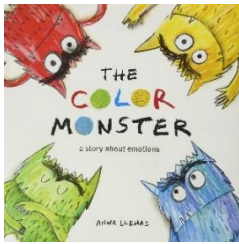
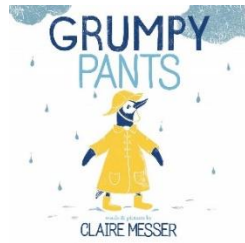


# Storytime Emotion Regulation Kit Contains

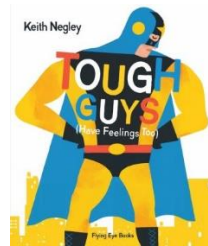
## Books



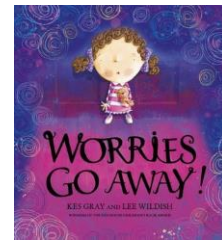
The Color Monster: A Pop-Up Book of Feelings by Anna Lenas



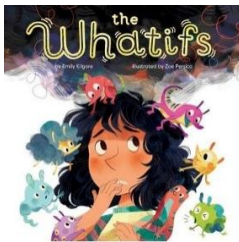
Grumpy Pants by Claire Messer



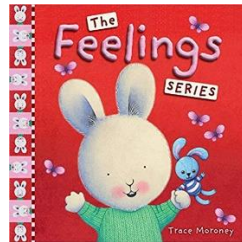
Tough Guys (Have Feelings Too) by Keith Negley



Worries Go Away! by Kes Gray & Lee Wildish



The Whatifs by Emily Kilgore



The Feelings Series by Trace Moroney

*Series includes:*

When I'm Feeling Happy

When I'm Feeling Angry

When I'm Feeling Sad

When I'm Feeling Nervous

When I'm Feeling Kind

When I'm Feeling Scared

When I'm Feeling Jealous

When I'm Feeling Love

When I'm Feeling Lonely

When I'm Feeling

Disappointed

## Songs and Rhymes

A Bouncing We Will Go

Any Way I Feel

Can You Make a Happy Face?

Cry, Cry When You're Sad

Emotions Hokey Pokey

Feelings

Five In a Bed

Good Morning, How Are You?

Happy

I Have a Happy Face

I Have Feelings

I Look in The Mirror

If You're Happy and You Know It

If You're Happy and You Know It (variation)

Sad, Bad, Terrible Day

When I Am

## Activities



# Songs and Rhymes

## **A BOUNCING WE WILL GO**

A bouncing we will go,  
a bouncing we will go.  
Hi-ho the dairy-O,  
a bouncing we will go.

A rocking we will go,  
a rocking we will go.  
Hi-ho the dairy-O,  
a rocking we will go.

A tickling we will go,  
a tickling we will go.  
Hi-ho the dairy-O,  
a tickling we will go.

## **ANY WAY I FEEL**

When I am happy, I laugh. Ha ha ha ha ha  
When I am sad, I cry. Boo hoo hoo.  
When I am angry, I yell. Argh!  
When I am down, I sigh. Aghhhhhhh.

Any way I feel, I can show it to you.  
Do you ever feel the same way too?

When I am tired, I yawn.  
When I am silly, I giggle. Hee hee hee.  
When I am sick, I moan. Ow ow ow.  
When I am excited, I wiggle.

Any way I feel, I can show it to you.  
Do you ever feel the same way too?

## **CAN YOU MAKE A HAPPY FACE?**

Can you make a happy face?  
Happy face, happy face.  
Can you make a happy face?  
Just like me.

Can you make an angry face?  
Angry face, angry face.  
Can you make an angry face?  
Just like me.

Can you make a scared face?  
Scared face, scared face.  
Can you make a sacred face?  
Just like me.

Can you make a sad face?  
Sad face, Sad face.  
Can you make a sad face?  
Just like me.

### **CRY, CRY WHEN YOU'RE SAD**

*To the tune of 'Row Row Row Your Boat'*

Cry, cry when you're sad.  
Just between you and me.  
Don't be afraid to shed a tear.  
It's just what you have to do.

### **EMOTIONS HOKEY POKEY**

You put your happy face in,  
You take your happy face out.  
You put your happy face in and you shake it all about.  
You do the hokey pokey and turn around,  
That's what it's all about.

You put your sad face in,  
You take your sad face out.  
You put your sad face in and you shake it all about.  
You do the hokey pokey and turn around,  
That's what it's all about.

You put your angry face in,  
You take your angry face out.  
You put your angry face in and you shake it all about.  
You do the hokey pokey and turn around,  
That's what it's all about.

You put your scared face in,  
You take your scared face out.  
You put your scared face in and you shake it all about.  
You do the hokey pokey and turn around,  
That's what it's all about.

