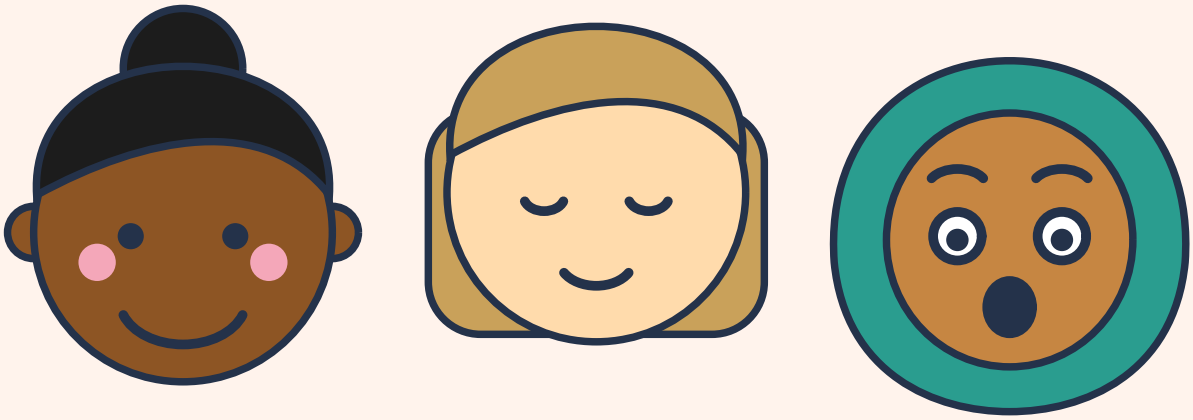
A ONE-WEEK LEARNING PACK FOR AGES 3–5

Feelings & Friends Week

5 days of circle time, centers, art, and movement
for home daycares and small child care programs





Naming feelings · Taking turns · Rhyming words · Color + ink-saver

28 pages · US Letter · Full color · © 2026 Jackson Miller

EDUCATOR GUIDE

Welcome, How to Use & Contents

Feelings & Friends Week is a complete five-day plan for mixed groups of children ages 3 to 5. Children name six feelings (happy, sad, mad, scared, surprised, calm), notice that friends can feel the same way and look different, practice sharing and taking turns, try calm-down choices, and find kind words. Every feeling is welcome. No child is asked to share a personal story.

A typical day

- **Circle time**, 10–15 min: a short read-aloud story and talk prompts
- **Math center**, 10–15 min: hands-on counting, comparing, or sorting
- **Literacy center**, 10 min: oral vocabulary and sound games
- **Art & fine motor**, 15–20 min: low-cost paper projects
- **Movement**, 5 min: a short movement game with seated options

Mixed ages

Each day plan has a **Simpler** idea (often right for younger 3s) and an **Extension** (often right for older 4s and 5s). Choose by what each child is ready for, not by age alone. Printed pages are tools for play and talk, not tests.

Printing

Print on US Letter paper at **100% / Actual size**. The color and ink-saver files have the same pages and page numbers. Send the family letter (p. 27) home on Day 1.

What is inside

- 5 educator day plans and a week-at-a-glance
- 5 original read-aloud stories + 1 feelings rhyme
- 12 vocabulary cards · 10 number cards · 6 movement cards
- Counting mat, 16 heart counters, feelings match
- More, fewer, same page, calm-down cards, 2 sorts
- Feelings face builder, cozy corner count, tracing, letter, keys

