



Activity title	How do you feel?
Recommended age	4 - 6 years old
Time of dedication	40 - 60 minutes



Curricular area				
Mathematical thinking to interpret the world	Speaking to think, know and communicate	Observe, manipulate and experiment to discover the environment	Move, feel and express yourself to grow	Create and feel art to enjoy and communicate
X	X	X	X	X

Social / emotional competence				
self-awareness	self management	Relational and emotional skills	Social awareness	Responsible decision making
X	X	X	X	X

Learning outside through nature				
Environmental awareness	Environment knowledge	Connection with nature	Understanding ecological interdependence	Actions for nature

Ideal season to carry out the activity				
winter	spring	summer	autumn	All seasons
				X



What we need before we start

Materials

- Two cardboards
- Tissues
- Markers
- Two book rings

Development of the activity

This week the objective is to provide tools and resources to express how we feel and how we manage these emotions.

This activity helps participants verbalize some of their feelings and can provide them with positive ways to deal with their emotions.

1. Cut the cardstock into four equal parts and carve a circle in the center of 6 of the cardstock.
2. Then write or draw a different feeling under each circle. Use words such as happy, sad, angry, shy, etc.
3. The front and back covers of the book are made with the two remaining cards and the question "how do you feel?" is written on the front cover, leaving the participants to decorate it.
4. Finally, punch two holes at the bottom of each page and bind the pages together with rings.
5. Introduce the book by saying that we all have different feelings and that this is very positive. The participants, in turn, put the head through the perforated circles on the pages and make the gesture corresponding to the feeling in question.



6. Participants are encouraged to talk about what makes them feel this way, and what garbage when we feel in certain ways.

7. You can use the expression “sometimes I feel... and this is good or bad”. “Then... there are...” and continue to talk about the different feelings.

Observations/recommendations

