

## Wiggly Feelings

**Objective:** The children will identify the feeling of being squirmy or wiggly.  
The children will name 3 ways to alleviate wiggly feelings.  
The children will name 4 emotions.  
The children will take turns when talking with peers.

**Materials:** 7 paper plates, markers, tongue depressors, clear tape, one fidget (hair scrunchie, pom-pom, or small squishy ball- something to fiddle with for their hands) for each child, *Wiggle*

**Vocabulary:** wiggle, angry, sad, happy, surprised, scared, squirmy

### Procedure:

Before the children come, make feeling masks:

1. Draw or have someone draw simple faces on each of the plates, each face depicting a different emotion.
2. Tape a tongue depressor to each plate for a handle.

When the children arrive:

1. Read *Wiggle*.
2. Point to the dog on several of the pages and ask the children how they think he's feeling.
3. Stand up and make several faces. Ask the children to identify how you're feeling.
4. Start to squirm and fidget. Ask the children how you are feeling now.
5. Ask the children what it feels like when you can't sit still and adults say you have ants in your pants, or are squirmy.
6. Ask the children for ideas what to do to get the wiggles out.
7. Give the children these ideas:
  - Ask the adult if you can go away from the situation and do 10 jumping jacks
  - make 5 silly faces then go back to what you were doing
  - count to 10 out loud in a silly way
  - shake each arm and leg
  - take a deep breath
8. Give each child one of the fidgets, and tell them that they may fiddle with it whenever they're feeling wiggly.
9. Put one of the masks in front of your face.
10. Have the children call out the name of the emotion on the face.
11. Go through the rest of the emotions.
12. Sing "Shake My Sillies Out"

### Extensions:

Ask the children for reasons why a person may be feeling the way a mask is showing. Have the children say something in a voice that matches each emotion.