

**AGE RANGE: 4-6**

**SKILL FOCUS**

Feelings & emotional awareness

**USE AT**

Home, preschool, daycare, early learning programs

# Name the Feeling

An activity to use with the story "Finding a Friend"

## Let's Talk About Feelings

After reading or listening to the story *Sometimes*, take a few minutes to notice how feelings show up in our bodies and words.

### 1. How Did Poppy Feel?

Circle the feeling Poppy had when her friends were busy.



**Happy**



**Mad**



**Sad**



**Disappointed**

(Note for Grown-ups: Say the feeling out loud together.)

### My Imagination Words

#### 2. Just like Poppy, pick three fun words.

Word 1: \_\_\_\_\_

Word 2: \_\_\_\_\_

Word 3: \_\_\_\_\_

**Word bank if needed:**

- |          |           |       |
|----------|-----------|-------|
| volcano  | jungle    | glow  |
| dinosaur | superhero | ship  |
| castle   | ocean     | moon  |
| space    | popsicle  | robot |

Encouraging imagination, confidence, and emotional growth

### 3. My Pretend Adventure

Draw your adventure using your three words.

**Space to draw:**



### 4. Finish the Sentence

**Sometimes when I play by myself, I can...**

- make up a story
- draw something new
- build with toys
- pretend I am someone else
- invent a game
- something else: \_\_\_\_\_

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