

Dreamaplay Worksheets

Thank you for your support. Check back for more new books, games and activities.
Let us know if you have questions or suggestions.

Quick Start

1. Worksheets are designed to be printer-friendly. There may be some color, but you can print a black and white version.
2. There are simple instructions on each page. For a more in-depth explanation about emotions, please see our website.

Contents

Game/Activity	Page	Website (long description)
Emoji Cutout Kit	2	Dreamaplay.com/feel-your-feelings/

You may also like to read the articles:

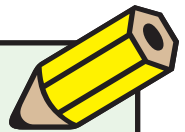
Fear is your friend.

Dreamaplay.com/fear-is-your-friend/

Three simple reasons why we need emotions.

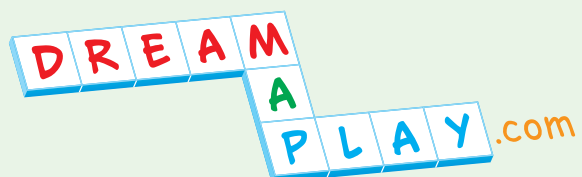
Dreamaplay.com/three-simple-reasons-why-we-need-emotions/

From Dream to Reality



We're dedicated to teaching kids how to dream and how to turn those dreams into reality using our formula: Dream it! Map it! Play it!

These activities expand one small step each.
To learn the whole process, please visit our website:



Feel Your Feelings — Talking Points



Feel Your Feelings is a fun book to read, act out, and enjoy. It teaches some basic emotions, both “good” and “bad,” and helps us accept that feeling our feelings is okay and that every emotion has a benefit. This book is a great way to start a larger conversation about emotions with children. To help, we created these questions and activities that you can pose during or after reading the book. Discussing feelings with a trusted adult can help children understand the information presented in the book as well as practice applying the concepts to their own lives!

Bonus activities

Here is an activity that is a simplified variation of the book. It will show you how thoughts and actions affect the way we feel.

- Step 1) Notice how you feel. Step 2) Smile. Step 3) Notice how you feel. Describe any differences.
- Step 1) Notice how you feel. Step 2) Think about your favorite thing to do. Step 3) Notice how you feel. Describe any differences.

Now, try it again with any emotion or thought.

And here is a fun activity for both adults and children.

- Take turns acting out a feeling and letting the other person guess what it is!

Talking points

- Which emoji was your favorite?
- Is there another feeling you’d like to talk about and practice that wasn’t in the book?
- Which feeling do you have the most in your everyday life?
- When is the last time you felt brave, sad, grateful, et cetera?
- On the page before the first poem and the rainbow, there are 36 different emojis, but only 12 have their own page. Can you name all these feelings? Can you act out your favorite ones?
- The feelings in the book come in pairs, like glad and sad, love and disgust, and brave and scared. Just like in real life, challenging feelings often come along with really great feelings! For example, feeling scared about something gives you the opportunity to be brave. Imagine riding a roller coaster, isn’t this good practice? What is your favorite emotion pair? When have you felt that way?

Summarize what you learned

- Wow, this book helped us learn a lot about our emotions! What do you think about the idea of feeling all of your feelings? Is it easy or hard? Are there good reasons to feel all of your feelings?
- Sympathy is the ability to understand and feel the feelings of another person. Does learning about all of these feelings help you better understand and feel the feelings of other people? How might this help?
- Even though this book helps us learn about some big feelings like being mad or disgusted, do you think those feelings are helpful to act out in every situation? Or are there times you have to shake it out and let it go? Hint: You can always process the event and emotion later in a safe space.

We hope you enjoyed feeling your feelings alongside the children in your life! Please visit our website to learn more about emotions. And don’t miss our emoji cutout kit. You’ll be surprised how many emotions you can create with a few simple shapes.