Contents

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EDUCATOR GUIDE

Pick and choose; every activity is optional

Week at a Glance



	DAY 1 All Kinds of Feelings	DAY 2 Same Feeling, Different Faces	DAY 3 Sharing and Taking Turns	DAY 4 Big Feelings, Calm Choices	DAY 5 Kind Words, Helping Hands
Words	happy, sad, mad, scared, surprised, calm	feeling, face, same, different, friend, notice	share, turn, more, fewer, same, fair	calm, breathe, stop, choice, mad, words	kind, help, gentle, listen, ask, thank you
Circle time	Noor's Feelings Day + feelings rhyme	Same Feeling, Different Faces	One Red Wagon	Dev's Big Mad Feeling	The Kindness Chain
Math	Kind Hearts	Feelings Match	More, Fewer, or the Same?	One Calm-Down Choice	Cozy Corner Count
Literacy	Feeling Words	What Could Help?	Share It or Just for Me?	Rhyme Sort: cat and bee	Kind Words Chain
Art & fine motor	My Feelings Picture	Faces in the Mirror	Sharing Picture	My Calm Picture	Feelings Face Builder
Movement	Feelings Freeze	Mirror Me	Shake It Out	Belly Breaths	Hello Choices
Big idea	Naming feelings; counting 1–5	Matching feelings on different faces	More, fewer, same; sharing and turns	Ordering 4 steps; calm-down choices; rhyming	Kind words; building a face from shapes; counting a collection

Before the week starts

- Read the day plans (pp. 6–10) and stories (pp. 11–12). Skim the safety notes (p. 5).
- Print and cut using the prep list (p. 4). Adults pre-cut for children not yet using scissors.
- Copy the family letter (p. 27) for each family and fill in your program name.
- Optional: set up a calm corner with a pillow and a few books before Day 4.

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EDUCATOR GUIDE

Educator plan

Day 1: All Kinds of Feelings

Today's words: happy · sad · mad · scared · surprised · calm

Prep today: Cut the number cards (p. 15) and 16 heart counters per child at the center (p. 17). Print the mat (p. 16). Paper and crayons for art.

Circle time

10–15 min

- Read **Noor's Feelings Day** (p. 11).
- Ask: "What feelings did Noor have? What made her sad? What helped?"
- Show the 6 feeling cards (p. 13). Name each one and make that face together.
- Say **All My Feelings** (p. 12), making a face for each line.
- Transition: children choose a feeling card to show how they feel today, or say "pass."

Math: Kind Hearts

Pages 15, 16, 17

1. Child picks a number card 1–5.
2. Touch and count the hearts on the card, one touch for each.
3. Place the same number of hearts in the top row of the mat, starting at the left.
4. Count again and say the total: "Four hearts on the card, four on my mat."

Literacy: Feeling Words

Vocabulary cards, p. 13

Hold up a feeling card. Children say the word and finish the sentence: "I feel happy when..." Children may pass. Feeling words in home languages are welcome.

Movement: Feelings Freeze

Card on p. 26

Dance while you hum. Stop and call out a feeling. Everyone freezes and makes that face. Then dance again.

Art: My Feelings Picture

Paper, crayons

Children draw a time they felt happy, or any feeling they choose. Adults write the child's words: "I feel... when..."

Simpler

emerging / younger 3s

Use cards 1–3 only. Name 3 feelings: happy, sad, mad.

Extension

ready / older 4s & 5s

Use cards 6–10 and fill both rows of the mat. Name a feeling that is not on the cards, such as proud or tired.

Look for

informal notes

One touch for each object. Says the last number to tell how many. Names 3 or more feelings.

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CIRCLE TIME

Read slowly; pause for children to predict and act it out

Read-Aloud Stories, Days 1-3

Day 1: Noor's Feelings Day

original story, about 1–2 min

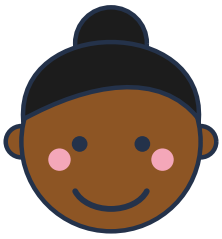
In the morning, Noor saw her friend at the door. She smiled a big smile. "I feel happy!" she said.

At block time, Noor built a tall tower. Bump! It fell down. Her mouth turned down. "I feel sad," she said softly.

Then her friend Elif said, "Let's build it again together." Noor looked up. "Okay!" Her sad feeling got smaller.

