



## FEELINGS

This Read Together Kit contains stories that are fun to share with one or many children. Combine these stories with any of the suggested songs and rhymes to create a feelings-themed storytime.

**Titles in this kit include:**

Toddler and older:

- *A Kiss Means I Love You* by Kathryn Madeline Allen
- *Every Little Thing* by Cedella Marley
- *Grump Groan Growl* by Bell Hooks
- *My Heart Fills With Happiness* by Monique Gray Smith

Note that the drumming and dancing depicted in this book are activities held sacred by indigenous cultures. We encourage readers to be mindful of this when considering any activities to pair with this book.

Preschool and older:

- *Brave* by Stacy McAnulty
- *Gracias* by Pat Mora
- *Jabari Jumps* by Gaia Cornwall

**Early Learning Ideas:**

- When you help a child name their feelings, it helps to grow their vocabulary and ability to more specifically express their emotions.
- Support the development of a child’s ability for empathy, an important social-emotional skill, by sharing a conversation about the characters in a book. You can start the conversation by looking at a page and asking questions such as “what do you think is happening?” or “how do you think they feel?”
- Movement games help to get the wiggles out and also help children to learn how to begin self-regulating, another social-emotional skill. Try calling out different movements for a child to imitate, alternating between fast and slow movements or starting and stopping.

We would appreciate your feedback on these Read Together Kits  
<https://www.surveymonkey.com/r/ReadTogetherKit>



### Storytime Songs and Rhymes:

#### Feelings, Feelings (ASL chant)

Feelings, feelings, do-do  
Happy happy, smile smile,  
Sad sad, frown frown,  
Scared scared, shaking shaking,  
Shy shy, embarrassed embarrassed,  
Hungry hungry, eat eat,  
Frustrated frustrated, grumpy grumpy  
Excited excited, want want,  
Feelings, feelings, do-do

Watch a video of this chant: <https://www.storyblocks.org/project/feelings>

#### A Big Sea Star (a self-soothing song)

A big sea star, a big sea star, little cuddle clam, and a big sea star  
A big sea star, a big sea star, little cuddle clam, and a big sea star  
A puffer fish, a puffer fish, little cuddle clam, and a big sea star  
A puffer fish, a puffer fish, little cuddle clam, and a big sea star

Watch a video of this song: go to the Jbrary YouTube channel and search for "A Big Sea Star"

#### If You're Happy and You Know It

If you're happy and you know it, clap your hands, clap, clap  
If you're sad and you know it, cry boo-hoo, boo-hoo!  
If you're silly and you know it, wiggle and dance, wiggle and dance!  
If you're angry and you know it, stamp your feet, stamp, stamp  
If you're excited and you know it, shout hurray, hurray!

Try variations of this song to demonstrate different emotions

#### Si estás contento y lo sabes (Spanish)

Si estás contento y lo sabes aplaude así, clap, clap.  
Si estás contento y lo sabes aplaude así, clap, clap.  
Si estás contento y lo sabes, en tu cara mostrarás.  
Si estás contento y lo sabes, aplaude así, clap, clap.

Si estás contento y lo sabes, pisa así, pum....  
Si estás contento y lo sabes, di ¡hurrá!, ¡hurrá!...

Watch a video of this rhyme: go to the WCCLS Birth2Six YouTube channel and search for "Si estás contento y lo sabes"