The Way I feel
Written By: Janan Cain.

Goal: This book explains the world out there and the feelings within.

1. Show the cover of the book and ask the children to read the title.

2. What does the cover show us?

3. Read the story stopping from time to time to ask:
   a. What do you do when you are being silly?
   b. What scares you?
   c. What makes you smile?
   d. What do you do when you are angry?
   e. How do you act when you are excited?
   f. What makes you proud?

4. What does the story teach us?

Activity:

- Ask the youth what circumstances make him or her happy, sad, jealous, and so on.
- Discuss how to deal with emotions. (“If you’re angry, it’s not okay to hit or throw things, but it’s okay to stamp your feet... If you’re sad, tell someone how you feel and ask for what you need.”)
- Talk about what actions or steps could be taken to change the circumstances leading to a feeling the youth doesn’t like.
- Discuss the difference in emotions that may seem similar, such as sad and bored, jealous and mad, or happy and excited.

Lesson Plan written by:
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