

## Kindergarten

### Health Objective 1.01

Identify specific feelings by name and demonstrate the ability to verbalize feelings in an appropriate manner.

### Language Arts Objective 5.01

Develop spelling strategies and skills by representing spoken language with temporary and/or conventional spelling.

### Materials Needed:

*The Way I Feel* by Janan Cain  
Mirrors for each student

### Focus:

Review questions:

How do you feel when

You get a gift?

A toy breaks?

You are sick?

You meet someone new?

You get in trouble?

### Teacher Input:

1. Introduce the book, *The Way I Feel*, by Janan Cain. Students will be asked questions about the cover such as, “What kind of face is the person on the cover making?” “How do you think she feels by what you can see?” “Do you have any ideas what the book might be about?”
2. After discussing the cover, begin reading the book.  
While reading the book, ask the following questions:
  - Show me your silly face. (pg.1)
  - Describe a time when you were scared at night. (pg. 3)
  - This girl looks sad. Do you know what could be bothering her? (pg. 6)
  - Are the colors on the happy pages different from the colors on the scared pages? If so, how? (pg. 8)
  - How do you express your sadness? Do you cry, talk, think, rest with quiet time? (pg. 10)
  - How do you act when you’re angry? (pg. 12)
  - Do you say “thank you” when someone does something nice for you? How do you think it makes them feel? (pg. 13)
  - What makes you frustrated? (pg. 16)
  - Have you ever felt shy? (pg. 17)
  - Have you ever been bored? What do you do? (pg. 19)
  - Do you ever feel like this character when you are excited? (pg. 22)
  - Have you ever been jealous? What is an appropriate way to respond to jealousy? (pg. 23)
  - What are you proud of? (pg. 26)
  - What does the author mean when she says, “They are all a part of me”? (pg. 27)

Discuss how emotions and feelings are natural parts of life and it is normal to have lots of different feelings. Make a list of feelings and brainstorm different ways people express these feelings. Discuss the positive and acceptable ways that we express feelings at home and in school.

**Practice & Assessment:**

Activity 1

1. Give each student a mirror or pair students if mirrors are not available.
2. Call out a feeling for situation which would evoke an emotional response.
3. Allow students to look in the mirror or at their partners while demonstrating these expressions.

Activity 2

1. Provide children with paper.
2. Have each student write:  
I feel \_\_\_\_\_ when \_\_\_\_\_.  
I express this feeling by \_\_\_\_\_.
3. Allow students to use inventive spelling and transcribe later.