

In this booklet you will find something to sing, something to read, something to listen to, something to make, something to colour, something to look for, something to cut, something to trace and something to draw.

Enjoy exploring EMOTIONS

We'd love to see your work, please share it and any feedback
Outreach Playgroups facilitator - janet.gordon@goulburn.nsw.gov.au
or SaCC coordinator Alan Caldow - alan.Caldow1@det.nsw.edu.au

Pass this booklet on to your family and friends and encourage them to join us at
Playgroup when we are back to normal.

Check out Goulburn Regional Art Gallery's website for additional art experiences

<https://goulburnregionalartgallery.com.au/education/resources>



Artwork by Oliver

Something to SING

I HAVE FEELINGS

(tune: Twinkle, twinkle little star)

I have feelings (point to self)

So do you (point to child)

Lets all sing about a few

I am happy (smile)

I am sad (frown)

I get scared (cross arms and make scared face)

I get mad (make fists and stomp feet)

I am proud of being me

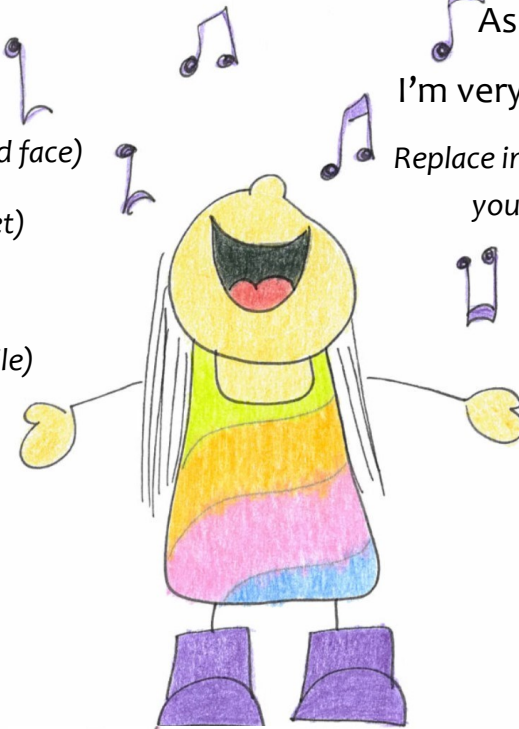
(hands on hips, shoulders straight, smile)

That's a feeling too, you see

I have feelings (point to self)

You do too (point to child)

We just sang about a few



HAPPY TO BE ME

(Brown) is my hair

(Blue) are my eyes

I'm (4) years old

And just the right size

My name is (Elvis) and

As you can see

I'm very happy to be ME!

Replace information in () with your child's details

THESE ARE SOME EMOTIONS

(tune: Ten little Indians)

Happy, proud, surprised and sad

Anxious, calm, excited, mad

Upset, shocked, confused and glad

These are some emotions!

Lonely, thankful, safe and shy

Nervous, silly, terrified

Cheerful, fearful, sometimes tearful

These are some emotions!

LITTLE MISS MUFFET

Little Miss Muffet

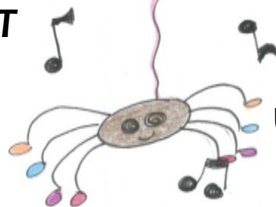
Sat on a tuffet

Eating her curds and whey

Along came a spider

Who sat down beside her

And frightened Miss Muffet away

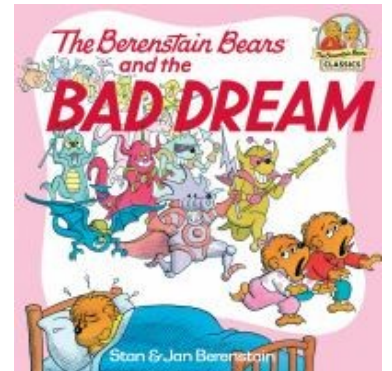


Something to READ

EBooks (Goulburn Mulwarree Library and Upper Lachlan Shire Libraries BorrowBox)

