

IDENTIFY EMOTIONS WITH BIBLI!

A social-emotional communication and regulation activity inspired by The Friendly Bookshelf



Introduction

Knowing when and how to respond to stimuli is one of the most important skills we can cultivate in our children: one that will lead to lifelong success, emotional well-being, and happiness. One tool that helps to do this is called the Mood Meter: an evidence-based chart that is commonly used in educational settings and encourages children to recognize and communicate their emotions and successfully regulate them.

The following activity introduces children to using the Mood Meter by identifying key emotional moments that appear throughout Bibli's journey in *The Friendly Bookshelf*.

Instructions for Teachers and Parents

The Mood Meter contains different emotions, divided by color for easier identification. Using the Mood Meter, children are encouraged to identify the emotions of characters from *The Friendly Bookshelf*. They can write their answer/answers on the blank lines beside the image.

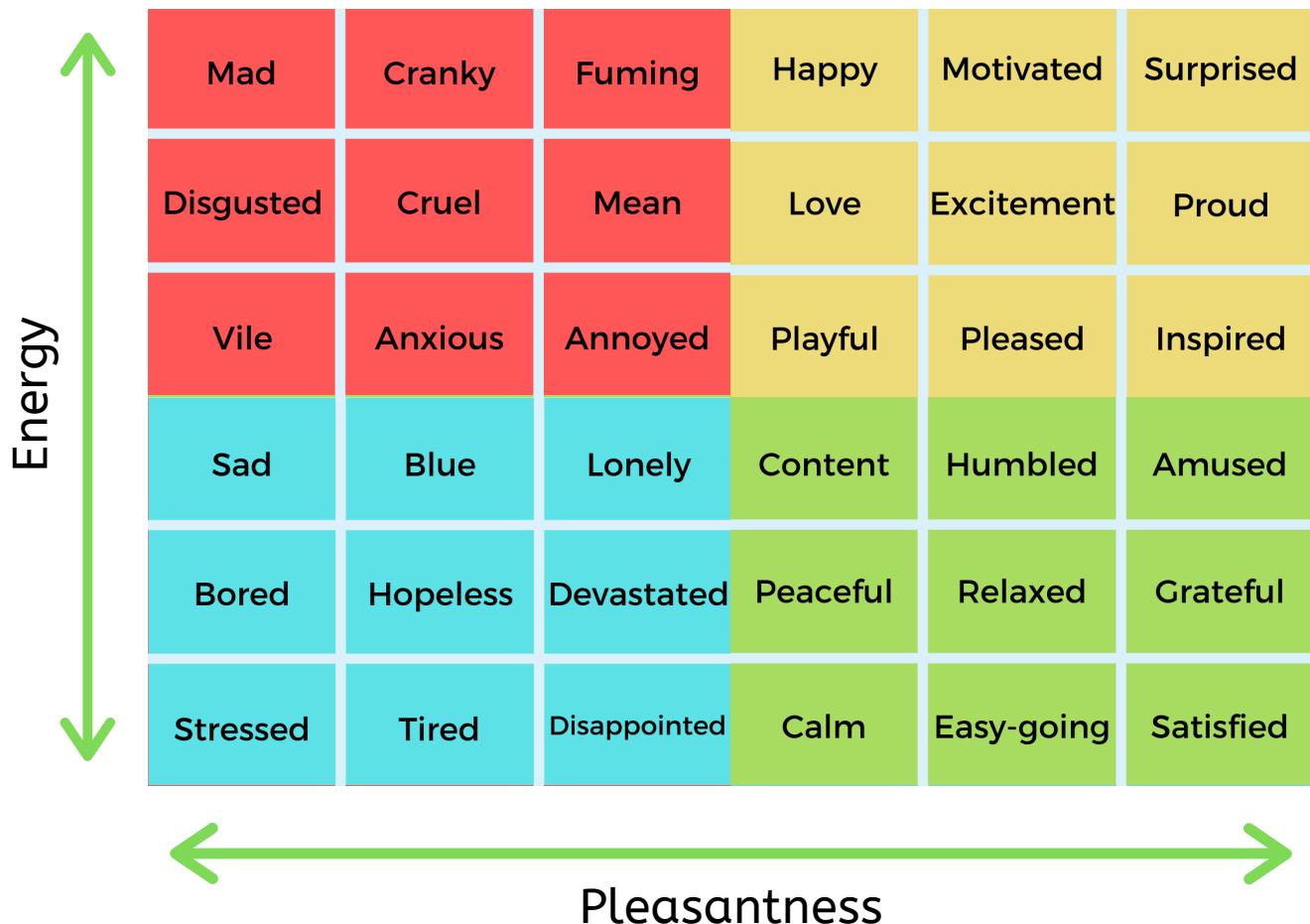
Instructions for Children

Take a look at the various scenes from *The Friendly Bookshelf*. What emotions do you think the characters are feeling? Use the Mood Meter to help you decide and write your answer on the lines beside the image.

Flip to the end of this packet to view the emotions key!

