Guppy Group
January: Emotions!
Ages 1-4
Storytime!

Welcome to Part 1 of your at-home Guppy Group activity! This section will be patterned after the Storytime Station at a regular Guppy Group event.

- Start by telling your Guppies that today we will be exploring our emotions. “Emotion” is a big word; help your Guppy understand what it means by explaining that emotions are feelings. Name some different feelings together: happy, confused, angry, etc.

- After this introductory discussion, read *The Way I Feel* by Janan Cain with your Guppy. Talk together about each emotion - ask your Guppy what makes them feel happy? What makes them feel frustrated? If you don’t have this book on hand, you can watch this read-along version on YouTube: https://www.youtube.com/watch?v=ITPUxVQ6UIk

- If you are able to print, the following coloring page is available for you to complete with your Guppy.
Mystery Bag!

This section will be patterned after the Mystery Bag Station at a regular Guppy Group event.

- You can use any type of bag for this activity. Go through your home and find objects that make you or your Guppy feel a certain way; for example, you could find a teddy bear for comfort. Fill the bag with an assortment of objects.

- Give your Guppy the opportunity to pull one object at a time from the bag. For each object, talk about the emotion it evokes - for example, if they pulled out the teddy bear, ask how it makes them feel. Does it make them feel safe? Sleepy? Comforted?

- Repeat for each object. If you’d like, you can talk about how each object makes YOU feel. If your emotions are different than your Guppy’s, talk about why that might be and why those differences are okay.
Art Project - Emotion Wheel!

The third section will be patterned after the Art-Making Station at a regular Guppy Group event.

- For this art project, you will need: paper plate (or round piece of construction paper/cardstock), crayons/markers/colored pencils, paperclip/clothespin.
- First, use a coloring utensil to draw two lines on your paper plate, dividing it into four parts.
- Before completing the next part, talk with your Guppy about the different expressions we make when we feel different emotions. Ask them what a happy face looks like. What about a sad face? Practice making those faces together.
- Work together to choose four emotions with your Guppy (happy, excited, worried, confused, sad, etc). Talk about what those expressions look like. Then you will work with your Guppy to draw a face representing each of those four emotions in each of the four spaces.
- Once you have drawn all four faces, attach a paperclip or a clothespin to the paper plate. Explain to your Guppy that they can move the clothespin to whichever emotion they are feeling today. If they’re not feeling one of those four emotions, they can take the clothespin off. You can also draw four more emotions on the back of the paper plate if you wish.
- If you’d like, you can use a hole punch to thread a string through to hang your Guppy’s emotion wheel.
- See an example of a completed emotion wheel below.
Preschool Emotions Wheel
Art Connection!

This fourth and last portion of your at-home Guppy Group activity is patterned after the Art Hunt Station of a normal Guppy Group event at the Museum.

- Begin this section by reviewing the word “emotion” with your Guppy. Ask which feelings you talked about today. Talk about how we might show each of those emotions with their faces, their voices, or their bodies.
- With your Guppy, go through the following images from the Museum’s permanent collection. Work together with your Guppy to decide which emotion you think is represented in each artwork, and/or how each artwork makes them feel.

Thanks for participating! We hope you and your Guppy enjoyed learning about Emotions with us! Keep an eye out for next month’s at-home Guppy Group Packet, where you can explore the theme of Numbers!
Brian T. Kershisnik, *Fish Dance*, 2015
Elinor Morrison Barnard, *Youth*, 1920s
(Clara) Irene Thompson Fletcher, *Laid Off*, 1938
Willamarie Huelskamp, *Masks and Costumes*, 2017
Sergei Georgievich Grigorev, *Going to the Festival*, 1957
The Guppy Song!

If you’ve brought your little ones along to Guppy Group before, chances are they might remember the Guppy Group song. If you’d like to sing it together, the words are included below. Sing along to this tune:

https://www.youtube.com/watch?v=g64qCr3Y_QU

One little Guppy
Swimming in the water,
Swimming in the water,
Swimming in the water
One little Guppy
Swimming in the water
Bubble, Bubble, Bubble, Bubble
POP!

(If you remember the associated hand motions, feel free to do those as well! Make sure to clap your hands together for the POP! Carry on to the next verse for as many numbers as you’d like.)