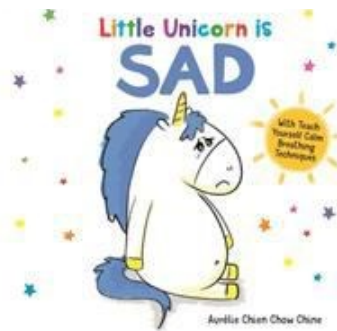


Little Lucy
By Ilene Cooper

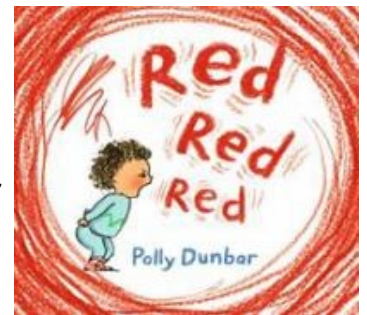


The Berenstain Bears and the
Bad dream
By Jan Berenstain

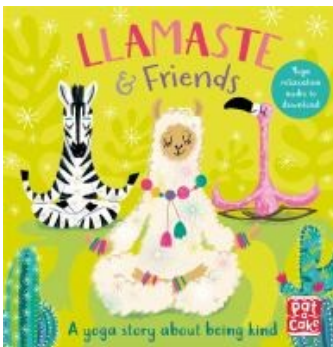
Books



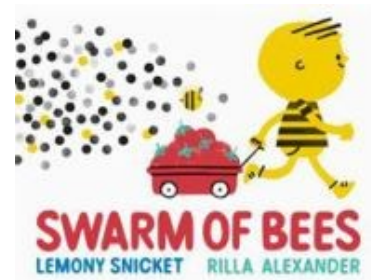
Little Unicorn is sad
By Aurelie Chien Chow Chine



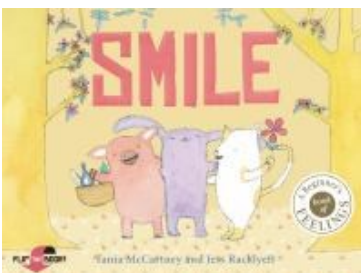
Red red red
By Polly Dunbar



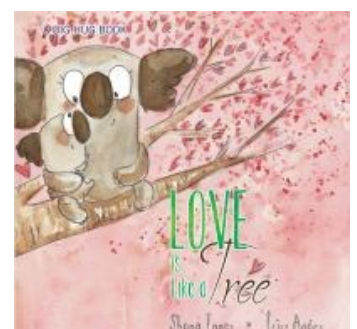
Llamaste & friends: a yoga story about being kind
By Annabel Tempest



Swarm of bees
By Lemony Snicket



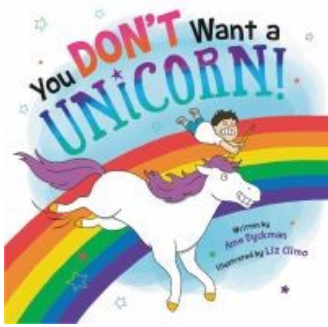
Smile : Cry
By Tania McCarthy



Love is like a tree
By Shona Innes

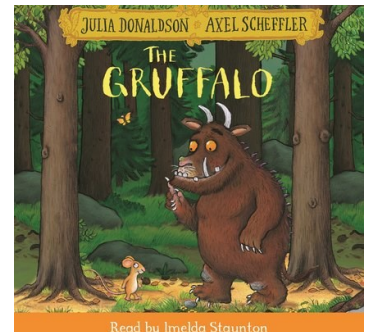
Something to LISTEN TO

E Audiobooks (Goulburn Mulwarree Library and Upper Lachlan Shire Libraries BorrowBox)



You don't want a Unicorn!

