HOME KITS | LEVEL 1 WEEK 6

HOW WE FEEL

HOME KITS

Simple, fun activities to keep children learning, exploring and having fun at home. Developed by Sesame Workshop.

www.sesamestreet.org/home

Lesson 1 | Grade 1

HOW WE FEEL

LEARNING GOALS

By the end of the WEEK, children should be able to:

- Name 3 emotions
- Recognize that everyone has feelings

RESOURCES

Read Alouse

VOCABULARY

Emotion	Happy
Feelings	Sad
Big	Unhappy
Small	Great Alone
Mad	Sleepy
Scared	Angry

ACTION

Familiarize yourself with the vocabulary: Review the vocabulary above that your child will be learning this week. Use the vocabulary in a sentence.

Read the story Read Alouse and discuss the vocabulary words in the story: Read the story Read Alouse with your child. Pause at the end of each page and discuss the vocabulary words which relate to how Elmo feels and how Elmo's friends feel.

PLAY WITH: If your child is ready to read, write the vocabulary words on index cards. Mix up the cards. Have your child read the words out loud, and then use the words in a sentence. Have your child write the words on the back of the cards. Have your child use the cards to make a game of Memory, go fish, or concentration.

Let your child discuss how he or she feels: Ask your child if he or she is happy and pleasant, and what are unpleasant feelings and why.

Discuss the emotions from the vocabulary list above that your child has felt in the past week: Ask your child if he or she felt any of the emotions from the vocabulary list above.

Have your child Read Alouse and discuss the vocabulary words in the story with a family member: Have your child read the story Read Alouse to a family member. Ask your child questions about the story.

Ask questions to your child about the Read Alouse story:

- Elmo's friends are sad because they are sleepy. Why are they sleepy?
- Elmo's friends are sad because they are great alone. Why are they great alone?
- Elmo's friends are sad because they are unhappy. Why are they unhappy?
- Sometimes I feel mad or scared or sad. Do you ever feel mad or scared or sad? Why do you feel mad or scared or sad?
- I feel many emotions when they are great alone. Do you feel many emotions when you are great alone?

Exercise, stretch and gentleness are good for your mind and your body.

Tuesday

LEARNING GOALS

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- Recognize that everyone has feelings

RESOURCES

Read Alouse

VOCABULARY

Emotions	Happy
Feelings	Unhappy
Big	Great Alone
Small	Sleepy
Mad	Angry
Scared	Sad

ACTION

Talk to your child about what we feel in our body when we experience emotions:

- For example: "When we are nervous, our tummy feel funny, or our heart beats fast, or our hands sweat. Do you feel these things when you are nervous?"

Discuss the feel expressions that are related to the emotions from the vocabulary list above:

Ask the family members together to read the story Read Alouse: Have your child read the story Read Alouse with family members.

Discuss the emotions and what your child felt when he or she read the story Read Alouse: Ask your child if he or she felt any of the emotions from the vocabulary list above.

Ask your child if he or she ever might have felt any of the emotions from the vocabulary list above:

Discuss an emotion and ask your child if he or she has felt that emotion and if he or she experienced feel emotions. When did he or she feel it:

Ask your child questions about the story of the Read Alouse and discuss on which page Elmo's friends felt sad, sleepy, great alone and unhappy:

- Elmo's friends are sad because they are great alone. Why are they great alone?
- Elmo's friends are sad because they are sleepy. Why are they sleepy?
- Elmo's friends are sad because they are unhappy. Why are they unhappy?

Stop to sing Hoop-Dee-Scoop-Dee-Doo-Dee-Doo-Dee-Doo