

Storytime Activity Guide

My Face Book

by Star Bright Books

This simple, yet beautiful book is filled with full color photographs and depicts a variety of emotions. Practice mimicking the different emotions and encourage your baby to do the same! Your baby will love looking at other babies smiling, frowning, being silly, and laughing.

Did you know?

Getting along with others, recognizing feelings, and expressing them appropriately is all part of **Social-Emotional Understanding**. Help your child practice by looking at the childrens' faces in *My Face Book*, and talk about how we know how they feel.

Talk about it!

While babies and young children might not be able to answer your questions, they are learning as they hear you talk. When you ask and answer your own questions you are helping your child learn language!

- The emotions in this book are often juxtaposed with their opposite emotion. For example, "serious" is placed right next to "silly." What other opposite emotions can you find in this book? Talk to your young child about how emotions can contrast with each other.
- One baby in this book is laughing. Is there something that makes your baby laugh? Talk to them about it. Whenever they are laughing you can say: "You are laughing. Do you feel happy? When people laugh, they are usually feeling joyful." The conversation will build as your child grows, so long as you talk to your baby.
- People cry for many reasons. How do you like to be comforted when you are upset? Talking to your child about your own emotions will help model one healthy way that people can process unpleasant emotions.

Play: Emotion Charades

1. In addition to reading the names of the emotions on the page, try to act out the emotions in the book with your facial expressions. This will help your baby understand the new vocabulary you are teaching.
2. You can also teach animal names while you are teaching the names of the emotions. What does a dog say and do when it's sad, for example? What about a happy cow or chicken? Move your body, make sounds, and use facial expressions to teach your child about the animals and their emotions.

Find More Online

Scan this QR code to find book recommendations, online activity guides, and other fun resources.



qrco.de/learnathome

Scan this QR code with your phone's camera to see our Read Aloud of this book!



qrco.de/MyFaceBook

Create!

Make your own book using your family photographs! Your baby will love seeing familiar faces and hearing your family stories.

Materials needed:

- Scissors
- Tape or glue stick
- Crayons or markers
- Printed pictures of your baby
- Recycled cardboard from a cereal box

1. Cut open the empty cereal box. Cut the front and back into two pieces each. You will have 4 total pieces of cardboard.

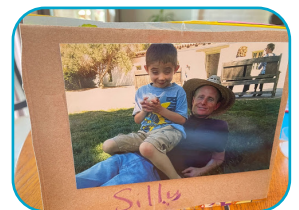


2. Tape pictures of your baby to the sides of the cardboard that are blank.



3. What feeling do you see on the faces in the picture? Write the name of the feeling on the cardboard to create a label for your picture.

4. Tape the pieces together and fold the cardboard to make a book.



5. Read the book with your baby, telling them about the feelings you see, as well as the memories you have from the event. Who was there? What were you all doing? What happened before or after the picture was taken? Your baby will love seeing the faces in the pictures and hearing your voice!

