

How Are You Peeling?

by Saxton Freymann and Joost Elffers

A New York Times best illustrated book about foods with moods. It will leave you feeling great no matter what the answers are.



Read

Before:

Introduce the book and tell the children a little bit about it. Follow that with a comment or question that is related to the story such as, *Who can tell me what are feelings?* Encourage a discussion so the children can comment, ask questions, and express their feelings. Set the stage for listening by asking an "I wonder" statement based on the cover illustration.

- I wonder what these vegetables are really thinking?

During:

Encourage the children to comment on the illustrations and ask questions. Ask them to act out the feeling like the vegetables and fruit are. Point out "rare words" (e.g., those words that are not commonly used in every day conversation) and help the children relate the meaning in a way that makes sense to them.

Rare Words in *How Are You Peeling*

- peeling: a piece of something, especially fruit or vegetable skin
- mood: the way you think and feel about something
- gentle: using little force
- bored: tired of a situation that is not interesting
- jumpy: very nervous or anxious
- excited: to feel enjoyment or pleasure
- shy: easily frightened, scared, do not trust
- amused: to make somebody smile or laugh or think that something is funny
- frustrated: feeling discouraged or unsatisfied
- timid: a lack of courage

After:

Discuss the story. Ask questions...

- Can you name different kinds of feelings?
- Do you have a gentle, smiling friend that can always cheer you up?
- Are you timid or do you know someone who is?
- Do you show your feelings? If so, how?
- When you meet someone new, are you shy?
- What should you do when someone is mean to you?
- Who makes you feel secure? How do they do it?

Do

Feelings Without Words

Hang a large screen or sheet with a bright light behind it. Have the children go behind the screen and act out various emotions while the other children guess what the emotion is.

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