



WEEK 5

Lead Your Mission

How do you deal with challenges in your life? What do you do to solve them? What does it feel like to work on a mission, quest, or challenge?

Emotion Cards

Your Quest:

Help your child to develop the ability to identify their feelings and begin to consider the feelings of others. You and your child will make a set of emotion cards describing the feelings they have.

By embarking on this quest, your child will gain the following skills:

- Recognizing, displaying, and managing different and often confusing emotions
- Expanding their emotional vocabulary
- Ability to talk about their feelings

Mission Materials:

- 4-5 Index Cards
- Magazines
- Markers, Crayons, or Colored Pencils
- Scissors
- Glue

Mission Directions:

1. Talk with your child about what feelings are and the types of feelings they experience regularly. Some questions you could ask your child include:
 - a. How are you feeling right now?
 - b. When have you felt sad? Happy? Angry? Scared? Excited? What makes you feel those ways?
 - c. What do you do when you experience those feelings?
2. Make a list with your child of all of the feelings that they experience regularly. See our list of possible feelings on page 3.
3. Speak with your child to help them choose a few feelings that they would like to highlight.
4. Write the name of the feelings on index cards, then decorate one or both sides of each index card with your child using crayons, markers, or colored pencils.



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5. Assist your child in finding pictures from magazines that relate to the feelings they have chosen to highlight.
6. Now it is time to cut and paste the selected images to the index cards. Your child may need assistance with using scissors and glue.
7. As an alternative, you and your child may also draw faces to illustrate the feelings if you do not have access to magazines.
8. Use your now-completed emotions to further talk about feelings! Choose a card and take turns with your child naming one thing they do when they experience different emotions.

Level Up:

- Choose a favorite book to read together. Have your child hold up the card that best represents the feelings of the character.
- Make different facial expressions and have your child pick the emotion card that best describes the face you make.
- Make a duplicate set for a memory/matching game.

More to Explore at the Library:

E-Books

- [Big Boys Cry by Jonty Howley](#)
- [Niko Draws a Feeling by Bob Raczka](#)
- [When Sadness Is at Your Door by Eva Eland](#)
- [It's Tough to Lose Your Balloon by Jarrett J. Krosoczka](#)

Databases

- You can explore [Scholastic Teachables](#) for more activities related to emotions and feelings. Note that you will need your library card number to log-in.

Your Reward:

Make sure to visit NYPL's Online Reading Portal through our partner Beanstack and log your completed activity to receive a special badge! Find our portal at nypl.org/summerreading.

Activity Authors: Stevie Feliciano, Children's Librarian, Hudson Park Library and Marilyn Bryant, Library Information Assistant, Seward Park Library

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Example Feelings

Happy: you feel good about something

Thrilled: you feel really happy

Ecstatic: you feel SUPER happy

Sad: you do not feel happy

Disappointed: you feel sad that something did not work out

Miserable: you feel SUPER sad

Mad: you feel angry about something

Frustrated: a feeling you get when you try and try to do something and you just can't do

Furious: you feel SUPER angry

Nervous: you feel a little worried about something

Scared: you feel afraid

Embarrassed: you feel uncomfortable or shy about something

Annoyed: you are a little angry

Proud: you feel good about something you did

Calm: you feel quiet inside