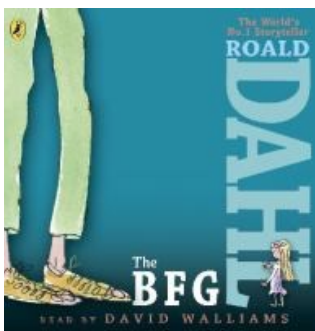
By Ame Dyckman



The Gruffalo

By Julia Donaldson

Audiobooks

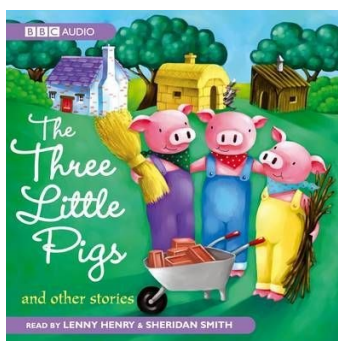


The BFG

By Roald Dahl

Fern the green fairy

By Daisy Meadows

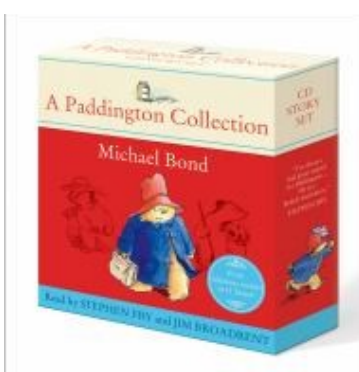
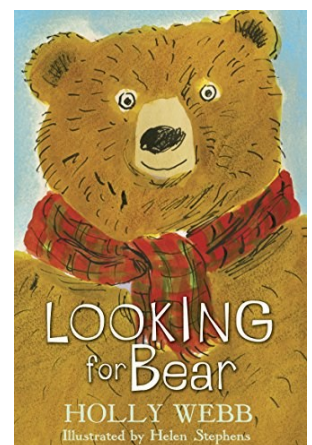


The three little pigs and other stories

By Various authors

Looking for bear

By Holly Webb



Paddington here and now

Paddington collection: 3

By Michael Bond

Something to MAKE MONSTER EMOTIONS

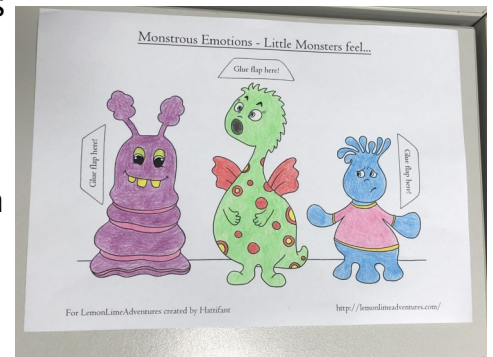


You will need:

- * Templates on next 2 pages
- * Coloured pencils or textas
 - * Scissor
 - * Glue



- 1) Colour in the monsters
- 2) Cut out the face expressions tabs
- 3) Match face expression tab to the little monster
- 4) Glue in place

