



MUSEUM FROM HOME

Story Hour | April 2021

GOOD DAY/BAD DAY: FEELINGS

Look!

What do you see in this picture?

Do you think this woman is having a good day? A bad day?

Why do you think that?

Learn!

Can you see when someone you love is having a bad day or a good day? How?

Do you think your face shows how you feel?



Lauren Tilden, *Dinah*, 2017, Oil on panel, 18 × 24 in. Museum Purchase with Funds Donated by James B. Flaws and Marcia D. Weber. 2018.3.

The artist, Lauren Tilden, painted this woman in a way that helps you think about what she might be feeling. Someone's face can sometimes give you a clue about how they feel. This woman is not smiling, but she is not frowning. Her eyes are looking far away, like she is thinking about something important to her.

Lauren Tilden also used nature to help us think about this painting. The woman's hair is blowing in the wind and the sun is shining on her face. It looks like she is looking towards the sun and wind, which can help us think she is feeling good. If she were turned away from the sun and wind, it might give us a different feeling, like she is sad or afraid.

Do!

Have some fun learning about your feelings!

- Look in a mirror. Make a happy face. What does your mouth look like? What are your eyes doing?
- Now, change to a sad face. What is different about your mouth and eyes?
- Make other faces, using these words: surprised, scared, mad. What are some things that change in your face?

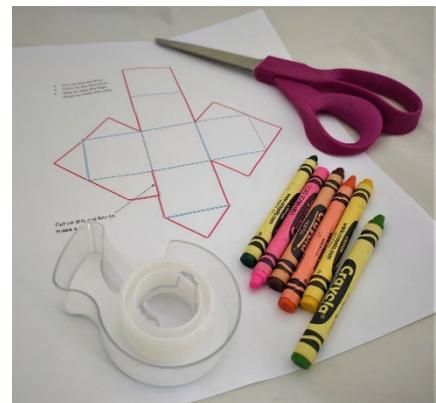


Now let's make a Feelings Cube so you can practice your feelings faces!



Materials:

- Template on last page, printed (or a lightweight, small box that you can color and toss)
- Pencil
- Glue or tape
- Markers, crayons or colored pencils



Steps to create your Feelings Cube:

*If you have a small box you can recycle, skip to Step 2, then move to Step 5 to play!

1. Print the template. Cut along the **RED** lines.
2. There are six squares on the template (or six sides on the box). Draw a different face on each **SQUARE** (side) to show a feeling: sad, happy, scared, surprised, mad, tired (think of different feelings if you want).



3. When you are done with your six feelings faces, have a grown-up help you fold on the **BLUE** lines. It's easier if you start on the smaller sides, then fold the longer sides. Fold everything towards the inside, or back, of the paper.



4. Glue or tape the flaps under the squares. Be patient! 😊

Play!

Now gently toss the Feelings Cube on a table or floor, and when it stops moving, look at the face on the top. What is that feeling? Can you make your face look like that? Use a mirror to see what you look like. Keep rolling and showing your feelings – if you have someone else to play with, that's fun, too! Take turns rolling and making faces to guess!

Bonus: Talk about how to handle feelings like anger, sadness and frustration. Some ideas are:

- Give a name to the feelings
- Take a breath
- Relax and try again
- Talk to a grown up

Check out this resource about how to talk about feelings with a preschooler:

