LIBRARY STORYTIME · AGES 3–6 · 30 MINUTES

Big Feelings Storytime: a 30-minute script for children's librarians

Two picture books, one movement game, and a breathing practice for ages 3–6 with a parent or caregiver. Built on the phrases of the Raising Stoics classroom program, with a one-page take-home sheet.

Books

Main picks

- **The Color Monster: A Story About Emotions** — Anna Llenas (Little, Brown Books for Young Readers, 2018); in Spanish: *El monstruo de colores*
- **When Sophie Gets Angry—Really, Really Angry…** — Molly Bang (Blue Sky Press (Scholastic), 1999); in Spanish: *Cuando Sofía se enoja, se enoja de veras*

Backups

- **The Feelings Book** — Todd Parr (Little, Brown Books for Young Readers, 2011); in Spanish: *The Feelings Book / El libro de los sentimientos (bilingual edition, 2021)*
- **In My Heart: A Book of Feelings** — Jo Witek (illustrated by Christine Roussey) (Abrams Appleseed, 2014)

You'll need

- The two main books, plus the backups on a cart
- Six large paper sheets with a simple drawing of the weather inside: sunny, calm, cloudy, rain, storm, fog (fog means "I don't know what I feel")
- Tape or sticky tack to hang the weather sheets low on a wall or shelf end
- A paper circle about 6 inches wide, marked "Pause", for the leader (copy for each family if your printer allows)
- Easel or chart paper and a marker for the welcome chant words
- Copies of the take-home sheet, one per family
- Nothing small: no beads, buttons, or loose pieces for the youngest children

Adapting it

- Age 3: shorten each book to the first pages you love and use the sheets for pointing, not talking. Keep the caregiver on the lap, and drop the sentence starters in favor of the picture choice.
- Large group: have children stay in their spots and point to the weather sheet on one easel instead of walking around. Ask grown-ups to whisper the answer in the child's ear, so you hear only a few.
- Bilingual group: say each key phrase in English and Spanish ("Right now I feel…" / "Ahora me siento…"). Invite families to use their own home language too. If you have both editions, show the covers of each.

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The plan · 30 min

1. **3′** **Welcome chant.** Greet children and caregivers by name while everyone sits in a circle. Teach a short clap-and-say chant you make up, such as "Hello, hello, here's my hand, big feelings welcome, here we stand." Repeat twice, getting quieter each time.
   Say: “Hello, friends! Today every feeling is welcome here: happy, mad, scared, and silly.”
2. **8′** **Book 1: The Color Monster.** Show the cover first and ask the children to guess what feelings might look like. Read slowly, pausing two or three times to ask where in the body a feeling lives. After the last page, go around and invite each child to say a sentence starter, helping with a pointing option for the youngest.
   Say: “Where do you feel that in your body? Show me with your hand.”
3. **6′** **Game: Weather Inside.** Hang the six weather sheets around the room. Children walk with their grown-up to the weather that matches how they feel now. Each child, or the grown-up for them, says the phrase; the leader answers warmly and never fixes or judges the choice.
   Say: “Right now I feel… Walk to the weather inside you. Fog means "I don't know."”
4. **7′** **Book 2: When Sophie Gets Angry.** Tell the group the next book is about a very big feeling: anger. Read it, pausing once to ask what bodies do when they are very mad. Afterward, say that anger is allowed and what we do with it is the choice.
   Say: “Mad is a feeling, and every feeling can pass. What does your body do when you're mad?”
5. **3′** **Breathe and pause button.** Hold up the Pause paper circle. Practice with everyone: stop (freeze hands), breathe (smell the flower, blow out the candle, three times), and choose (say one thing you could do). Do it while everyone is calm and happy.
   Say: “Stop. Breathe. Choose. Smell the flower… now blow out the candle.”
6. **3′** **Goodbye and take-home.** Hand out the take-home sheet. Sing the welcome chant slowly, then invite each child to say one word for their weather as they leave the circle, or wave if they prefer. Thank the grown-ups for coming.
   Say: “Thank you for sharing your weather today. Try the games on your sheet at home!”

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TAKE HOME

Big Feelings at Home

PHRASE OF THE DAY

“Right now I feel…”

1. Weather at dinner (3 minutes): everyone says their weather inside, grown-ups first: sunny, calm, cloudy, rain, storm, or fog. Just listen and say thank you.
2. Pause button game (2 minutes): when everyone is calm, say "Stop" and freeze like statues, then take one slow breath out and choose a fun move to do together.
3. Flower and candle (2 minutes): smell the flower, blow out the candle, three times. Do it at the table, in the car, or before a story.

Ask your child: What was your weather inside at the library today?

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