

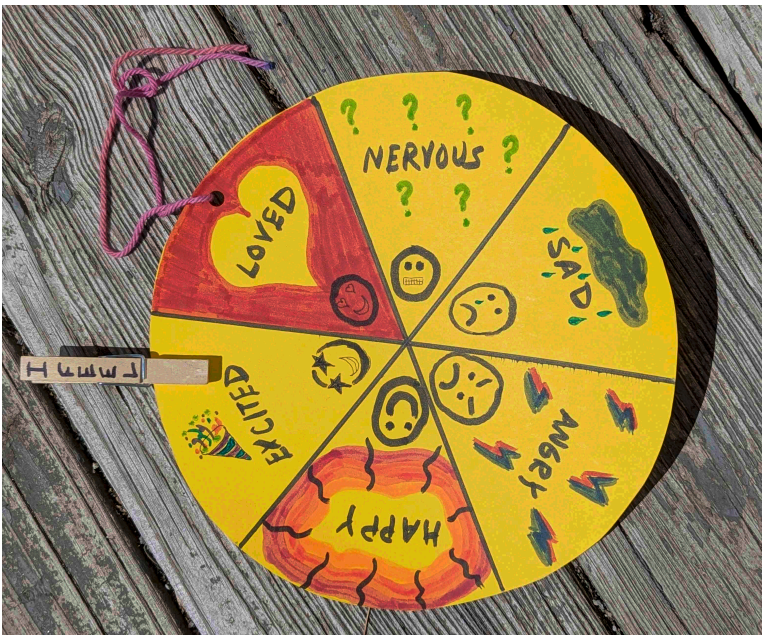
# IDENTIFYING EMOTIONS

## WHAT IS IT?

A read aloud of *Rostam's Picture-Day Pusteen* by Ryan Bani Tahmaseb with an extension activity of crafting a feelings wheel.

## HOW DO YOU DO IT?

1. Introduce the book and its author.
2. Read the book.
3. Talk about some of the emotions that appeared throughout the book. Ask children to name some of the ones they remember. Return to the book to find those parts of the story. If children are having a hard time remembering or if there are emotions you want to highlight, go through the book together.
4. Some questions to ask with each new emotion named:
  - a. What made Rostam feel \_\_\_\_\_?
  - b. How does your body feel when you feel \_\_\_\_\_?
  - c. What does your face look like when you feel \_\_\_\_\_?
  - d. What is something that might make you feel \_\_\_\_\_?
  - e. In what ways is this different from when you feel \_\_\_\_\_?
5. Craft – Feelings Wheel. (Instructions follow.)



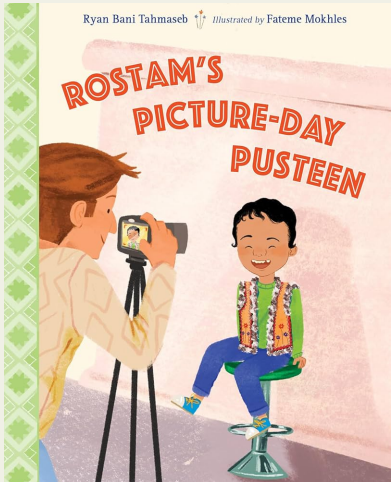
## PRIMARY AUDIENCE

Early Childhood  
Children  
Family

## PASSIVE

## ACTIVE

X



# IDENTIFYING EMOTIONS

## FEELINGS WHEEL (two ways)

### Version A:

#### Materials Needed:

- White paper plates – the thickness of cardstock. You can use cardstock, but you'll have to precut it into circles. You'll need one plate per wheel.
  - Divide each plate in up to 6 even sections. Use a ruler to help create straight lines. If starting with a pencil, trace over the lines with a marker, so the border of each section is clear. For younger participants, 2-4 sections might work better. For older children use 5 or 6. You'll need one of these for each person. You should end up with something that looks like an evenly distributed pie chart.
- Wooden clothes pins - one per wheel.
  - Using a marker write "I feel..." on the top and bottom of each clothes pin.
- Ruler
- Pencils, markers and/or crayons
- Single hole punch
- Scissors
- Yarn

#### Construction:

- Using preprinted words and glue, label each section of Plate 1 with a different feeling. You can decide this beforehand or work with the children to choose which ones they want to add to their wheel.
- Have children illustrate each section to represent its emotion. Talk about how colors can help show feelings. Some children might find it helpful to draw simple faces, similar to emojis.
- Punch a hole at the top of the plate. Cut a piece of yarn and thread it through the hole. Tie a knot to create a hanger.
- Clip a clothes pin to the edge of the plate near the feeling of the moment.

### Version B:

#### Materials Needed:

- White paper plates – the thickness of cardstock. You can use cardstock, but you'll have to precut it into circles. You'll need two per participant.
  - Plate 1: Divide each plate in up to 6 even sections. Use a ruler to help create straight lines. If starting with a pencil, trace over the lines with a marker, so the border of each section is clear. For younger participants, 2-4 sections might work better. For older children use 5 or 6. You'll need one of these for each person. You should end up with something that looks like an evenly distributed pie chart.

### NOTE

*Older children could do the preparation steps for both versions.*

# IDENTIFYING EMOTIONS

(Version B cont)

- Plate 2: using a pencil lightly outline one section of the plate so it is just about the size of sections on Plate 1. Place a quarter at the center of the plate and trace around it. This marks the area where the brad fastener will join the two plates together. Carefully cut that one section from the plate making sure to cut along the outside edge of the coin's outline.

- Ruler
- Quarter for tracing
- Pencils, markers and/or crayons
- Brad fasteners
- Scissors
- Single hole punch
- Yarn

Construction

Plate 1:

- Using preprinted words and glue, label each section of Plate 1 with a different feeling. You can decide this beforehand or work with the children to choose which ones they want to add to their wheel.
- Have children illustrate each section to represent its emotion. Talk about how colors can help show feelings. Some children might find it helpful to draw simple faces similar to emojis.
- Punch a hole at the "top" of the plate. Cut a piece of yarn and thread it through the hole. Tie a knot to create a hanger.

Plate 2:

- Color and label plate "I feel..." making sure that the words are visible. Remember only one side of this plate will be visible.
- Place plate 2 with the label side up over Plate 1 covering the feeling side. Insert a brad fastener into the center of each plate and attach. Now move the top wheel so the window reveals the feeling of the moment.

# IDENTIFYING EMOTIONS

## ADDITIONAL

Sing 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.

"... stomp/stamp your feet.

"... wave your arms.

"... say, "hooray" / "we are"

"... do all three (or four or five, etc.)

## RESOURCES

### **Brightly - Raise Kids who Love to Read**

*Books To Help Kids Handle All Kinds of Uncomfortable Emotions*

by Melissa Taylor

<https://www.readbrightly.com/books-to-help-kids-handle-uncomfortable-emotions/>

### **Doing Good Together**

*Exploring strong emotions through story.*

<https://www.doinggoodtogether.org/bhf-book-lists/emotional-awareness-picture-books>