THE FRIENDLY BOOKSHELF

Mood Meter



Use these words to describe how the characters feel in the scenes on the following pages! Head to the back of the packet for definitions of each word.

SCENES FROM THE FRIENDLY BOOKSHELF



Where on the Mood Meter is Bibli in this scene?



How is Bibli feeling here?



What emotion(s) might Bibli be feeling here?



Where on the Mood Meter is the Queen B in this scene?



What might Bibli be feeling here?



How is Cassie feeling in this scene?



Where on the Mood Meter are Bibli and Cassie in this moment?



How do Bibli and Cassie feel here?



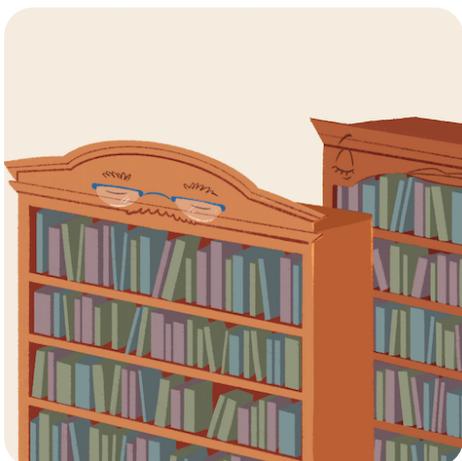
What emotion(s) is this bookshelf feeling?



Where on the Mood Meter is Bibli in this scene?



What emotion(s) is Cassie feeling here?



How are these two bookshelves feeling?



Where on the Mood Meter is Ms. Grammar in this scene?



What emotion(s) do these children feel here?



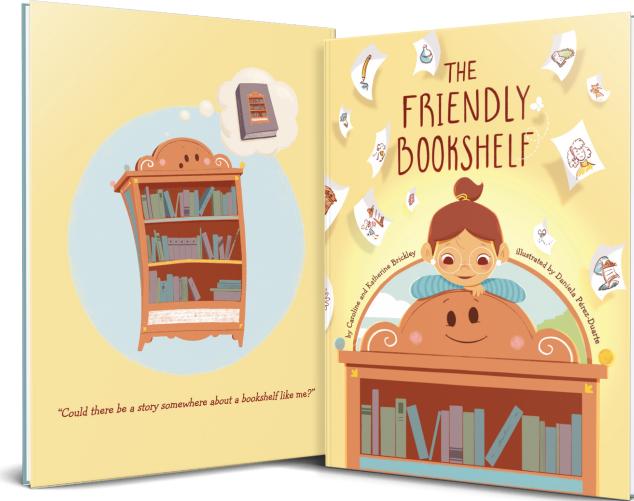
What emotion(s) does everyone feel in this scene?

EMOTIONS KEY

- **Amused-** Pleasantly entertained and enamored by something or someone
- **Annoyed-** The feeling you get when something bothers you, whether deeply or superficially
- **Anxious-** An overwhelmingly nervous feeling
- **Blue-** When you feel down or sad
- **Bored-** When you feel uninterested or unentertained by something
- **Calm-** When you feel peaceful, relaxes, and satisfied
- **Content-** When you feel happy and satisfied about something or a current situation
- **Cranky-** The feeling of anger or sadness that comes in bouts due to stress, hunger, etc.
- **Cruel-** Mean or terrible to another person or thing
- **Devastated-** A deep feeling of sadness and loss in something or someone close to you
- **Disappointed-** When you feel let down by something or someone
- **Disgusted-** When you feel grossed out or repulsed by something
- **Easy-Going-** When you "go with the flow"
- **Excited-** When you look forward to doing something or seeing someone
- **Fuming-** When you feel so mad, steam could come out of your ears
- **Grateful-** When you feel thankful for something or someone
- **Happy-** When you feel gladness and joy for something or someone
- **Hopeless-** A feeling that there is nothing to look forward to or nothing that will help the current situation
- **Humbled-** When you let go of pride to acknowledge the help or accomplishments of someone else instead of
- **Inspired-** When you feel motivated and compelled by someone or something

- **Lonely**- The feeling you get when you miss someone or you miss being around other people
- **Love**- A warm feeling of
- **Mad**- When you feel upset or angry at something or someone
- **Mean**- Hurtful, unkind, or cruel
- **Motivated**- When you feel enthusiastic, inspired, or encouraged to accomplish something
- **Peaceful**- When you feel calm, relaxed, and collected
- **Playful**- Joyful, unserious, and possibly full of jokes
- **Pleased**- Happy and satisfied
- **Proud**- When you feel a deep feeling of happiness and satisfaction with yourself or someone close to you
- **Relaxed**- When you feel comfortable and chill
- **Sad**- When you feel down; unhappy; sorrow
- **Satisfied**- When you feel happy and pleased by something or someone
- **Stressed**- An unpleasant feeling of strain and pressure to do something
- **Surprised**- Shocked, often in a happy way, at something or someone
- **Tired**- Sleepy; unenthused
- **Vile**- A dark, unpleasant feeling

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