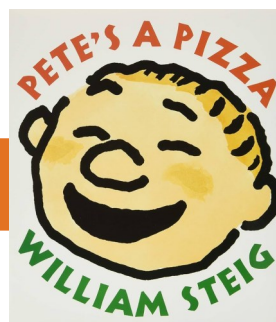


TAKE-HOME FUN!

Early Literacy Tips, Activities & More



tales' tip

Help your child make sense of their feelings by using words to describe emotions. Teaching children the words for emotions is important because, over time, it gives children the ability to **TALK** about their feelings instead of acting them out.

—[Zero to Three](#)

activity

In the book *Pete's a Pizza*, Petey's parents make him into a pizza to help him feel better. They stretch and roll him like dough and lift him into the "oven"—the family couch. This kind of play is sometimes called heavy work or sensory play, and it can help kids calm down. Recreate the book or do other activities that involve your child's body being squished, stretched, and lifted.

digital fun

Check out the app [Breathe, Think, Do](#) from Sesame Street—help your child learn to slow down, take a breath, identify what they're feeling, and make a plan!

READ

[On Monday When It Rained](#)
by Cheryl Kachenmeister

[Little Grump Truck](#)
by Amanda Driscoll

[It was Supposed to be Sunny](#)
by Samantha Cotterill

[I Want to be Mad for a While](#)
by Barney Saltzberg

[A Good Day](#) by Kevin Henkes

PLAY

Kids can practice expressing different feelings and navigating conflict through play. Notice when your child wants to play games where things go wrong, and help them think of what their character can do next!

TALK

The best way for kids to learn to navigate different emotions is by watching caregivers. When you're feeling happy, frustrated, or blue, talk to your children about it. Notice out loud what happens in your body when you feel that way, and what you can do about it.

SING

[I'm So Mad I Could Scream](#)
by Jackie Silberg

I'm so mad I could scream, aah!

I'm so mad I could scream, aah!

I'm so mad I could scream, aah!

I'm so mad, I'm really mad,

I could scream, I could scream,

I could scream, aah!

Repeat with:

I'm so mad I could stomp, (*stomp*)...

I'm so sad I could cry, wah...

I'm so glad I could sigh, ahh..

WRITE

See how many emotions your child can name, and write them down together. Sort them by similar emotions. Look up an emotion wheel or chart to see if there are more that they know but forgot to list!