

PRESCHOOL AND KINDERGARTEN

THE WAY I FEEL

This one day program uses the book, *The Way I Feel*. The children's book introduces several important concepts that strengthen and support self-esteem.

TIME REQUIRED: One 30 minute class period

OBJECTIVES:

- Students will recognize and name their own feelings
- Students will name adults they can go to when they need help
- Students will recognize facial expressions of others

OUTLINE:

1. Read and discuss *The Way I Feel*
2. Closure: Children express feelings through practice of facial expressions that correspond to particular feelings discussed and read about in our story

MATERIALS:

Book: *The Way I Feel*
Hand-held mirror

FACILITIES:

Individual classroom with capacity for children to gather around presenter
Chair for presenter