

# Feelings

by Aliko

A delightful catalog of feelings – poems, stories, dialogs.



## Read

### Before:

Introduce the book and tell the children a little bit about it. Follow that with a comment or question that is related to the story such as, *This book has little short stories in it. My favorite one is about two boys sharing candy – sometimes sharing can be hard but it wasn't for these boys.* Encourage a discussion so the children can comment, ask questions, and express their feelings. Set the stage for listening by asking an "I wonder" statement based on the cover illustration.

I wonder if we can tell from the pictures what happens to this boy and his ice cream cone?

### During:

Encourage the children to comment on the illustrations and ask questions. Many of the scenarios in this book will be familiar – some might not be. Present those you feel are appropriate for your child(ren). Point out "rare words" (e.g., those words that are not commonly used in every day conversation) and help the children relate the meaning in a way that makes sense to them.

## Rare Words in *Feelings*

- **crocus:** a small spring-flowering plant
- **tingly:** to feel a sensation of vibration
- **genius:** somebody with exceptional ability or intellect
- **spiteful:** to show petty meanness
- **billow:** to swell outward
- **petrified:** to be so scared you can't move
- **faint:** to feel dizzy or weak
- **paralyzed:** temporarily unable to move due to fear
- **gigantic:** very large, tall or bulky
- **jealous:** to feel bitter because of another's possessions or advantages
- **envy:** the unhappy feeling of wanting somebody else's possessions or advantages
- **conscience:** the sense of what is wrong and right that governs thoughts or actions
- **ashamed:** regretful (sorry about an action in this case)
- **embarrassed:** ill at ease or humiliated
- **guilty:** responsible for a wrong action or error
- **humiliated:** to damage somebody's pride or dignity
- **punish:** to penalize somebody for what they did wrong
- **shy:** reserved or uncomfortable around others
- **outburst:** a sudden display of strong emotion
- **unselfish:** putting the needs or interests of others first
- **bored:** tired of a situation that is not exciting or entertaining
- **temperature:** the degree of heat in a living organism
- **thermometer:** an instrument used for measuring temperature
- **starve:** to weaken or die due to lack of food
- **miserable:** very unhappy
- **coma:** a prolonged state of sleep
- **delirious:** irrational as a temporary result of a fever
- **admiring:** to look at something beautiful with appreciation
- **proud:** to feel pleased or satisfied
- **impatient:** annoyed at being kept waiting
- **greedy:** an overwhelming desire to have more of something than needed
- **selfish:** concerned with your own interests while ignoring those of others
- **clever:** to show intelligence
- **nervous:** to feel dread or be easily worried
- **insulted:** to say or do something rude that offends somebody
- **furious:** extremely angry
- **impatient:** eager to do something immediately and unwilling to wait

## After:

Discuss the story. Ask questions...

- Not only do you have feelings but they can be touched by something or someone else. How do you feel when you know you are going to see your best friend? How do you feel on the way to your favorite restaurant?
- What are some reasons that John might have had for knocking down Tom's blocks?
- It was kind of silly for Kate to be so jealous of Alicia's curly hair, wasn't it? Sometimes when you want something someone else has and then you get it, it turns out that it wasn't that great anyway.
- Does anyone know what "consequences" are? It's the result of something that happened. For instance, if you spill your drink, one of the consequences is that you have to clean it up. Another would be that you don't have a drink anymore. What would be some consequences if you break one of your toys?
- The story about Whiskers was sad. Has anyone ever had a pet die?
- Let's talk about my favorite story – Here, Have Some. You feel good when you make someone else happy, don't you? Sharing with someone – especially when you have more than you need – gives you a really good feeling inside. Tell me about some times that you've shared.
- Let's talk about being bored. How could that little girl be bored with all that stuff in her room? Are you ever bored? Why?
- Does anyone know what it means to "one-up" someone? It's what is happening in the "Your Attention, Please" dialog. How does it make you feel when someone one-ups you?



**Do**

## An Act of Feelings!

Act out the different feelings on page 31 of *Feelings*. Let each child choose the feeling they want to act out and then have the rest of the children guess what it is.