



How Are You Peeling?

This is a great book introducing feelings and how our faces look when we are mad or sad or happy. Here are a few ideas that you may want to try in your classroom.

- ◆ Bring in some different types of fruit to have the children notice faces in the shapes or have them create faces with the fruit.
- ◆ Placing mirrors around the classroom can provide the children with the opportunity to see how they look when that are experiencing emotions.