You put your surprised face in,  
You take your surprised face out.  
You put your surprised face in and you shake it all about.  
You do the hokey pokey and turn around,  
That's what it's all about.

You put your silly face in,  
You take your silly face out.  
You put your silly face in and you shake it all about.  
You do the hokey pokey and turn around,  
That's what it's all about.

Reference song: <https://www.youtube.com/watch?v=ZHS7vCdBeus>

### **FEELINGS (by Karen Folk)**

Sometimes on my face, you'll see (point to face)  
how I feel inside of me (point to chest).  
A smile means happy (smile),  
a frown means sad (frown).  
And gritting teeth means I'm mad (grit teeth).  
When I'm proud, I beam and glow (smile),  
but when I'm shy, my head hangs low (bow head).

### **FIVE IN A BED (with faces)**

There were 5 in the bed and the little one said (hold up 5 fingers),  
"roll over, roll over" (make rolling motion),  
and they all rolled over and one fell out (make rolling motion and hold up 1 finger).  
There were 4 in the bed and the little one said (hold up 4 fingers),  
"roll over, roll over" (make rolling motion),  
and they all rolled over and one fell out (make rolling motion and hold up 1 finger).  
  
There were 3 in the bed and the little one said (hold up 3 fingers),  
"roll over, roll over" (make rolling motion),  
and they all rolled over and one fell out (make rolling motion and hold up 1 finger).  
  
There were 2 in the bed and the little one said (hold up 2 fingers),  
"roll over, roll over" (make rolling motion),  
and they all rolled over and one fell out (make rolling motion and hold up 1 finger).  
  
There was 1 in the bed and the little one said,  
"Ahhh. Now I have the whole bed to myself. Goodnight!"

Reference:



*The bigger smiling faces have the surprised face on the back. As we sing about falling out of the bed, flip the face over to reveal the shocked face.*

*The little grumpy face will be turned over to reveal a happy face when they are the only one left in the bed.*

### **GOOD MORNING, HOW ARE YOU?**

Good morning, good morning,  
How are you? How are you?  
Very well thank you, very well thank you,  
How about you? How about you?

### **HAPPY**

*To the tune of 'BINGO'.*

Was a fellow, that I know, who was happy all the time-o.  
Happy, happy, happy, he was happy all the time-o.

Was a fellow, that I know, who was angry all the time-o.  
Angry, angry, angry, he was angry all the time-o.

Was a fellow, that I know, who was tired all the time-o.  
Tired, tired, tired, he was tired all the time-o.

### **I HAVE A HAPPY FACE**

*To the tune of 'I'm A Little Teapot'*

I have a happy face.  
Watch me grin.  
I have a great big smile,  
from my forehead to my chin.

When I get upset and things are bad,  
Then my happy face turns to sad.

### **I HAVE FEELINGS**

*Sung to the tune of 'Twinkle Twinkle Little Star'*

I have feelings (point to self).  
So do you (point to children).  
Let's all sing about a few.  
I am happy (smile).  
I am sad (frown).  
I get scared (cross arms and make scared face).  
I get mad (stomp feet and make angry face).  
I am proud to be me (hands on hips and smile).  
That's a feeling too you see.  
I have feelings (point to self).  
You do too (point to children).

We just sang about a few.

### **I LOOK IN THE MIRROR**

I look in the mirror and what do I see?

I see a happy face smiling at me.

I look in the mirror and what do I see?

I see a surprised face staring at me.

I look in the mirror and what do I see?

I see a sad face frowning at me.

I look in the mirror and what do I see?

I see an angry face glaring at me.

I look in the mirror and what do I see?

I see an excited face smiling at me.

### **IF YOU'RE HAPPY AND YOU KNOW IT**

If you're happy and you know it, clap your hands (clap clap).

If you're happy and you know it, clap your hands (clap clap).

If you're happy and you know it, then your face will surely show it.

If you're happy and you know it, clap your hands. (clap clap).

If you're happy and you know it, stomp your feet (stomp stomp).

If you're happy and you know it, stomp your feet (stomp stomp).

If you're happy and you know it, then your face will surely show it.

If you're happy and you know it, stomp your feet. (stomp stomp).

If you're happy and you know it, shout "Hurray!" (hoo-ray!).

If you're happy and you know it, shout "Hurray!" (hoo-ray!).

If you're happy and you know it, then your face will surely show it.

If you're happy and you know it, shout "Hurray!" (hoo-ray!).

If you're happy and you know it, do all three (clap-clap, stomp-stomp, hoo-ray!).

If you're happy and you know it, do all three (clap-clap, stomp-stomp, hoo-ray!).

