

happy  
PUPPY



angry  
TIGER

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# GUIDE FOR EDUCATORS, PARENTS, & CAREGIVERS

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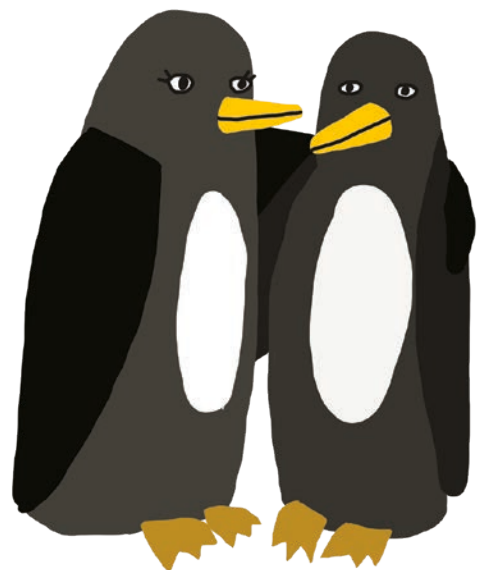
## ***About Happy Puppy, Angry Tiger***

This book emerged as an opportunity for caregivers to read together with children and share emotions, feelings, and animals together in a fun way. Connecting the beautifully illustrated animals together with each feeling allows for easy recall, joy, and encompassing equity of access to social-emotional development.

## **About the Author / Illustrator**

BRAD PETERSEN started his path in education as an elementary teacher in Houston, TX. He then went on to co-found, design, and build an innovative elementary school in Idaho, Future Public School. He now leads Brighter Fun, a children's social-emotional design group. Brad loves riding bikes, reading books, and swimming. He lives in Michigan with his wife, two children, dog, and cat.

BETSY PETERSEN is an artist, illustrator, and entrepreneur. She's spent the past seven years building an art business and collaborating with organizations to create fun and playful designs for a wide variety of products. Betsy loves running, reading books, and playing outside. She lives in Michigan with her husband, two children, dog, and cat.



## How to use this book

The book contains 24 different feelings and emotions. Each feeling is connected to an accompanying animal illustration. Reading together with children can be a rewarding experience for both the caregiver and child. Sometimes it can be difficult to start or know how to best engage as the grown-up. Here are a few tips:

- Be present with the child
- Engage your imagination
- Be open about yourself and your own feelings
- Embrace the whimsical

Something teachers often share with early reader students is that there are many ways to read a book—we agree! Here are several ways to approach reading this book together with your child(ren):

## WAYS TO READ TOGETHER

### Grown-Up Reads

The most familiar, traditional approach. You, as the grown-up, reading the book to the child.

### Grown-Up Reads and Shares

In this approach, the grown-up reads and shares their own feelings as side comments wherever you feel most comfortable or natural.

### Grown-Up Reads and Child Shares

The grown-up reads and asks the child(ren) about their feelings as side comments wherever most comfortable or natural. Alternatively, before beginning, encourage the child to jump in wherever they would like to!

### Child Reads

In this approach, the child reads and shares, perhaps practicing their reading skills, or just to have fun. The grown-up is an attentive listener.

### Child Reads and Shares

In this approach, the child reads and shares their own feelings as side comments wherever they feel most comfortable or natural. They will most likely feel ready or more successful for this approach after seeing the grown-up model it once or twice beforehand.

### Child Reads and Grown-Up Shares

The child reads and asks the grown-up about their feelings as side comments wherever most comfortable or natural. This can feel strangely therapeutic for the grown-up—trust us!

# POST-READING ACTIVITIES

## Sharing Sentences

A time I felt sad was \_\_\_\_\_.

I noticed \_\_\_\_\_ felt happy when \_\_\_\_\_.

Usually, \_\_\_\_\_ makes me feel bored.

One time I felt proud of myself was when \_\_\_\_\_.

\_\_\_\_\_ makes me feel reserved.

When I see someone feeling lonely, I can \_\_\_\_\_.

If you ever \_\_\_\_\_ it makes me feel proud!

\_\_\_\_\_ is someone that always shows lots of gratitude.

My friend, \_\_\_\_\_, is a loyal person!

If someone I know ever feels afraid I can \_\_\_\_\_ to help them feel safe.



# FUN FEELINGS ACTIVITY #1

## Feeling all the feelings - Checklist

Practice feeling different feelings by checking off the list below—see if you can feel all the feelings!

### Bored

- Lean your head back and sigh, uhhhhh
- Fold your arms and roll your eyes

### Happy

- Laugh and dance around
- Tell a funny joke or story

### Grouchy

- Scrunch your face
- Sit in the corner and tell someone, "I can't talk right now!"

### Grateful

- Tell someone you know how much they mean to you
- Imagine life without a favorite toy—then play with it and tell it thanks!

### Anxious

- Chatter your teeth back and forth
- Pace nervously around the room 3 times

### Angry

- Stomp your feet up and down 5 times
- Frown and tell someone "I'm mad!"

### Excited

- Shout, "Hip, hip...HOORAY!"
- Jump up and down the room for 15 seconds



# FUN FEELINGS ACTIVITY #2

## Draw Your Feelings

In this fun activity, take some time to draw pictures of yourself showing all the different emotions from the book! Try for best for the goofiest, most excited, and angriest drawings you've ever seen!