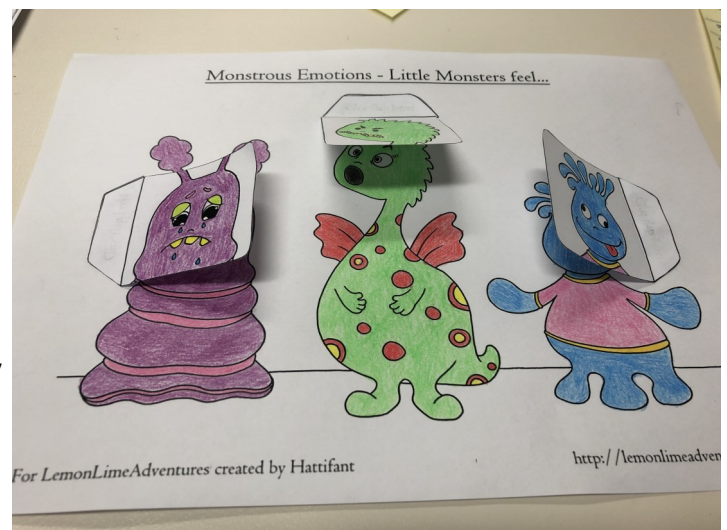


- 5) Make up a story about your monsters

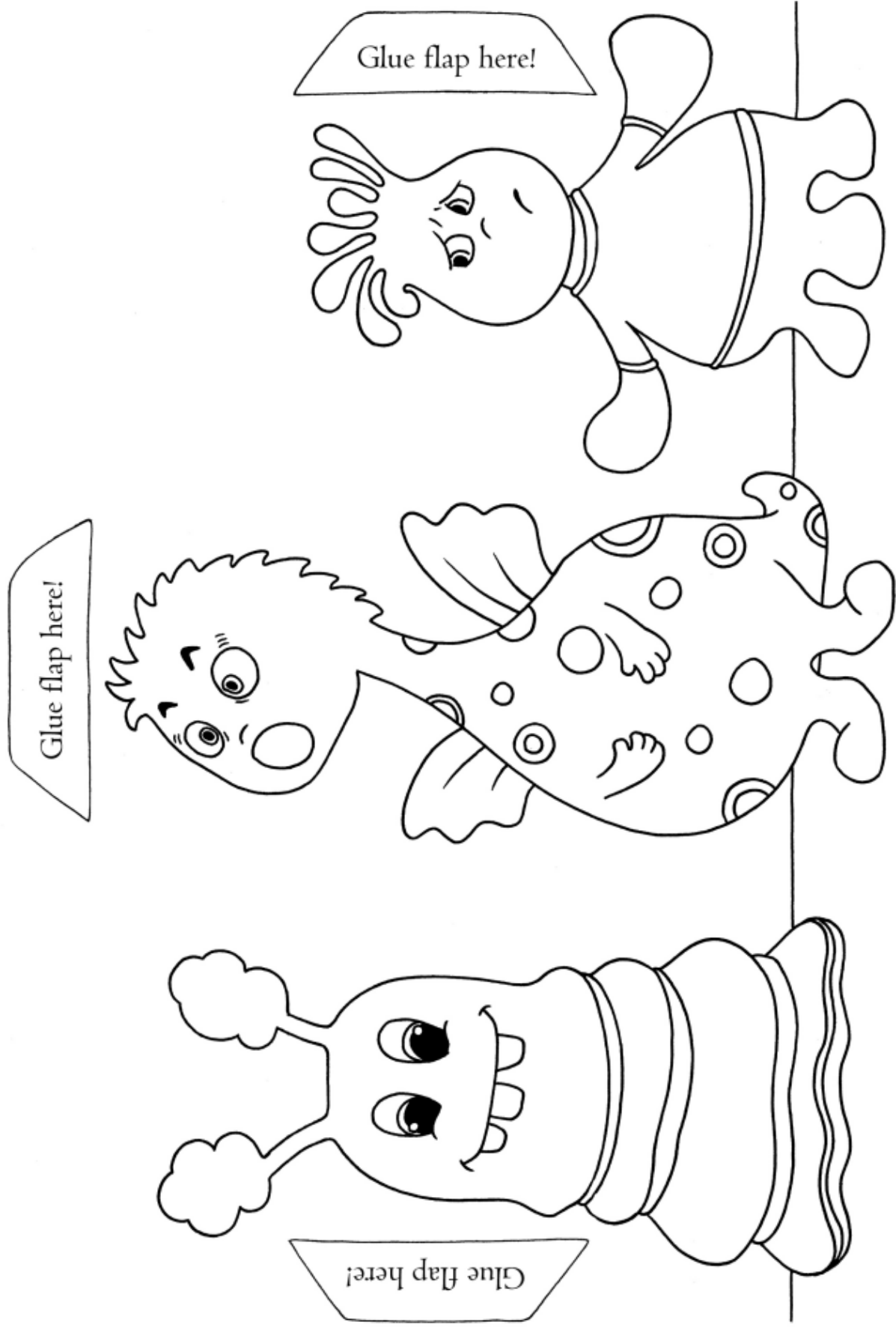
This is my story about my monsters

3 Monster friends at the park

One day purple monster Tony was out playing with his friends. Green monster Jill got cranky and yelled at blue monster Alec because she kept being silly and pulling funny faces. This made purple monster Tony get scared and he cried. Green monster Jill was very surprised by this because she didn't think her yelling would scare anyone. Blue monster Alec felt sorry that her being silly had made one friend scared and cry and made her other friend cranky enough to yell. Blue monster Jill said sorry to her friends and asked if they wanted to have some ice cream which made purple monster Tony happy.

