

# The New York Public Library

# At Home Storytime for Families

## Let's Explore Feelings

Here are some songs to sing together!

### [I Have a Little Heart](#)

I have a little heart (place hand over heart)  
And it goes thump, thump, thump (pat chest three times)  
It keeps right on beating  
When I jump, jump, jump (jump three times)  
I get a special feeling, when I look at you (point to child)  
It makes me want to give you a hug or two (give a hug)

### [Emotions Hokey Pokey by Kiboomers](#)

You put your HAPPY face in,  
you take your HAPPY face out,  
you put your HAPPY face in and you shake it all about  
You do the hokey pokey and turn yourself around,  
Everybody turn around! (clap, clap)

*Other verses:*

*You put your SAD face in;*  
*You put your ANGRY face in;*  
*You put your SCARED face in;*  
*You put your SURPRISED face in;*  
*You put your SILLY face in.*

### Virtual Read Alouds of Favorite Books

#### [What Shall We Do with the Boo-Hoo Baby?](#)

By Cressida Cowell

Some questions to ask during or  
after the story:

*Why do you think the baby is  
crying?*

*What should the animals try next  
to make the baby feel better?*

*What makes you feel better when  
you cry?*

#### [One Hug](#)

By Katrina Moore

Some questions to ask during or  
after the story:

*How does a hug make you feel?*

*What are some ways you can share  
a special "hug" with people who are  
far away right now?*

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Here are some activities the whole family can do together!

### Compliment Circle

As a family, sit in a circle (or a pair). Pick one person to start and share a compliment--something that you really like or love about this person!

Make sure everyone has a chance to give and receive a compliment.

Talk about it with your child: "How does it make you feel when someone compliments you? How do you feel when you compliment someone else?"

### How Do I Feel? Guessing Game

Take turns with your little one[s] acting out a feeling and having the other players guess.

Try using your whole body to demonstrate how you feel without using any words.

What can you do with your face, arms, legs, or belly to show you are happy, sad, mad, scared, confused, or any other emotion you'd like to try?

### Deep Breathing / Emotion Release

Practice counting and release tension with your child. Count to five seconds while they breathe in slowly, hold their breath for five seconds then count out for five. Don't forget to switch places!

Do this several times and talk with your child about it afterwards: "How do you feel now? How does your body feel?"



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