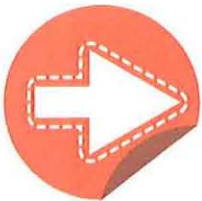




Meeting 7 My Feelings



Here are three fun ways that you can teach Busy Bees about their feelings. Adapt them to meet the needs of your Busy Bees or use your own activities.





The following activities fulfill the requirement for My Self II: I Can Make Wise Choices. See the Busy Bee Activity Book for accompanying worksheet(s).

ACTIVITY

1

Feeling Faces

15

MINUTES

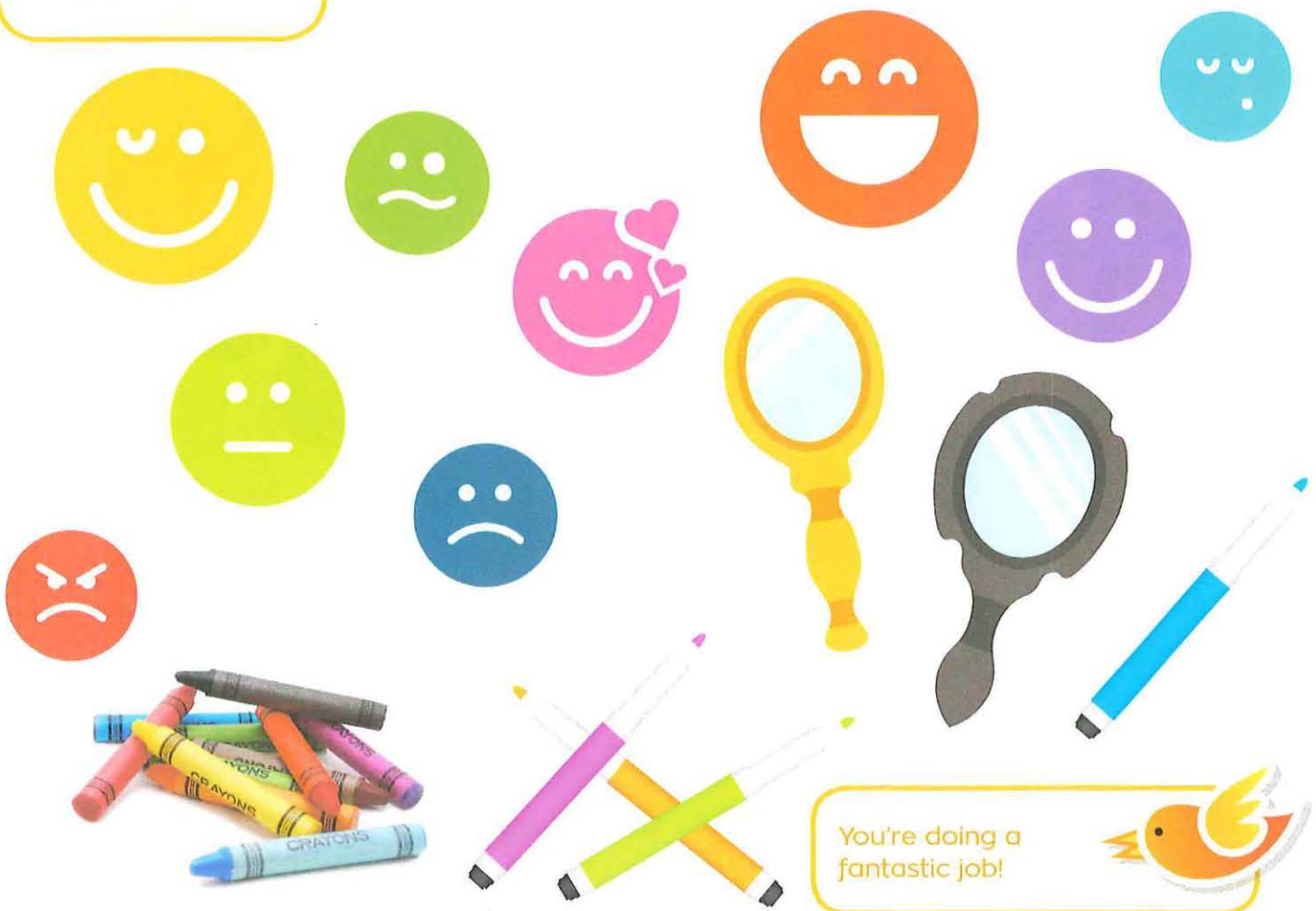
WHAT YOU DO

MATERIALS NEEDED

- Paper with pre-drawn face shape
- Mirrors
- Crayons or markers
- *Alexander and the Terrible, Horrible, No Good, Very Bad Day* by Judith Viorst (Atheneum, 1987)

Begin by asking the children to identify at least four feelings. Some may need prompting with questions such as, "How do you feel when your brother/sister/friend doesn't want to share with you?" Discuss with children how they express their feelings through their faces. Ask them to identify happy, sad, mad, and surprised faces on an adult or each other and then look at their own faces in a mirror while expressing those feelings. Ask each of the children to draw their happy, sad, mad, etc., faces.

