

Book title: What Will I Do If I Can't Tie My Shoe?

Author: Heidi Kilgras

Activity Name: Guided Feelings Check

- School Readiness Outcomes (SRO) goals met:
 - Verbally express how they are feeling.
- Instructions
 1. Pick 2 or 3 things that you've done before. These should be short and quick things. Think of things like, pouring a bowl of cereal, or doing 5 jumping jacks.
 2. Next, choose 1 or 2 things that you aren't sure you know how to do well. It might be something like tying your shoes like in the book. Or maybe you want brush your teeth for exactly 2 minutes.
 3. Do one of the activities you chose. How are you feeling? Are you excited that you did it? Frustrated that you couldn't quite get there? Maybe you're bored because it was too easy.
 4. Do your next activity. How are you feeling after that one? Keep going, saying how you feel after each activity!