At lunch, a loud noise came from the hall. Bang! Noor jumped. Her eyes went wide. "I feel surprised!" Then she giggled. It was just a dropped tray.

At rest time, Noor lay on her mat and breathed slowly. Her body felt soft and still. "Now I feel calm," she whispered. "I had lots of feelings today."



Pause & ask: *What made Noor feel sad? What helped?*

Day 2: Same Feeling, Different Faces

original story, about 1–2 min

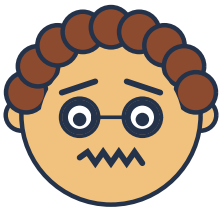
Kenji and Amara were at the park when dark clouds rolled in. Rumble! went the thunder.

Kenji held his teacher's hand tight. His eyebrows went up. Amara got very quiet and stood still.

"Amara, are you scared too?" asked Kenji. Amara nodded. "I don't look like you, but I feel scared too."

Their teacher said, "People can show the same feeling in different ways. Some hold a hand. Some get quiet. Some want to talk."

Inside, they listened to the rain on the window. "I feel better now," said Kenji. Amara smiled. "Me too. We felt the same."



Pause & ask: *How did Kenji show he was scared? How did Amara?*

Day 3: One Red Wagon

original story, about 1–2 min

There was one red wagon in the yard, and Pablo and Zuri both wanted it. "Mine!" said Pablo. "No, mine!" said Zuri.

Both of them pulled. The wagon did not go anywhere. Pablo frowned. Zuri frowned too.

"What can we do?" asked their teacher. Zuri thought. "We could take turns!"

"Pablo can pull it around the yard one time," said the teacher. "Then it is Zuri's turn." Pablo pulled it once around. Then he gave it to Zuri.

Zuri pulled it once around. Then she had an idea. "Let's both hold the handle and pull it together!" Now they were both having a turn, and both of them were smiling.



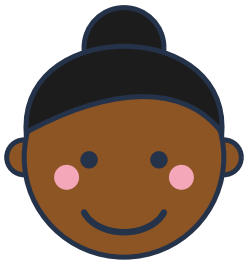
Pause & ask: *How did Pablo and Zuri solve the problem?*

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LITERACY

Find two friends who feel the same. Faces can look different and still show the same feeling.

Same Feeling, Different Friend: Match



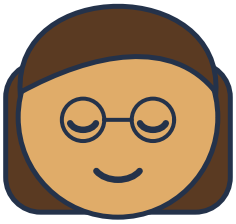
happy

A



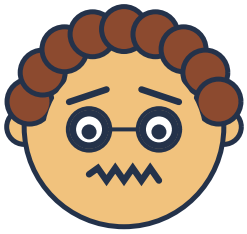
mad

B



calm

C



scared

D



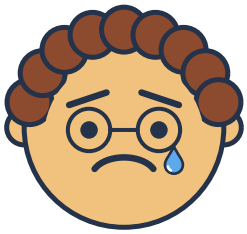
sad

E



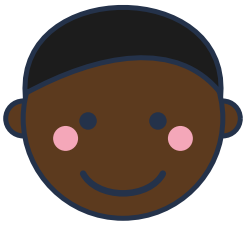
surprised

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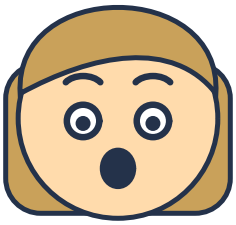
sad

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happy

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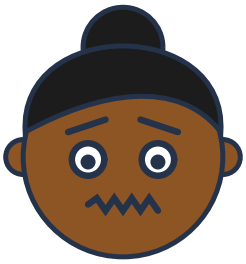
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I



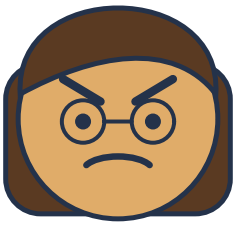
calm

J



scared

K



mad

L

✂ *Cut on the dashed lines. Small letters are for the answer key only.*

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