

# How Are You Peeling?



Foods with Moods  
by Saxton Freymann and Joost Elffers

Feeling happy? Hopeful? Overjoyed? Or maybe you're angry today? Or just a little anxious? Whatever your mood, you're bound to feel 48 times as good after looking at this astounding new picture book.

## Discussion

This book is a terrific way to facilitate discussion between you and your child on feelings. Before reading the book look at the cover and ask if your child knows what the book will be about. Tell your child that this is a book about feelings. Talk about real-life situations where you or your child felt happy or sad or angry. Ask, how do you show feelings? How can you tell what someone is feeling?

## Activities

**Feelings Drawings:** Allow your child to draw how he/she feels. Ask him to draw what a happy face looks like or what does a sad face look like?

**Paint to Music:** Music is powerful and has the ability to influence your mood. If your child is wound up try playing soothing music. Allow your child to paint to the music and ask her to paint the way the music makes her feel.

**Show Your Feelings:** You'll need a mirror for this activity. Ask your child what he does or says when he's angry, sad, or happy. What does he do when he wants to show love or feels proud? You might ask, "When you are angry, what do you do? What do you say? How do you think you look? Can you show me how you look? Give your child the mirror so that he can see himself making "feeling faces".

**I'm Mad!** Help young children learn how to manage their anger without becoming aggressive or violent. Ask your child what makes her really mad. What's it like to feel mad? What do they want to do when they are mad? Tell you child that you will help her deal with her angry feelings:

- Stop what you are doing
- Take two deep breaths
- Count to three
- Say how you feel and what you need
- Listen to others
- Try to work it out



