

Book title: How Do Dinosaurs Say Goodnight?

Author: Jane Yolen, Mark Teague

Supplies for activities needed:

- A book
- Paper
- Markers

Activity Name:

- School Readiness Outcomes (SRO) goals met:
  - Finding acceptable ways to get others to pay attention to problems, not by force.
- Instructions
  1. Think about how you are feeling. Are you happy, sad, angry?
  2. Draw how you are feeling right now on your paper.
  3. Draw how you feel when you are angry, sad, lonely, confused, scared, and worried.
  4. Look through a book for when a character feels those things too.
  5. If you feel worried, angry, etc. point to your drawing of you feeling that, or use the character in the book as an example. This way, you can communicate how you are feeling without speaking.
    - a. This can be helpful for when it may be too overwhelming to put together a sentence.