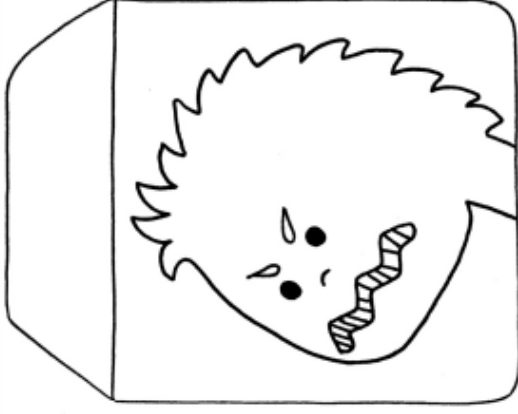
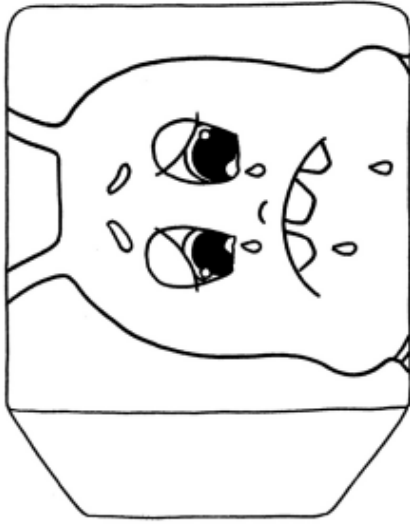


Monstrous Emotions - Little Monsters feel...

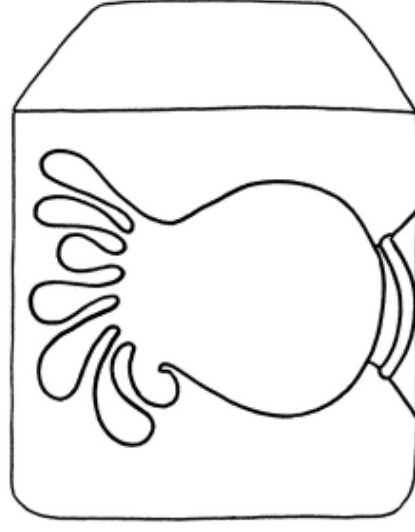
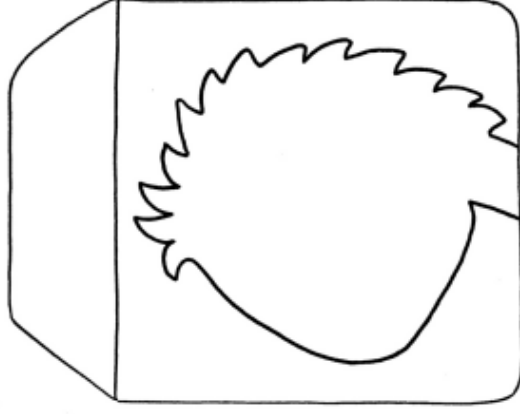
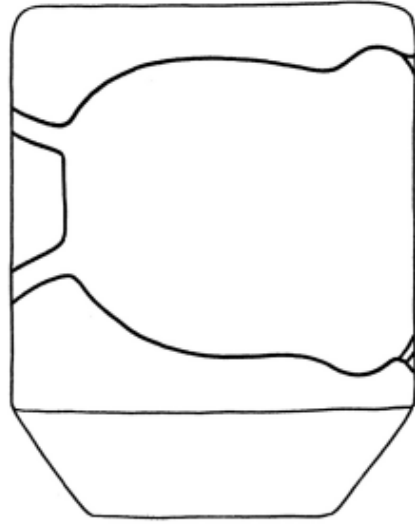


Monstrous Emotions - Facial Expression Flaps

1. Cut out the flaps.
2. Fold along the line.
3. Glue as indicated on to the little monsters on the main coloring page.



What other emotions could the monsters feel? Draw them into the empty faces!



Something to COLOUR



Something to LOOK FOR

Lets go on a **Face Hunt**

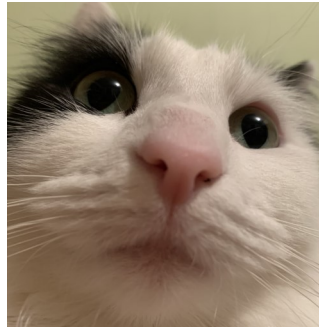
How many of these can you find ?

