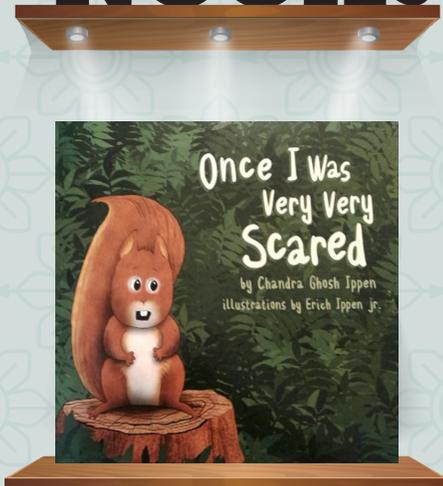


New York State
BOOK NOOKS



Title: Once I Was Very Very Scared
Author: Chandra Ghosh Ippen
Illustrator: Erich Ippen Jr.
Date published: January 25, 2017

Once I Was Very Very Scared

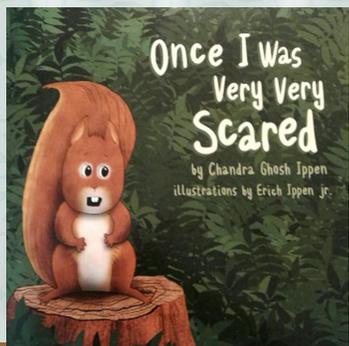
The authors use animal characters to discuss how we all have feelings and when we feel scared, stressed, mad, or sad, we are affected differently. Through animals, this book shows how adults can help children feel safe and how to cope with difficult feelings.

The Squirrel takes the opportunity to tell his friends about a time when he was scared. He finds out that his friends have felt scared before just like him.

Pyramid Skill or concept(s)	Identifying feelings, increasing emotional vocabulary, and managing your emotions.
Goal/Objective:	Children will recognize and recall different feelings they have. Children will discover ways to manage their difficult feelings.
Emotional Vocabulary:	Angry, ashamed, embarrassed, forgiveness, frustrated, lonely, love, sad, safe, scared, worry.

Story Time: (Show and Tell It)	
Name of Activity:	Show and Tell Feelings
Supplies needed:	Emotional Faces, Tucker Turtle
Ideas of what to say or do.	Prior to reading the story, take some time to create a problem solving area, to stage various props that can be used by children. During the story relate the emotional vocabulary in the book to the feeling chart from the resources in the Pyramid Model. Ask the question, "What happens to the turtle's body when he feels scared?" Introduce the Tucker Turtle technique, so children can rehearse the strategy of managing their emotions.
What Pyramid skill or concept is covered?	Recognizing feelings, problem solving, regulating emotions.

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Large Group: (Practice It)

Name of Activity:	Feeling Cards
Supplies needed:	A minimum of ten different emotions being expressed on the faces of children, for example, frustrated, embarrassed, sad, mad, nervous, happy proud, scared, loved, lonely (use the pyramid model feeling chart).
Ideas of what to say or do.	<p>Print out the feeling chart from the resources in the Pyramid Model. Cut out and laminate the faces to create individual cards, to be used as flash cards.</p> <p>While holding up one of the feeling flash cards, guide the children in exploring the different feelings that are on the chart, by asking the following questions.</p> <p>Ask the children, "Do you know what feeling I am holding up?" Ask the children if they can find the feeling that you are holding up, on the Pyramid feeling chart.</p> <p>Give the children enough time to take the flash card and walk over to the chart to place it next to the same feeling being expressed on the chart, or alternatively how they are feeling at that moment.</p> <p>Allow all the children who want to participate, to take a turn.</p>
What Pyramid skill or concept is covered?	Identifying feelings, building emotional vocabulary.

