

Lesson 16 Additional Lesson Extensions



Welcoming

Book Suggestions

- ❑ *Everybody Has Feelings* by Charles E. Avery
- ❑ *Baby Mood Swings* by Jocelyn Jamison
- ❑ *Feelings* by Alik
- ❑ *Mama Cat Has Three Kittens* by Denise Fleming
- ❑ *Pete's Pizza* by William Steig
- ❑ *Sad Monster, Glad Monster* by Ed Emberly
- ❑ *Today I Feel Silly and Other Moods That Make My Day* by Jamie Lee Curtis



Gathering

- (If applicable) After the children have offered their prayers, display an illustration or statue of the Sacred Heart of Jesus into your hands.

See this picture/statue of Jesus? Do you see that it shows his heart on the outside of his body? We know that our hearts are on the inside of our bodies, and that Jesus' heart was really on the inside of his body too. But the artist/sculptor that made this wanted us to think about Jesus' heart. We call this the "Sacred Heart." It helps us think about how much Jesus loves us, and how much he feels badly when we are hurt or scared. Jesus is filled with many feelings because he loves us so very, very much.

- Allow the children to look at the illustration/statue.



Discovering

Additional Activity

- The song is sung to the tune of "If You're Happy and You Know It." Use your face and voice levels to also portray the emotions (you can also use the faces from Activity Master 16 found in the Catechist/Teacher Guide).

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 sad and you know it, wipe your eyes. (2X)

If you're sad and you know it, then your face will surely show it.

If you're sad and you know it, wipe your eyes.

If you're surprised and you know it, say, "Oh my!" (2X)

If you're surprised and you know it, then your face will surely show it!

If you're surprised and you know it, say, "Oh my!"

If you're scared and you know it, raise your eyebrows. (2X)

If you're scared and you know it, then your face will surely show it.

If you're scared and you know it, raise your eyebrows.

If you're angry and you know it, make a frown. (2X)

If you're angry and you know it, then your face will surely show it.

If you're angry and you know it, make a frown.

If you're silly and you know it, make a silly face! (2X)

If you're silly and you know it, then your face will surely show it.

If you're silly and you know it, make a silly face!

Thank you, God; thank you, God; thank you, God! (2X)

Thank you for our feelings, for our faces surely show them.

Thank you, God; thank you, God; thank you, God! AMEN!

Lesson 16 Additional Activity

Materials

Dramatic Play Puppets

- ☐ variety of puppets



Exploring

Dramatic Play Puppets

- Encourage the children to use the feelings puppets and create their own stories.

