



Book Activity Sheet

I Love You Because You're You

By Liza Baker

This story about a mama fox's unconditional love for her cub describes the many moods of all children from happy to frightened, bashful, to silly, and more.

Things to Talk About:

Everybody has feelings: There are many different kinds of feelings and everybody has them at one time or another. Emotions aren't meant to be hidden. Start with one feeling, such as happiness. Talk about the kinds of things that make you happy. Ask your child to share things that make him or her happy.

Activities to Do:

1. Feelings Booklet

You Will Need: enough paper to make a small booklet, hand mirror, crayons, markers, pencil

What to Do: Each child can make a booklet.

To make this booklet, run off copies of blank face with a caption on the bottom, such as, "I am happy when _____."

Discuss things that make your child happy. Then each child will dictate or write whatever they choose to in order to complete the sentence for the specific emotion being discussed.

After the sentence has been completed, hand your child a small, light-weight mirror and ask him or her to make a happy face so he or she has something to model his or her drawing after.

You can continue this process for several days discussing emotions such as angry, sad surprised, etc.

(Source: <http://www.perpetualpreschool.com>)

2. Feelings Collage

You Will Need: old magazine pictures, scissors, glue, construction paper

What to Do: Have your child look through old magazines for pictures where people are displaying different emotions. Your child can cut the pictures out and glue them onto the construction paper. Your child can group the pictures by each emotion, or mix the pictures altogether.





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