



## Craft: Feelings Plates

### Supplies

5 paper plates, 5 color photos, glue stick, marker

### Steps

1. Cut out the 5 images.
2. Glue them onto the paper plates.
3. Write the emotions on each plate: Happy, Sad, Mad, Hungry, and Tired.

**Educational Play Benefits:** Social Emotional Learning, communication

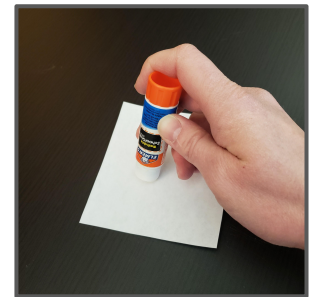
**TALK** about and label emotions. This allows children to learn emotional vocabulary and to respect and validate that it's ok to feel lots of different feelings.

**SING** a specific verse of "If You're Happy and You Know It" (see back for song) based on the emotion plate in your hand.

**READ** books about a range of emotions such as *Allie All Along* by Sarah Lynne Reul, *Mad Mad Mad* by Leslie Patricelli, *Bye-Bye* by Carol Zeavin, and *Glad Glad Bear* by Kimberly Gee.

A strong **WRITING** foundation begins with letter recognition. Point out the letters on your plates.

**PLAY** a game of peek-a-boo by placing all the emotions plates face-down. You or your baby can reveal one plate at a time and talk about the emotion. For older children, you can then play a simple game of memory and ask them to find a specific emotion and flip it over.



Turn over instructions for song



**The books in your May box are due back on June 15** • Vernon Area Public Library



## If You're Happy and You Know It

If you're happy and you know it clap your hands  
If you're happy and you know it clap your hands  
If you're happy and you know it and you really want to show it  
If you're happy and you know it clap your hands

If you're mad and you know it give a grrrr...

If you're sad and you know it give a cry (boo hoo!)...

If you're hungry and you know it rub your tummy (yum yum!)...

If you're tired and you know it give a yawn...

If you're happy and you know it clap your hands  
If you're happy and you know it clap your hands  
If you're happy and you know it and you really want to show it  
If you're happy and you know it clap your hands

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