



## Feelings

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Pictures, dialogues, poems, and stories portray a variety of emotions we all feel—jealousy, sadness, fear, anger, joy, love, etc. New York City's Central Park provides LeVar with a backdrop to probe into the world of feelings. He emphasizes that even though we can't touch or smell them, everyone has feelings. LeVar also explores communication between animals when he visits Koko, a gorilla who communicates with sign language and who has a pet kitten.

**Here are several activities you and your child can do together after watching this episode.**



### How do you feel?

Sometimes how we feel has to do with whether we are sick or healthy, hungry or full, alone or with someone. Draw a picture of how you feel right this minute. Color the picture. What colors did you use? How do you feel when you are finished with the picture? Is it the same as when you started?

### Special Put-Ins

Does each child in your family have a place to store special souvenirs and treasures? To make such a special container, each one will need:

- sturdy box with a lid
- glue
- scissors
- construction or wrapping paper
- decorations (stickers, buttons, shells, beads, cards, plastic shapes, and so on)

1. Cover the box and lid with construction paper or wrapping paper.
2. Add decorative items to the lid and sides of the box. Label the box with the name of the owner.
3. Store special trinkets and treasures inside.

### "Feelings" Journal

Engage the entire family in keeping an "I Feel Good" Journal. Purchase a journal or make your own. At the same time each day, perhaps after dinner or just before bedtime, date a page in the journal and have each family member name one thing to record in the journal that made him or her feel good that day. For younger family members who cannot write, have them draw a picture of the "feel good" thing. As time passes, it will be fun to look back at all the "feel good" memories!

### Visit Your Community Library

Here are some books you can check out on your next trip to the library

- **Honey, I Love And Other Love Poems** by *Eloise Greenfield*
- **Fireflies!** by *Julie Brinckloe*
- **Loudmouth George And The Sixth-Grade Bully** by *Nancy Carlson*
- **Koko's Kitten** by *Dr. Francine Patterson*

