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## Introduction

Even young children express strong emotions. Only an adult who does not know any children, or hasn't any memory of being a child, would argue that this is not true. It is surprising then, that we do not do more to help our children understand and learn more about their emotions.

Included in each chapter of *Happy, Sad, Jealous, Mad* the teacher will find the following:

- A teacher's guide page filled with suggestions, activities, and guided questions.
- Each teacher's page is followed by a delightful story where the children learn about Clara Clapton and her adorable dog, Bumper. Clara is a six year old girl who has moved from Chicago to Richmond, Virginia. She misses her friends, her apartment, and does not find it easy to settle into her new school and neighborhood. Her closest companion is her puppy, Bumper. Each night, Clara confides in Bumper and tells him all the adventures of her day and the feelings that she has experienced.

Clara's stories seek to demonstrate that an integral part of being human is to experience a wide range of emotions, some of which can be uncomfortable and unpleasant. By becoming familiar with the vocabulary, and the facial and bodily expressions of those feelings, young children can become more empathetic to others and more understanding of their own emotional lives. The stories are reproducible and designed in booklet form so they may be copied and sent home for the children to share and discuss with their parents.

- A "Letter to Parents" is included on page 5. Send this letter home before you begin sharing the stories and activities with the children. This letter will encourage the parents to look for, and read again, the stories that the children will be bringing home.
- Emotion picture cards of Clara and Bumper accompany each story. These cards can be reproduced and used as discussion starters before the story is read, or as a springboard for comprehension questions.
- A fun poem about the highlighted emotion is included in each chapter. Each poem comes with some type of special activity: memorize it as a class; create puppets; and act-it-out are just a few examples.
- Each chapter concludes with several reproducible student pages that allow the children to further explore the emotion through engaging and targeted activities.

As the teacher, you may wish to work through the entire book in chronological order, although each story has been written in a way that allows you to pick and choose the stories in any sequence—the chapters do stand alone.

Finally, when encouraging children to talk about emotions, it is possible that someone might make some sort of disclosure during class. Ensure that you are fully conversant with your school's child protection procedures so you can be confident of what course to follow should that happen.

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## Letter To Parents

Dear Parents,

Our class will be working on an instructional unit on “Emotions” and “Feelings.” The children will be bringing home seven delightful stories, each story featuring a six year old girl named Clara Clapton and her adorable dog, Bumper. Clara has moved from Chicago to Richmond, Virginia. She misses her friends, her apartment, and does not find it easy to settle into her new school and neighborhood. Her closest companion is her puppy, Bumper. Each night (*and in each story*), Clara confides in Bumper and tells him all about the adventures of her day and the feelings that she has experienced.

Clara’s stories seek to demonstrate that an integral part of being human is to experience a wide range of emotions. By becoming familiar with the vocabulary, and the facial and bodily expressions of those feelings, young children can learn to become more empathetic towards others and gain more understanding of their own feelings.

The children will be bringing these adorable stories home to share and discuss with you. Enjoy reading them together!

Sincerely,

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Your child’s teacher

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## Directions for Preparing Materials

### The Story Booklets

**Student Story Booklets:** Copy, cut out each page, and staple them together in alphabetical order. The finished booklets will be approximately 5 x 7.5 inches.

**Classroom Story Booklets:** Enlarge each page to fit on an 11 x 17 inch piece of paper. Cut out each page and staple them together in alphabetical order. The illustrations may be colored or left black and white. Enlarging the pages will ensure that when you read the story to a group of children that they will be able to clearly see the illustrations.

### Emotion Picture Cards

Copy onto card stock, color, cut out, and laminate the emotion picture cards for durability. Save and display them on a bulletin board after each story.

### Character Patterns on pages 91-94 and Scenery Patterns on pages 95-96

**Stick Puppets:** Copy, color, cut out the patterns, and laminate them for durability. Attach the pattern to a craft stick or tongue depressor by using double-sided tape. To create larger stick puppets, simply enlarge the patterns on a photocopy machine and finish as directed above. Attach the laminated patterns to paint stir sticks, 12 inch rulers, or wooden spoons.

**String Puppets:** Copy, color, cut out the patterns, and laminate them for durability. Fold a 3” x 5” index card in half lengthwise. Place a 24” piece of yarn or string along the fold and tape the card closed. Tape the two ends of the string to the back top of the pattern. The card is now a handle that the children can use to manipulate the string puppet. These string puppets have nice movement and are easy for small hands to manipulate.

**Flannel Board or Magnetic Board Patterns:** Copy, color, cut out the patterns, and laminate them for durability. For use on a flannel board, glue sandpaper or felt to the back of each pattern piece, or use self-stick Velcro®. For use on a magnetic board, attach a small piece of self-stick magnetic tape (found at most craft or hardware stores) on the back of each pattern.

**Scenery Patterns:** Follow the same directions for the flannel board character patterns. Place the scenery on the flannel board and use as the backdrop for a puppet show.