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## Theme: Emotions

Emotions are an important part of our lives and something we all experience every day. Understanding our emotions and processing them with coping tools are skills we can build and that's the focus of this kit. Social-emotional learning (SEL) is the teaching and learning involved in developing emotional intelligence and is made up of five areas: self-awareness, self-management, responsible decision-making, social awareness, and relationship skills. Learning to identify and handle our emotions and the emotions of others is a great place to start when building these skills.

### This kit contains:

- Two books to read together: *A Little Spot of Feelings* by Diane Alber highlights specific examples and strategies for coping and managing techniques when we experience various emotions. *The Color Monster* by Anna Llenas helps us learn to identify emotions and feel more in control when we experience them.
- See My Feelings Mirror: This fun mirror lets you look at your own reflection while also comparing it to photos representing common emotions. Not only can this help you identify your own emotions, it can help you identify how to spot emotions in others.
  - An emotions chart (also called a feelings chart) is a great tool that can be used for identifying and communicating emotions with just a finger point. Find one on the back of this page.
- Big Feelings Pineapple: This toy can help you build social-emotional skills by learning how to recognize, understand and feel your feelings. You can also practice learning opposite emotions by building a different face on each side. Use the guide or just play freestyle.
- Who's Feeling What?: This social-emotional learning game and activity set helps you strengthen your skills and is fun too! Use the enclosed directions for ways to play.
  - If there is a specific emotion you'd like to focus on, such as anger or fear, there are many resources out there to help with this. Staff at the library can help if you'd like to find other tools. Just visit the Information Desk at any branch.

# Feelings and Emotions



Happy



Sad



Excited



Angry



Calm



Sleepy



Shy



Proud



Suprised



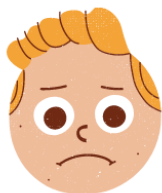
Embarrassed



Silly



Worried



Disappointed



Scared



Hurt



Tired