If you're happy and you know it, then your face will surely show it.

If you're happy and you know it, do all three. (clap-clap, stomp-stomp, hoo-ray!).

### **IF YOU'RE HAPPY AND YOU KNOW IT (variation)**

If you're happy and you know it clap your hands (clap clap).

If you're happy and you know it clap your hands (clap clap).

If you're happy and you know it, then your face will surely show it.

If you're happy and you know it, clap your hands. (clap clap).

If you're mad and you know it cross your arms (cross arms).

If you're mad and you know it cross your arms (cross arms).

If you're mad and you know it, then your face will surely show it.

If you're mad and you know it cross your arms (cross arms).

If you're excited and you know it jump up and down (jump jump).

If you're excited and you know it jump up and down (jump jump).

If you're excited and you know it, then your face will surely show it.

If you're excited and you know it jump up and down (jump jump).

If you're sad and you know it make a frown (frown).

If you're sad and you know it make a frown (frown).

If you're sad and you know it, then you're face will surely show it.

If you're sad and you know it make a frown (frown).

If you're scared and you know it hide your face (cover face).

If you're scared and you know it hide your face (cover face).

If you're scared and you know it, then your face will surely show it.

If you're scared and you know it hide your face (cover face).

**Other variations:**

If you're sad and you know it – have a cry (rub your eyes and say boo hoo)

If you're hungry and you know it - rub your tummy

If you're sleepy and you know it – have a yawn

If you're excited and you know it - yell 'hooray' (raise arms overhead)

If you're excited and you know it - yell 'hooray' (raise arms overhead)

If you're bouncy and you know it - Hop around.

If you're funny and you know it - Laugh out loud

If you're noisy and you know it - Stomp your feet

If you're friendly and you know it - Wave hello

If you're scared and you know it - Give a shiver.

**SAD, BAD, TERRIBLE DAY**

It's a sad, bad, terrible day.

Things just aren't, going my way.

It's a sad, bad, terrible day.

Will it end?

Or will it stay?

I brush it off,

from my head to my toes.

Brush, brush,

and wiggle my nose.

I laugh it off,

ha! Ha!

And ho! Ho! Ho!

I'm feeling better now,

don't you know.

Reference song: <https://www.youtube.com/watch?v=ca8SUuG8vdA>

**WHEN I AM.....**

When I am happy,  
ha ha ha ha (laugh)!

When I am sad,  
boo, hoo, hoo, hoo (say).

When I am angry,  
I can stomp my feet!  
One, two, three, four (stomp).

When I am tired,  
I give a big yawn (yawn).

When I am sick,  
You might hear ACHOO (sneeze)!

When I am excited,  
Hooray! Yippee! (say)

These are my feelings.  
You have them too.



# Activities

## MUSICAL FEELINGS

*Materials:*

- Music
- Feelings cards (optional)

*Method:*

1. Play music and allow children to dance.
2. As you are pausing the music, say a feeling (option to hold up feeling card too).
3. Children must freeze and show the feeling you said with their own face.

## FEELINGS WHEEL

*Materials:*

- Paper plates
- Pegs
- Textas/pencils
- Black texta

*Method:*

1. Divide plate into 4 sections.
2. Each section needs to be coloured a different colour.
3. Add a face to highlight which colour represents which emotion.

For example:

Green = happy

Blue = sad

Yellow = excited

Red = mad

4. Explain that the peg can be used by the child to show how they are feeling on that day.

*Example:*



## **EMOTION EGGS**

### *Materials:*

- Plastic eggs
- Black textas
- Bucket with variety of emotions folded up inside

### *Method:*

1. Give each child 1 plastic egg and their parent/carer a texta.
2. Each child will need to pull a feeling out of the bucket; this is the feeling they will draw on their egg.
3. Once everyone has completed their egg, invite children and their parents/carer to swap half an egg with another family and see how the face changes.
4. Another option for this activity is that once everyone has finished their egg face, act out different scenarios and ask people to hold up their egg if they think the egg face fits the scenario. Children have to copy the face/s being held up.  
eg: Playing in the playground – happy or excited.  
eg: Falling over and getting a sore knee – sad.

### *Example:*



## **FEELING MONSTERS**

### *Materials:*

- Paper plates & paint & paint brushes OR
- Coloured paper
- Streamers/fabric
- Googly eyes
- Glue
- Scissors

### *Method:*

1. Children will need to either cut out a face from coloured paper or paint their paper plate. The colour of their monster face should match the emotion they want to portray.

For example:

Red = mad

Yellow = happy

2. Anything can be used to add arms and legs and a face to the monster – streamers, fabric, coloured paper.

### *Example:*

