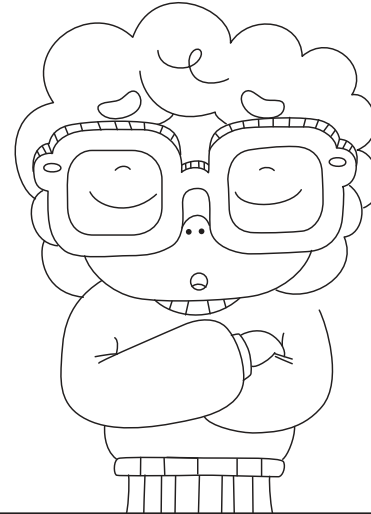
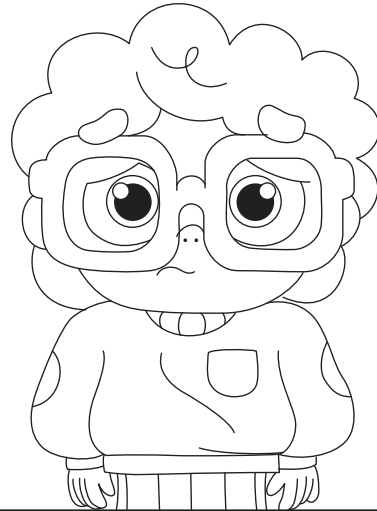




Be a Feelings Detective!

Match the feelings from the word bank to the expressions on the Big Heart Kid's face and then color the feelings.



Word Bank

Angry Nervous
Happy Calm



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NHSA Music Time

With Big Heart World

This week, we are singing and dancing about our FEELINGS! Here are the activities we'll practice together...and that you can try at home/school after the session.



Play Along!

Bring your own toy instruments (or a box of dry pasta) to class. Shake, strum, or drum along during music time!



Feel the Music

How does each song make us feel? Be ready to move your body to the feelings we hear in the music.



Feather Breath

Pretend you have a feather on your nose! Breathe in and out to blow your feather into the air and calm your body.



Color the Feelings

What color reminds you of happy? What color reminds you of sad? Dance along and color the feelings!



Find Noggin's Big Heart Beats Album, off-screen games and activities, books, and more social and emotional learning resources at www.bigheartworld.org.



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