March

Activity Sheets

Pierce County Library System
piercecountylibrary.org
253-548-3300

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Books about Feelings

- Ruby Finds a Worry
- Lots of Feelings
- My Heart Fills With Happiness
- The Magical Yet
- The Rabbit Listened
- Jenny Mei Is Sad
- Can I Play Too?
- Come With Me
- Hurry Up!
- I Am Human
- Horrible Bear
Games, Songs, and a Recipe

Feelings Playdough Mats
What you need:
Outline of a face on paper
Playdough
There are a lot of great printables you can find online of face outlines or you can draw your own.
Let children create their own face on the paper with playdough.
What would a happy face look like?
What about an angry face? Or a surprised face?
Encourage them to experiment with changing the eyes, eyebrows, mouths, on their faces to create different emotions.

Bagel Faces
What you need:
Bagel, English Muffins, bread, or crackers
Toppings like - cheese slices, cream cheese or peanut butter spread, bananas, berries, or other fruit. Or veggies instead.
Encourage children to build a face on their bagel, cracker, etc..
What would make a good shape for eyes? A nose? A mouth?
Is their face happy? Sad? This is another good opportunity to talk about different emotions and how our faces often show how we are feeling.

Sticky Bubblegum
Sticky, sticky, sticky
Bubblegum, bubblegum,
Sticky, sticky, sticky
Bubblegum,
Sticking my hands together!
Uh-oh – they’re stuck
Let’s pull them apart...Ready?
1, 2, 3........UNSTICK!
This is a fun and silly song to act out together.
Pretend gum is stuck to your hands, on your tummy, in your hair, on the floor, etc. Each time, check in and see if the gum is actually unstuck.... If not, try again!
FEELINGS
Trace the words and draw a face for each emotion.

Happy
Sad
Afraid

Excited
Angry
Silly
How are you Feeling?

Color the monster according to your feeling today.

Sad  Happy  Angry  Scared
DRAW THE MOUTHS

I'm sad.

I'm happy.

I'm angry.

I'm surprised.
Color by Number

Use the key at the bottom of the page to color the picture.
**DICE-CREAM BINGO**

*Instructions:* Roll two dice, add the total, colour the number on the ice cream below, and be the first to colour all the numbers:
Emotions
Can you tell their emotions? Choose from the words on the box.

sad
angry
worried
silly
happy
tired
Color By Number

1 - Pink
2 - Grey
3 - Black
Trace the numbers and letters. Color the raindrops with letters blue. Color the raindrops with numbers green.
MAZE GAME

Can you help Ben find his way to his cat?
EMOTIONS!