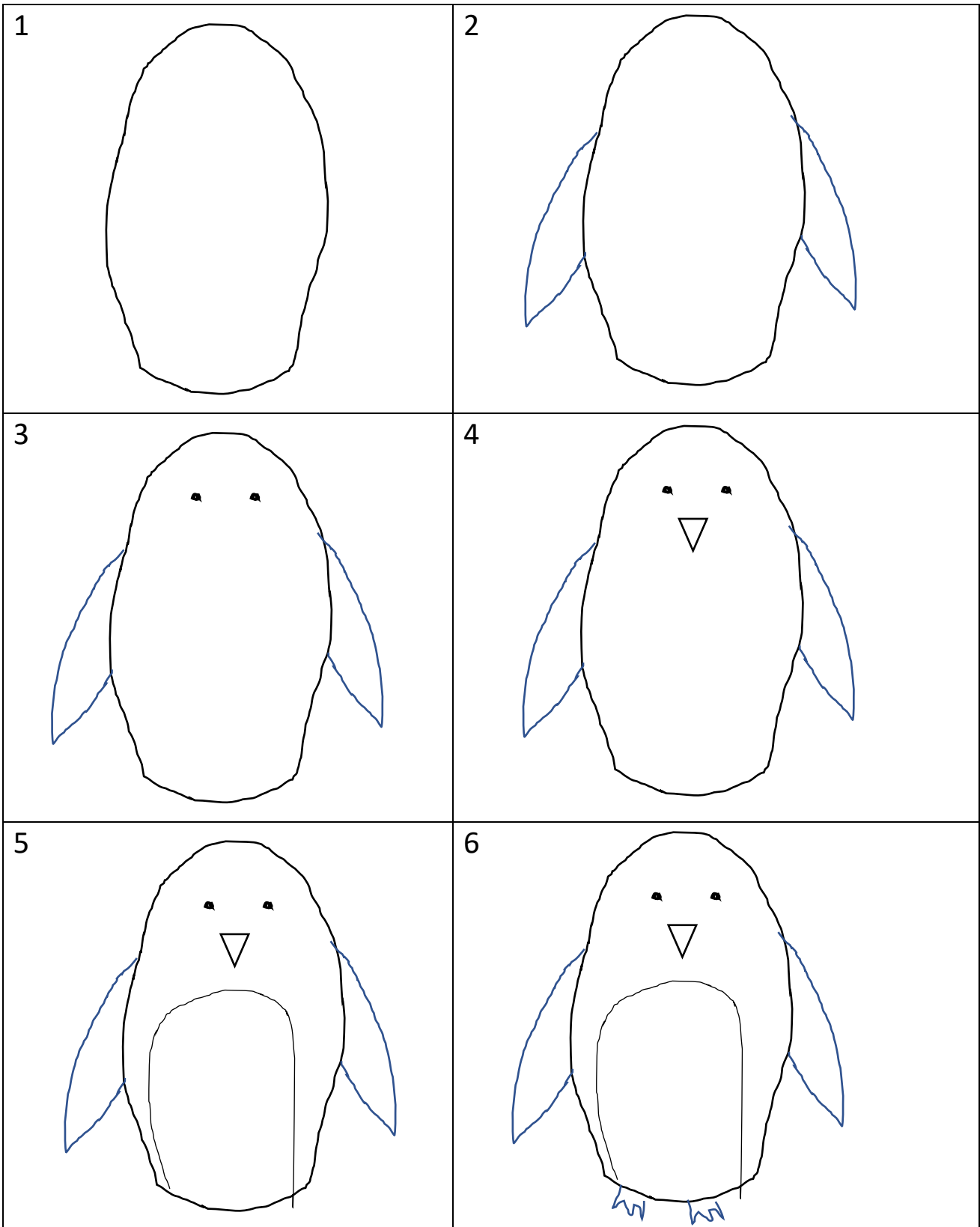


## DRAW A PENGUIN



## HOW IS THE PENGUIN FEELING?

- ✓ HOW DO YOU THINK THE PENGUIN IS FEELING IN EACH SITUATION?
  - ✓ CUT OUT THE SENTENCES BELOW AND FOLD THEM. PICK ONE AT THE TIME AND TALK ABOUT IT TO ADD MORE EXCITEMENT.
  - ✓ CAN YOU DRAW A PENGUIN?
  - ✓ TALK ABOUT HOW YOU WOULD FEEL IN THAT SITUATION, OR IF YOU HAVE EVER BEEN IN A SIMILAR SITUATION.
  - ✓ PICK ONE OF THE SITUATIONS AND DRAW A PICTURE ABOUT IT
  - ✓ USE A MIRROR TO DO THE FACES THAT THE PENGUIN WOULD DO IN EACH SITUATION
  - ✓ TELL A STORY ABOUT A PENGUIN, USE SOME OF THESE SITUATIONS TO GET YOU STARTED OR IF YOU ARE STUCK
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1. THE PENGUIN IS GOING TO SCHOOL
2. THE PENGUIN DOESN'T HAVE ANY FRIENDS
3. THE PENGUIN IS HAVING HIS FAVOURITE LUNCH
4. THE PENGUIN SPILLED ALL THE WATER
5. THE PENGUIN'S HAIR LOOKS VERY FUNNY
6. THE PENGUIN CAN'T FIND HIS FAVOURITE TOY
7. THE PENGUIN DOESN'T KNOW WHAT TO DO
8. THE PENGUIN HAS TO WORK A LOT TODAY
9. THE PENGUIN DOESN'T HAVE ANY FOOD LEFT
10. THE PENGUIN WON THE RACES
11. THE PENGUIN GOT A PRESENT FROM HIS BEST FRIEND
12. THE PENGUIN IS GOING TO A PARTY
13. EVERYONE IS LOOKING AT THE PENGUIN



## ANSWERS TO PREVIOUS ACTIVITY, talking about feelings

1. It depends on the child, some might say excited, or sad, or scared. It can be a good way to talk about how the child feels when he goes to school and why
2. SAD. Talk about ways to make friends for the penguin. Ask the child if he has any friends, what their names are, etc.
3. HAPPY, DELIGHTED, HUNGRY... Ask the child what his favourite food is. You can also talk a bit about healthy food.
4. WORRIED (they will give out to him), CLUMSY. Note to the child that we all spill things sometimes and it doesn't mean we are bad.
5. SILLY, EMBARRASSED, FRUSTRATED. Good opportunity to talk about laughing at others and how we are all different and how the penguin feels if we laugh at him.
6. ANGRY, FRUSTRATED, SAD. How to explain frustration to a child: when we really want something but we just can't have it that way, no matter what we do or how hard we work.
7. WORRIED, BORED, CONFUSED...
8. ANNOYED, FRUSTRATED, TIRED...
9. HUNGRY, DISAPPOINTED, ANGRY... How to explain disappointment: when we think something is going to happen and then it doesn't happen.
10. PROUD, HAPPY, EXCITED
11. LOVED, HAPPY
12. EXCITED, NERVOUS, use this opportunity to talk about how the child feels when he goes to new places or meets new people.
13. SHY, WORRIED, ANNOYED, HAPPY.... Anything, it depends on the child and his confidence.



