

Read, sing, talk, write, and play when engaging with your young child. Use the books and toys in this kit, along with the activities below, to support the development of early literacy skills and instill a love of reading.

Read

Make the story come alive! Don't be afraid to use voices and have fun with reading. Take time to look at and talk about the pictures.

Help your child relate the story to their own experiences. As the characters experience different emotions, ask your child to talk about a time they felt that way.

When one of the characters is feeling a negative emotion, talk with your child about what they could do to help the character feel better.

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, then your face will surely show it
 If you're happy and you know it, clap your hands.

If you're happy and you know it, stomp your feet . . .
 If you're happy and you know it, shout "Hooray!" . . .
 If you're happy and you know it, do all three
 (clap-clap, stomp-stomp, hooray!) . . .

Continue singing the song with different emotions and actions, such as, sad – touch your feet, worried – hug yourself, angry – jump around, etc.

Skinnamarink

This is a great song to share while calming a sad/worried/frustrated child who needs a little extra love.

Skinnamarinky, dinky, dink
 Skinnamarinky, doo

I love you!
 Skinnamarinky, dinky, dink
 Skinnamarinky, doo
 I love you!
 I love you in the morning and in the afternoon
 I love you in the evening, and underneath the moon
 Skinnamarinky, dinky, dink
 Skinnamarinky, doo
 I love you!

HAPPY

Tune: BINGO

There was a fellow, that I know, was happy all the time-o.
 H-A-P-P-Y, H-A-P-P-Y, H-A-P-P-Y
 He was happy all the time-O.

Continue with other emotions that have five letters, such as "Angry" or "Tired."

Talk

If your child can't express how they feel in words, encourage them to find the appropriate Moods & Emotions Mirror to show you how they are feeling.

Using the mirrors and/or wooden match-ups, discuss the meaning of each emotion and ask your child questions, such as, "What do you think the word 'surprised' means? What is something that would make you feel surprised?"

Learn and teach your child sign language for the various emotions. If they are struggling to tell you how they feel, they may be able to still use the sign. Babysignlanguage.com uses simple signs for young children and has a great dictionary with photos and videos to help you learn.

Write

Encourage your child to select an emotion and draw a picture to represent it. Ask questions to guide their thinking, such as, “When was a time that you felt proud? Can you draw a picture that shows that?”

Like in *The Color Monster*, make a color emotion jar for each emotion. Use clear jars and colored items from around the house. Talk with your child about each emotion and what to do when they are feeling that way. (Examples: Mad – take some deep breaths or count to ten to calm down. Happy – share your happiness with someone else to brighten their day). Help your child write these things down and put a note on the jar. In the future, if you notice your child struggling with a particular emotion, bring out that jar and talk about it.

Play

Play Emotion Charades. Place eight different emotions into a bag. Take turns drawing an emotion and trying to act it out, using only bodies rather than words. Other players can try and guess the emotions.

With your child looking into one of the mirror sides of the Moods & Emotions Mirrors, show them the emotion sides of the different mirrors. With each one, have your child make the face they would make if they were feeling that emotion.

Show your child how to connect the Moods & Emotions Wooden Match-Ups puzzles, matching an emoji to its corresponding scenario. Ask them questions to engage their thinking: “Which emotions does that puzzle show? What is something that makes you feel happy? Which puzzle shows how you feel today?”

Use the Moods & Emotions Wooden Match-Ups to play a memory matching game. Select two of the emoji pieces for each emotion (for a total of 16 pieces). Lay the pieces face down in a grid and invite your child to take turns flipping over two pieces at a time. If the pieces match, your child collects them. Play continues until all the pieces have been matched.

This tip sheet stays with the kit. For a copy of your own, visit dtdl.org/littlethings. For more books, songs, rhymes, and activity ideas to share with your child, visit dtdl.org/storytimes.