

Emotions Poetry

Poetry offers up a wealth of benefits for children. It fosters a love for language, thereby building literacy. It helps children understand themselves and others, allowing them to cultivate valuable qualities like compassion and empathy. It is also a healthy way for children to express their emotions and deal with emotionally challenging situations. Fortunately, there are many famous poems for children. Poets like A. A. Milne and William Blake wrote many poems for children that can inspire them to find their voice and representation through poetry, even from an early age.

Source: <https://www.familyfriendpoems.com/poems/famous/children/>

Feelings Poems

Suggested Activity - Read a book about emotions or feelings. Talk to your child about how they are feeling. Your child may be feeling a lot of confusing feelings about staying at home and not being in school. It is an emotionally confusing time.

Show your child pictures of different feelings and emotions OR make faces of different feelings and emotions encourage your child to name those feelings. (You may use the picture of the student emotions attached below or make the emotion face on your face.) Here are some questions and prompts you may want to use when talking about identifying feelings.

*How is the child in the picture feeling? *How can you tell that is how they feel? *How can we make someone who is sad feel better? *When is a time that you felt happy?

Write together different feeling words. (You may use the pictures of feelings at the bottom of this activity sheet as ideas or a starting point.) Have your child give verbal examples of times when they have felt that way. Examples... You may share the pen to turn the answers into a poem.

I feel HAPPY when.....

I feel SAD when.....

I feel JOY when....

I feel ANGRY when...

I feel LOVED when...

I feel excited...

I feel frustrated...

I feel surprised...

I feel shy

Emotions



happy



sad



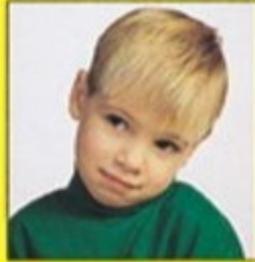
angry



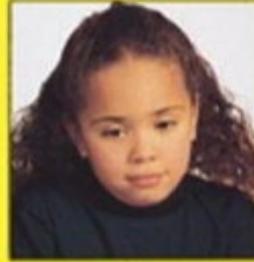
excited



afraid



shy



guilty



tired



jealous



loved



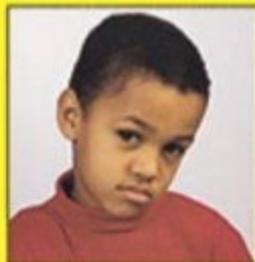
hopeful



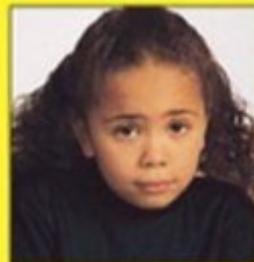
bored



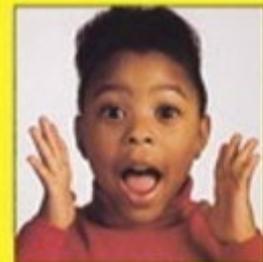
proud



sorry



embarrassed



surprised

If you would like some poetry activities to explore please check source:

<https://www.readingrockets.org/calendar/poetry#online>