Lesson Plan

Slumberkins: Creatures Full of Feelings

Story Summary
Join the Slumberkins friends for an adorable journey through the world of feelings! Creatures Full of Feelings helps build a foundation of social-emotional skills using verbal and non-verbal cues. Creatures Full of Feelings introduces feelings, both big and small.

Activity Ideas

Facial Expressions
Make different facial expressions and have others guess how you feel.

Emotions Chart
Create a chart with different emotions represented by facial expressions and have children point to what emotion they are feeling.

Additional activities can be found in the following pages of this document.
Using verbal and non-verbal cues, Creatures Full of Feelings helps little ones learn to identify and imitate each emotion. Children will love watching their favorite Slumberkins creatures express feelings in a safe, calm, approachable manner—promoting emotional intelligence and well-being from an early age.

Discuss the story and write your answers together.

What is Creatures Full of Feelings about?

_______________________________________________________________________________________________
_______________________________________________________________________________________________

What are big feelings?

_______________________________________________________________________________________________
_______________________________________________________________________________________________
_______________________________________________________________________________________________

What are small feelings?

_______________________________________________________________________________________________
_______________________________________________________________________________________________
_______________________________________________________________________________________________

What feeling do you feel most often?

_______________________________________________________________________________________________
_______________________________________________________________________________________________
_______________________________________________________________________________________________

How does breathing help you feel feelings?

_______________________________________________________________________________________________
_______________________________________________________________________________________________
_______________________________________________________________________________________________
_______________________________________________________________________________________________
Vooks Pause & Ponder

Slumberkins: Creatures Full of Feelings

0:29
What are these two friends feeling? How can you tell?

0:50
How can you tell this friend is happy?

0:57
How is this friend feeling? How can you tell?

1:13
How do you look when you are tired?

1:59
Do you cry when you are sad?

2:10
What scares you?

2:29
What calms you?

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After viewing the Book:

1. Can you act silly?
2. What are some things that worry you?
3. What makes you feel excited?
4. What are the feelings you have felt so far today? What made you feel those feelings?
Some feelings are big. You can feel them all.

Take a deep breath. Some feelings are small.
Pick one of the feelings from the list to the right. Then, draw a picture and write a story about a time that you felt that feeling.

Word list:

Happy
Mad
Tired
Silly

Worried
Excited
Sad

Scared
Shy
Calm

The feeling I picked is _____________________________.

A time that I felt that feeling was _______________________________________

________________________________________________________________________

________________________________________________________________________
Connecting Activity

Match the feeling that each face is showing with the word that describes it. Draw a line to connect the two.

- Sad
- Happy
- Scared
- Tired
- Excited
- Mad
Creatures Full Of Feelings Puppets

Create your own Slumberkins: Creatures Full of Feelings puppets by adding faces to each animal. You can make them sad, happy, excited or any other feeling you can think of.

How to make a puppet

1. Color and cut out the Creatures Full of Feelings puppets.
2. Glue the ends of the strips together to make a circle.
3. Place puppets on fingers and tell your own story with a puppet show.