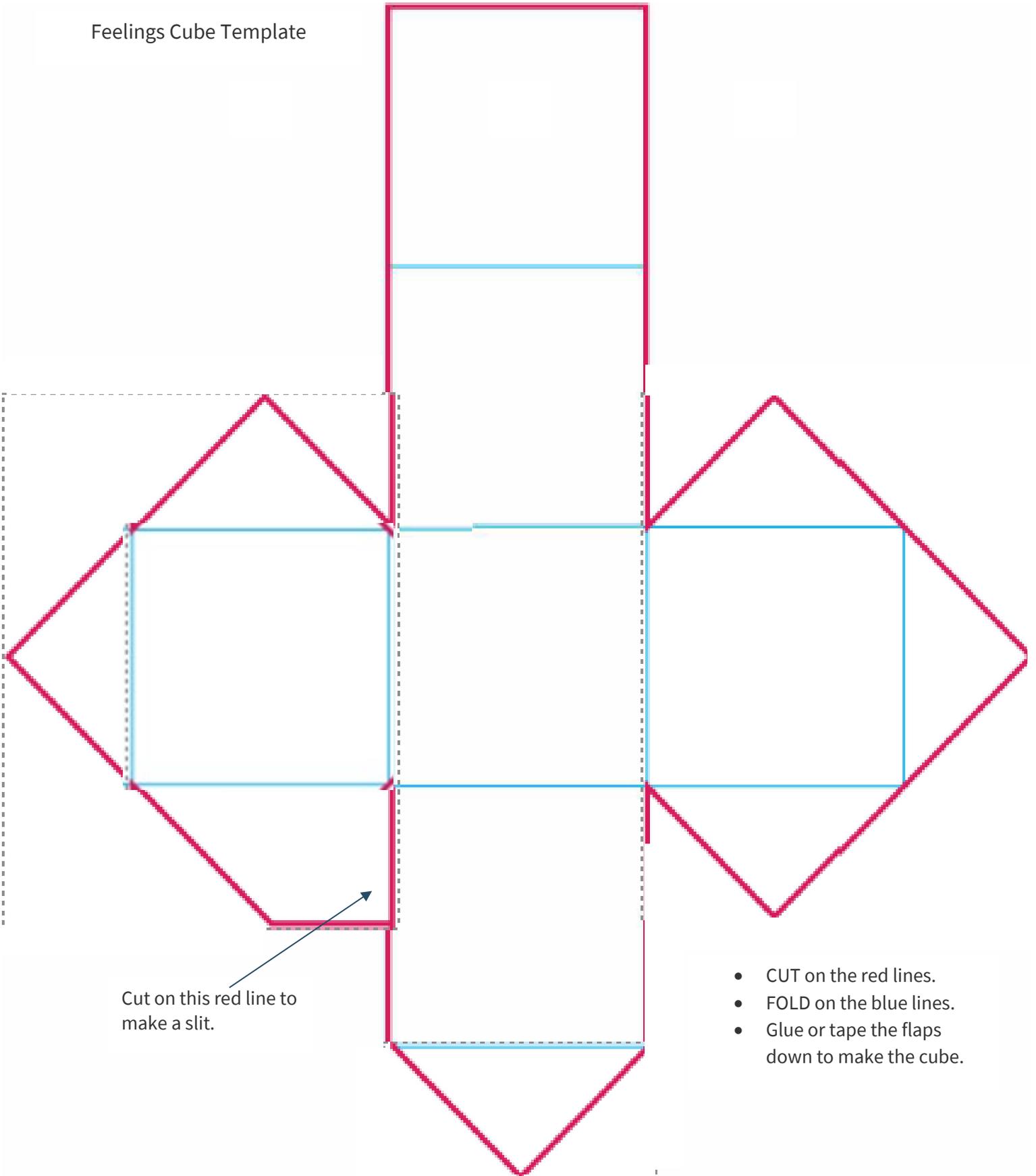
http://csefel.vanderbilt.edu/familytools/teaching_emotions.pdf

Emotions through a mask: It can be difficult to read the emotions of someone wearing a mask. You can reassure your child that people do smile under masks! Practice by sitting down with your child and a mask for each of you. Follow the steps below to help younger ones use cues other than our mouths to figure out emotion as we wear masks routinely.

- Show your face and explain your emotions (or have them guess).
- Then put the mask on, while you're smiling, so they see your eyes "smiling".
- Remove the mask and make a different feeling face. Put the mask back on and have them look at your eyes and eyebrows to guess the feeling face.



Feelings Cube Template



Cut on this red line to make a slit.

- CUT on the red lines.
- FOLD on the blue lines.
- Glue or tape the flaps down to make the cube.