

Today I feel Silly

TODAY I FEEL SILLY BY JAMIE LEE CURTIS

If you do not have this book at home you can watch a narrated version on YouTube

<https://www.youtube.com/watch?v=JofkgL7CY5A>

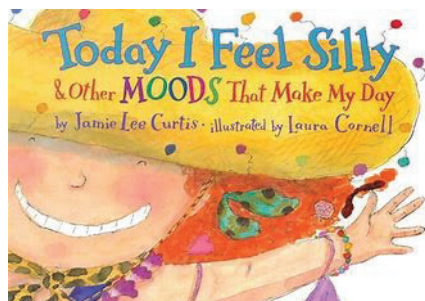
Developing our emotional vocabulary is a basic yet extremely important skill in developing emotional intelligence. "Today I feel silly" by Jamie Lee Curtis tells the story of a child celebrating all her different moods. We all experience a range of emotions throughout the day some of which may be helpful and unhelpful, and we want children to know this is okay. As adults, we want to encourage children to discuss their emotions with us and discussing a character in a book is a great starting point. This activity helps children to gain a better understanding of how to identify and express emotions, how to foster positive emotions and increases help seeking behaviour.

SUGGESTIONS FOR THIS ACTIVITY

Encourage your child to complete the attached worksheet.

You may use the following questions to have a discussion with your child about the story.

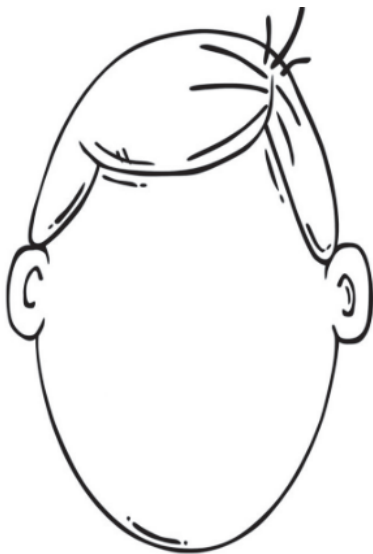
- Can your child remember the emotions experienced by the girl in the book? Ask your child to write down each emotion and draw a picture of themselves experiencing that emotion or they can act out each emotion.
- Discuss how it feels to experience each emotion.
- Discuss situations in which each emotion might be experienced. You can give examples of when you feel these emotions yourself.
- You may want to discuss an emotion that reflects how your child might be feeling as a result of the current COVID-19 Pandemic e.g. Lonely.
- Listen to your child's feelings as this can help validate and normalise how they are feeling. For example, letting your child know 'It's ok to feel lonely'
- Support your child to develop a plan to move out of the unhelpful emotions they have discussed. E.g. What can your child do to move from feeling lonely to a sense of belonging and closeness.



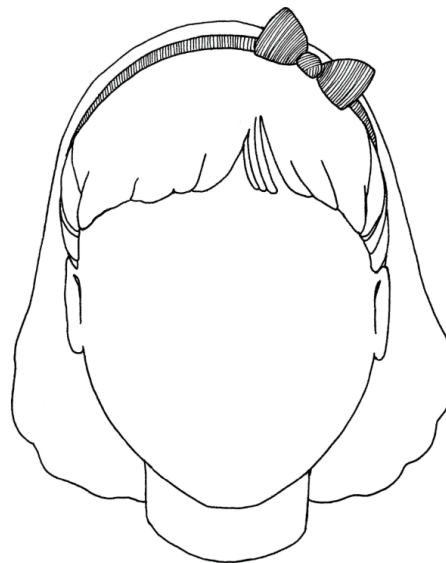
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What different emotions did the girl in the story feel: _____

The girl in the book felt many different emotions. Draw the emotion on each of the faces
(Think about what your eyes, face, eyebrows and mouth look like when you are drawing this):

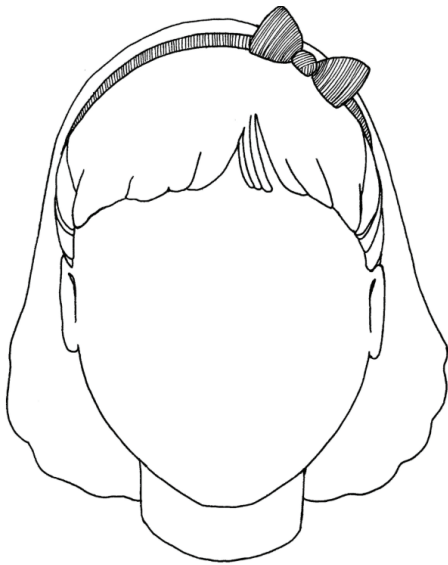


I feel sad



I feel angry

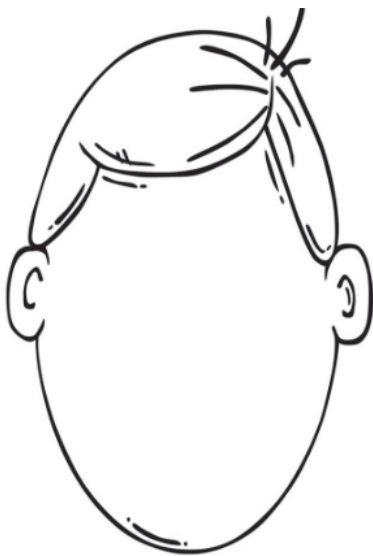




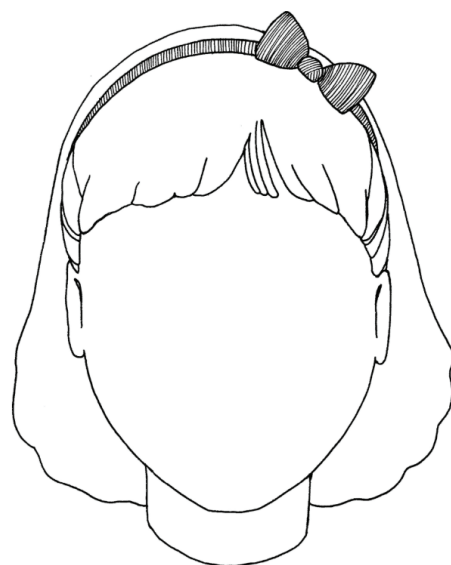
I feel excited



I feel happy



I feel shocked



I feel surprised

