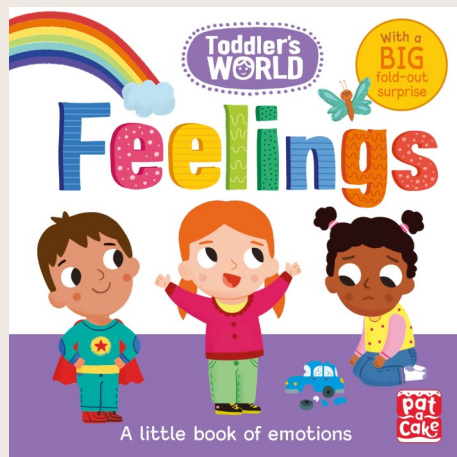


Feelings

Pat A Cake

With so many pictures of children doing things, every child will find a picture of a child that they can relate to.

By looking through all the activities the children are doing and their facial expressions and body language, you will have endless opportunities to talk about feelings.



BEFORE READING...



- ▶ Look through the book at all the different activities the children are doing and the things that have happened to them.
- ▶ Talk about how when different things happen we can feel different things.

WHILE READING...



- ▶ There is a lot to talk about. It might help to focus on one page at a time.
- ▶ Make expressions on your face to show how you might look with the various feelings. Invite your child to do the same and compare.
- ▶ All feelings are normal. The key messages are on the first pages: "We all have lots of different feelings every day." and "It is good to talk about how you feel."

AFTER READING...



- ▶ Talk about how you felt when something happened to you.
- ▶ Talk about how your child felt when something happened to them.
- ▶ Practice making faces in the mirror.