

# Sad

## Think

Think of something that makes you feel sad. Ideas: Your ice cream falls on the ground or when you have to say goodbye to someone you love.

How can you use your body to show sadness?

- HORSE: Horses hang their heads low when they are feeling sad. Can you move like a sad horse?

## Move!

- DOG: When dogs are upset, they turn their head away and lower their tail. Some sad dogs pace back and forth. Can you move like a sad dog?
- EXPLORER: How do YOU want to move when you feel sad?

# Happy

## Think

Think of something that makes you feel happy. Ideas: A friend plays with you or when your special grown-up gives you a hug.

How can you use your body to show happiness?

- FOX: When foxes feel happy and playful, they wag their tails, pounce and roll around on the ground. Can you move like a happy fox?
- RABBIT: When rabbits feel happy, they twitch their noses. They also make a special high twisting hop in the air called a “binky” when they are happy. Can you move like a happy rabbit?
- EXPLORER: How do YOU want to move when you feel happy?

## Move!

**SAD**



**TG.**

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**HAPPY**



**TG.**

# Angry

## Think

Think of something that makes you feel angry. Ideas: The block tower you are building falls apart or when a friend is not sharing with you.

## Move!

How can you use your body to show anger?

- **ELEPHANT:** When elephants feel angry, they flap their ears, kick their legs and toss their trunks in the air. Can you move like an angry elephant?
- **LION:** When lions feel angry, they sweep their tails from side to side and growl. Can you move like an angry lion?
- **EXPLORER:** How do YOU want to move when you feel angry?

# Surprised

## Think

Think of something that makes you feel surprised. Ideas: You hear a loud sound or when someone unexpected comes to visit.

## Move!

How can you use your body to show surprise?

- **OPOSSUM:** When opossums are startled, they lie down on the ground and freeze. Can you move like a surprised opossum?
- **DEER:** When deer are startled, they bound away with their friends. Can you move like a surprised deer?
- **EXPLORER:** How do YOU want to move when you feel surprised?

**ANGRY**



**TG.**

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**SURPRISED**



**TG.**

# Scared

## Think

Think of something that makes you feel scared. Ideas: You hear loud thunder or when you are in a dark room.

**How can you use your body to show scared?**

- HEDGEHOG: When hedgehogs sense a predator is near, they curl up into a tight ball. Can you move like a scared hedgehog?
- CAT: When cats feel afraid, they arch their backs. Can you move like a scared cat?
- EXPLORER: How do YOU want to move when you feel scared?

## Move!

# Disgusted

## Think

Think of something that makes you feel disgusted. Ideas: Your grown-ups ask you to try a food you don't like or when you smell something stinky.

**How can you use your body to show disgust?**

- YOUR FACE: How do you show you feel disgusted with your face?
- YOUR BODY: How do you want to move your body when you feel disgusted?
- YOUR VOICE: What sound do you want to make when you feel disgusted?

## Move!

**SCARED**



**TG.**

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**DISGUSTED**



**TG.**