



# MISSOURI BUILDING BLOCK PICTURE BOOK AWARD

I Am Stuck  
By Julia Mills

## Related Books:

Llama Llama Mad at Mama by Anna Dewdney

The Rabbit Listened by Cori Doerrfeld

Don't Blow Your Top by Ame Dyckman, illustrated by Abhi Alwar

I See You Sad Bear by Vern Kousky

My Many Colored Days by Dr. Seuss, illustrated by Steve Johnson and Lou Fancher

The Feelings Book by Todd Parr

Grumpy Bird by Jeremy Tankard

Sometimes I Cry by Jess Townes, illustrated by Daniel Miyares

My Friend is Sad by Mo Willems

## Rhymes:

"Happy Face" (flannel rhyme)

*Create basic faces on different flannel circles representing each emotion.*

Happy Face, Happy Face, what do you see?

I see a Sad Face, looking at me!

Sad Face, Sad Face, what do you see?

I see an Angry Face looking at me!

Angry Face, Angry Face, what do you see?

I see a Surprised Face looking at me!

Surprised Face, Surprised Face, what do you see?

I see a Sleepy Face looking at me!

Sleepy Face, Sleepy Face, what do you see?

I see a Happy Face looking at me!

Source: The Loudest Librarian - <https://bit.ly/43z25Z8>



*The Missouri Building Block Picture Book Award is sponsored by the Missouri Library Association and administered by the Youth Services Community of Interest. To learn more about MLA or to download more activity sheets, please visit <http://molib.org>.*

**Songs:**

“If You’re Happy and You Know It”

If you’re happy and you know it, clap your hands.

If you’re happy and you know it, clap your hands.

If you’re happy and you know it, then your face will surely show it.

If you’re happy and you know it, clap your hands.

If you’re angry and you know it, stomp your feet,

If you’re scared and you know it, hide your eyes.

If you’re goofy and you know it, laugh out loud.

Source: Adapted Traditional

“Shake My Sillies Out” from More Singable Songs for the Very Young by Raffi

**Activities:**

Play-doh Emotions Mats - You will need to create mats shaped like faces. You can draw your own outline or find face outlines online. Have the kids use Play-Doh to create eyes, mouths, and eyebrows to represent different emotions. You can also do this with dry erase markers by drawing a head on a sheet of paper and putting it inside a plastic page protector.

Source: <https://www.theottoolbox.com/emotions-playdough-mats/>

Breathing Exercise - Explain to your kiddos that when they feel angry or frustrated, they can try to calm themselves down by focusing on their breathing. Here is a fun breathing exercise that is easy to remember and can be done anywhere!

Source: [Breathe Like a Bear](#) by Kira Willey

We are going to pretend we have a hot cup of hot chocolate in our hands. [make a cup with your hands] It is too hot to drink right now, so we will have to cool it down by blowing on it.

Bring your cup close to your lips, take a long breath in, and slowly blow the air out to cool your hot chocolate. (repeat)

Now take a tiny sip of your hot chocolate and say “mmmmm!” Make the mmmm last as long as you can. Rub your tummy if you'd like!

Name the Feelings Sensory Bin - Draw different faces representing different feelings on plastic eggs. Place the eggs in a sensory bin with something like beans or beads. Have the children scoop out the eggs with a shovel or cup and try to guess the emotion of each egg they take out.

Emotions Charade - A simple game of charades that is quick and easy for children. Do an action to represent each emotion and have the children guess how you are feeling.

- Excited: Jump up and down! Say "ooh" and "yay!"
- Tired: Yawn and stretch.



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- Shy: Hide behind your hands and peek at them.
- Angry: Stomp around and make an angry face!
- Scared: Squeal and hide behind something!
- Embarrassed: Pretend to trip on a banana!



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