



Social and Emotional Development Activity for 54 to 60 Months

Using Books to Support Social Emotional Development

Materials:

- *On Monday When It Rained* by Cherryl Kachenmeister (a great book for talking about feelings and emotions. The story is about a boy and what happens to him every day for a week. Each day, the boy talks about how it makes him feel when something happens. The pictures are very expressive and label a range of feelings and emotions — disappointed, embarrassed, proud, scared, angry, excited, lonely)

What to do:

1. Read the story, pausing after each of the day's events to ask the child how she thinks she would feel if it happened to her.
2. Continue reading the story. Have the child talk about times she felt disappointed, embarrassed, proud, scared, angry, excited, or lonely. Also talk about times when you felt disappointed, embarrassed, proud, scared, angry, excited, or lonely.
3. Give the child a small hand-held mirror and have her make faces representing the feelings as the little boy expresses different emotions in the story.
4. Make a "feelings" collage by cutting pictures of different faces out of magazines and gluing them and other items, such as sequins or glitter.
5. Take pictures of the child's face while showing different feelings (disappointed, proud, embarrassed, scared, angry, excited, and lonely). Make a new *On Monday When It Rained* book using the pictures.
6. Use the same idea (taking pictures of faces to show different feelings), but have the child tell her story. She can expand and add pictures showing more emotions and feelings than those in the story.
7. Have the child make a drawing of things that make her feel disappointed, proud, embarrassed, scared, angry, excited, and lonely.
8. Read *On Monday When It Rained* every day for several days during the week and emphasize a different concept from the book each day. Repetition allows the child a chance to really learn the story.

