

Create a Cardboard Canvas of Feelings

In this activity, we are making connections between how the character in a book may feel and our own feelings.

HOW DO YOU FEEL WHEN ...?

Read a book where the character experiences different emotions. Discuss with children the emotions that the character might have been feeling at different points in the story. Ask children to share how they might have felt if they had encountered the same situations as the character.

Ask children how they might feel in different scenarios:

- *"How do you feel when you give a gift to somebody you love?"*
- *"How do you feel when somebody plays roughly with the toy you love most?"*
- *"How do you feel when somebody speaks kind words to you?"*

Brainstorm several scenarios using the sentence starter *"How do you feel when...?"*

You will need:

- Cardboard box
- Black marker
- Variety of drawing tools

Open a cardboard box and lay it out flat. Use a black marker to create a series of different frames across your cardboard canvas.

- Have children sit around the canvas and provide a *"How do you feel when...?"* prompt.
- Children draw a self-portrait of how they feel in the situation described.
- Repeat with different prompts until all the frames are filled up.
- Children will lean forward and lay on their stomachs to draw in the frames
 - Drawing in different positions helps children to strengthen the muscles required to become writers.
- Alternatively, you could hang the cardboard canvas from a fence so that children are required to draw on a vertical surface. This is another fantastic way to strengthen fine motor muscles.



To conclude, you might ask:

- Which drawing are you most proud of? Why?