b**

Music

Share with children how our bodies can show emotion. Demonstrate that crossing your arms can mean you are angry, putting your head in your hands can show frustration and raising your hands in the air can mean you are happy. After you model, have the children follow along with you. Then sing the song “If You’re Happy and You Know It” and use the terms ‘frustrated, ‘sad’ and ‘happy’ in the song along with the corresponding body language. **SED2.2b**

Focus on Family

Use this familiar song to teach and model emotions with your children. As you sing, model the actions for your toddler and encourage them to imitate each action. **SED3.3c**

*If you are **happy**, and you know it clap your hands*
*If you are **happy**, and you know it clap your hands*
*If you are **happy**, and you know it, then your face will surely show it*
*If you are **happy**, and you know it clap your hands.*

Try replacing **happy** with other emotions (feel free to create more):
Mad – cross your arms; **Frustrated** – stomp your feet; **Excited** – jump up and down; **Sad** – make a frown; **Scared** – hide your face