Now read the story *Alexander and the Terrible, Horrible, No Good, Very Bad Day* and have the children hold up their corresponding feeling face each time Alexander's feelings change.



You're doing a fantastic job!





Painted Rocks

15
MINUTES

WHAT YOU DO

Ahead of time: Cover the work area with newspaper.

Begin by reading and discussing Proverbs 12:25 (NRVS): “Anxiety weighs down the human heart, but a good word cheers it up.” Ask the children what cheers them up when they are sad. Tell the children that they are going to paint rocks to give to friends and family to cheer them up!

Begin by showing them two or three rocks that you have painted. Then have the Busy Bees paint and decorate stones to give to family and friends to help them feel happy when they are having a bad day.

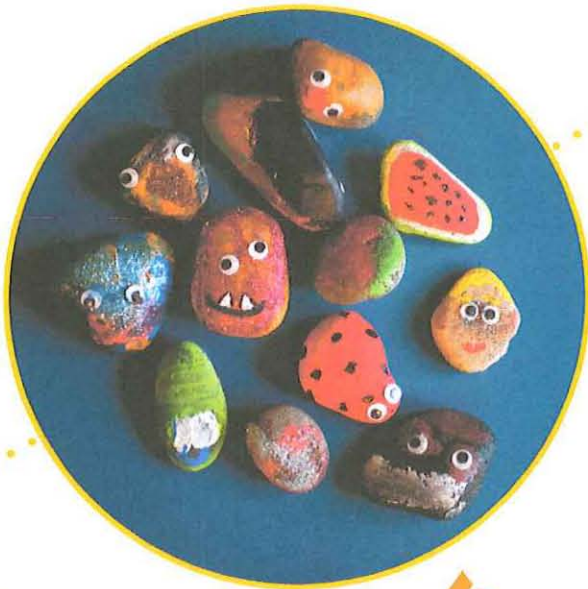
2 ACTIVITY

MATERIALS NEEDED

- Rocks, 2 in (5 cm) wide (clean, smooth, oval rocks work best)
- Acrylic paint
- Paintbrushes in a variety of sizes
- Hair dryer
- Smocks
- Newspaper

TIP If you are in a hurry for the rocks to dry, use a hair dryer on them.

This activity was adapted from Crafting with Kids: Creative Fun for Children Aged 3-10 by Catherine Woram (Ryland Peters & Small, 2006; also available in Spanish).





ACTIVITY

3

I Use My Words

15
MINUTES

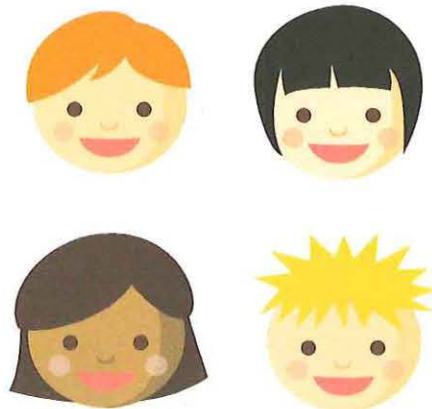
WHAT YOU DO

Begin by reading and explaining Philippians 4:4 (NRSV): “Rejoice in the Lord always; again I will say, rejoice.” Ask the children in what ways Jesus makes them happy.

Glue the photo of the Busy Bee in the middle of one of the three-hole-punched pieces of paper and have the Busy Bee create a frame around it. They can use the second three-hole-punched piece of paper for pictures that help them feel happy. They can draw pictures or cut them out of magazines and glue them onto the paper. When they are finished, the adult can help them tie their papers together with the 4 in (10 cm) pieces of yarn or jute.

MATERIALS NEEDED

- Construction paper, 12 × 18 in (30.5 × 46 cm) with three holes punched along each side, two sheets per child
- 4 in (10 cm) pieces of yarn or jute, three per child
- Happy photo of each child
- Scraps of fabric or construction paper
- Crayons or markers
- Magazines with pictures
- Safety scissors
- Craft glue
- Buttons



Requirement: My Self II