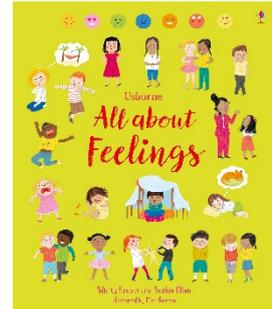


## School Library Association Information Book Award Shortlist 2020

### Up to 7 years

#### Usborne All About Feelings

Usborne Publishing, Felicity Brooks and Frankie Allen, Mar Ferrero  
(9781474937115)



The activities below are designed to be used at home with parents, or as gentle links to the school curriculum, easing children back into school life. Simply select activities to suit the children's interests and states of mind. Please feel free to adapt, and we will be pleased to hear of all successes.

Bookmarks )

Bunting ) download the templates provided

'Flag a Fact' )

Choose your favourite fact from this book, make a flag and then put it in the window for people to see.

Design an alternative cover for this book using any medium you would like.

Visit the associated links for the book here:

<https://www.usborne.com/quicklinks/eng/catalogue/catalogue.aspx?loc=uk&id=14898>

**Discussion Point** – if you are virtually meeting in a group, think about the following:

Look at some of the children in the book and their expressions. Pick someone with an expression the opposite of the one you like. Talk about how you would each make them feel better. What could you say? How will you empathise?

Empathise = understand, identify with.

## **English/Literacy**

Look at some of the children in the book and their expressions. Pick a child you would like to be and write some sentences on why you would like to be that person.

Keep a diary of your feelings while the country is experiencing the effects of this virus which has spread so quickly. Are you off school longer than you would normally be? How does that make you feel? Are you missing friends or family? Then look back on each week or month.

Note for adults:

Children and young people who are the most engaged with literacy have better mental wellbeing than their peers who are the least engaged

<https://literacytrust.org.uk/research-services/research-reports/mental-wellbeing-reading-and-writing/>

## **PHSE**

What's the best thing to do when you feel worried/sad/unhappy? Talking to someone helps enormously, so don't keep your feelings to yourself.

EmpathyLab produces reading lists of books every year to help with a range of feelings: <https://www.empathylab.uk/>

If you can get hold of some of the books, either having them at home, or through your local library's ebook platform, share reading together and discuss how the books made you feel.

Do you have brothers and sisters? Do you always get on with them? Next time you argue, stop to think of their point of view. Is the argument as important if you consider how they feel?

On pages 16 – 17 in the book there is a board game where you have to proceed during the day and experience different feelings. If you have the book use this, or make your own game based on this and draw in pictures of yourself and your family, then play it together before bedtime.

## **Virtual Hug activity**

- Draw around each of your hands and ask an adult to help you cut them out.
- Take at least 2 pieces of A4 paper and cut it length ways into 3 even strips. Tape these together at the narrow end to end.
- Tape the cut out hands to each end of the long strip.
- Write messages or draw on the hands and strip for a relative or neighbour whom you have not seen for a while to send them a virtual hug.
- This can be posted to them so they know you are thinking about them whilst you are unable to see them in person.

## **Art/DT**

Produce a drawing or collage showing a happy place for you. It can include people you have been missing, or simply be somewhere you would like to visit again.

Think about colours. Do different colours make you feel different things?

Paint or draw a picture or make a collage with colours of how you are feeling today. Do the same on another day. Have you done them different colours because of feeling differently?

Many children (and adults) are producing rainbows and putting them up in their windows to show they are thinking of the range of people helping the NHS at this time. Can you pick any picture and colour it in rainbow coloured. It could be like Elmer the elephant and not usually found in rainbow colours, but you can use whatever colours you like.

## **ICT**

Look at emojis on the computer or ipad. Make a bookmark of different emojis with different feelings.