Give it a tick when you see it

Cranky face



Cute face



Blowing face



Robot face



'ARHH' face



Cheeky face



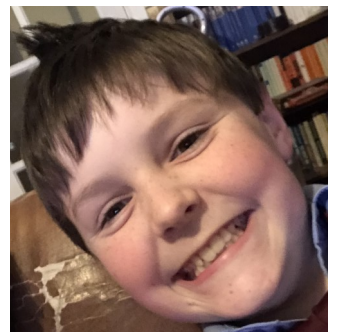
Sleepy face



Silly face



Happy face

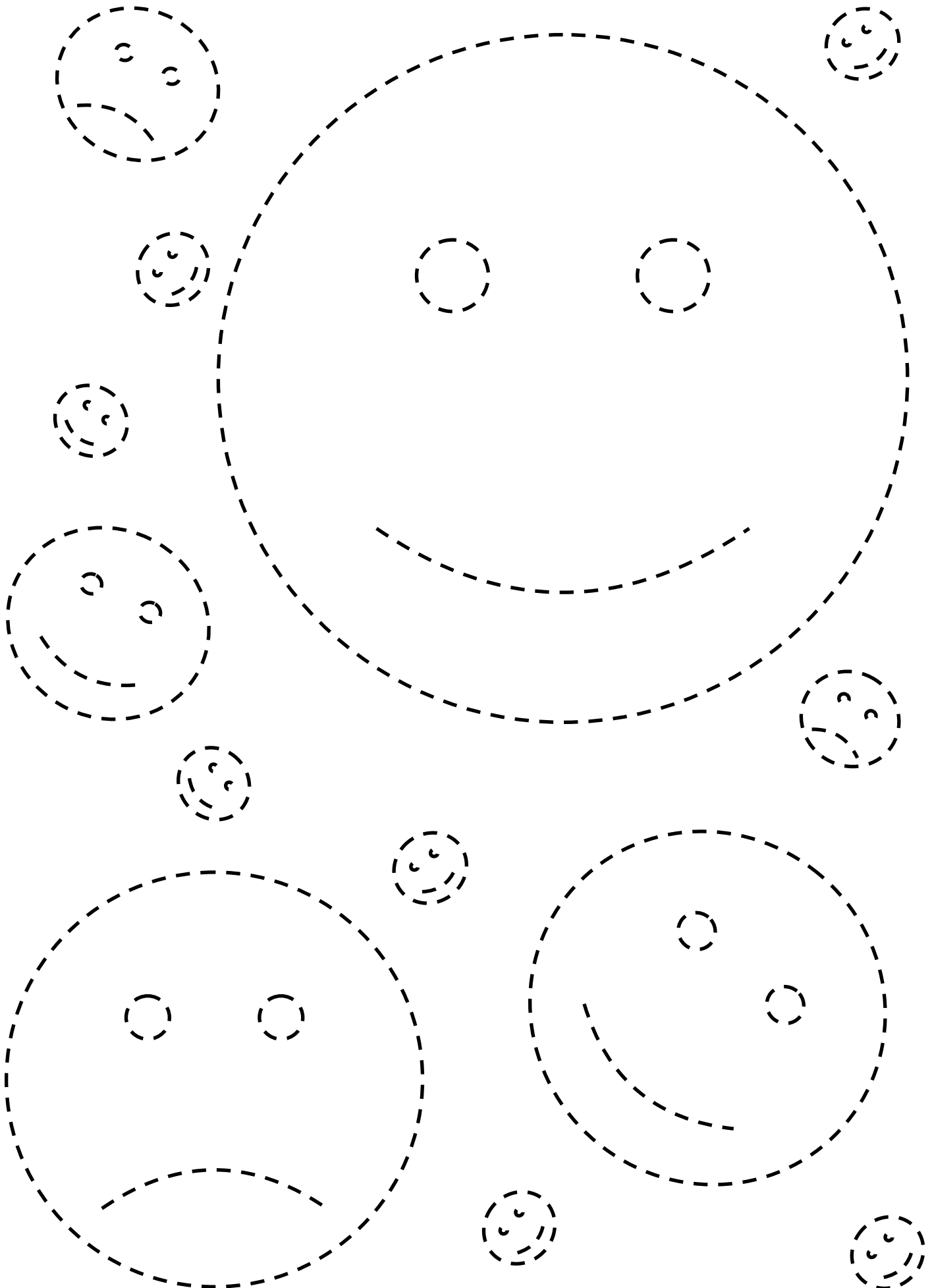


Something to CUT



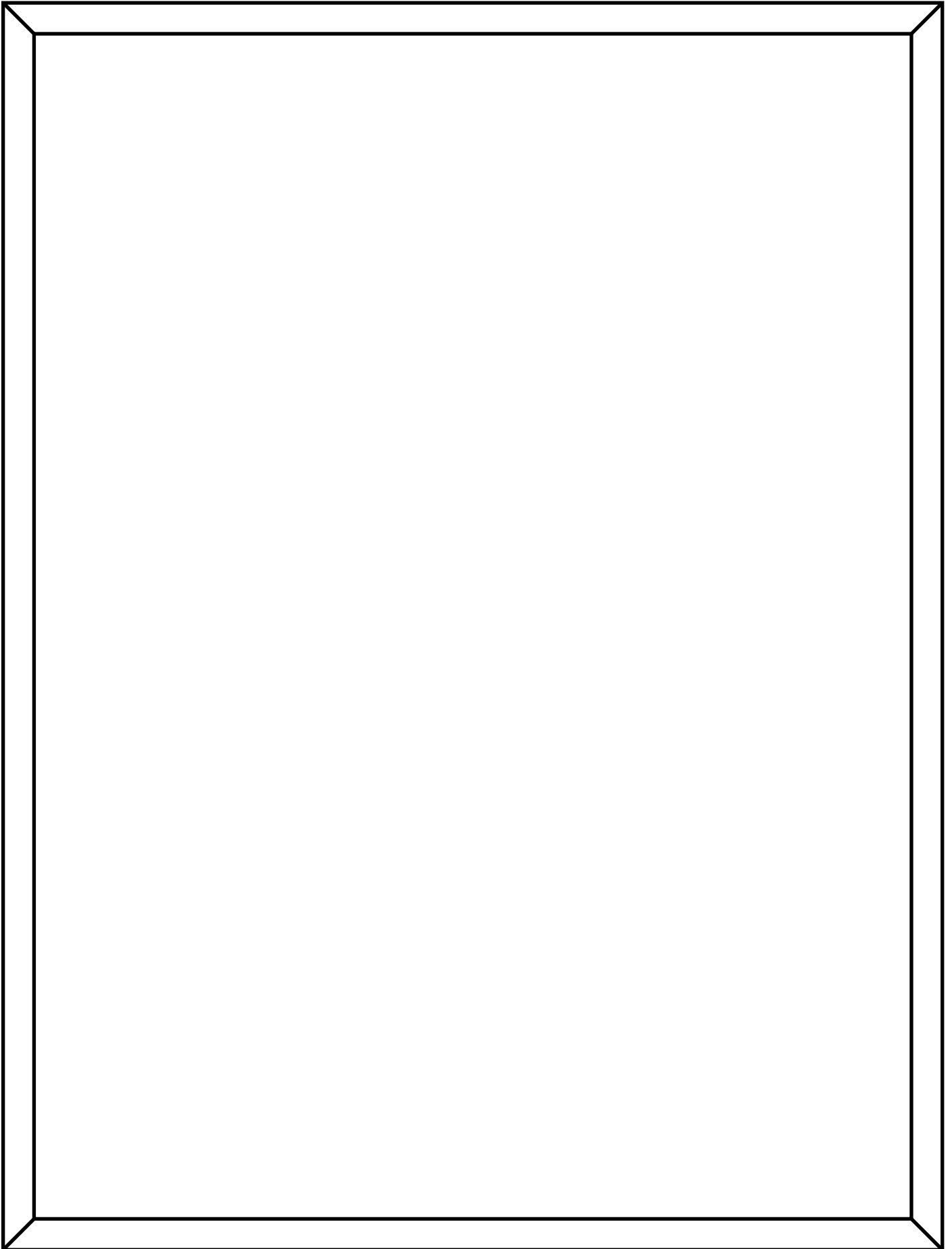
START HERE

Something to TRACE



Something to DRAW

Draw your face



Are you Happy? Sad? Angry? Tired?