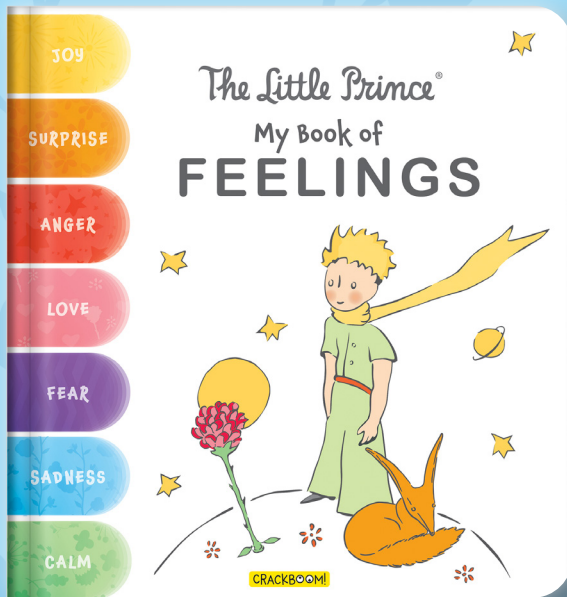


# TEACHER'S GUIDE



**Title:** The Little Prince: My Book of Feelings

**Text:** Corinne Delporte

**Illustrations:** Antoine de Saint-Exupéry

**Publisher:** CrackBoom! Books

**Publication Year:** 2022

**Ages** 5+

## Book Synopsis

Joy, fear, anger, surprise... The Little Prince can help children learn about the range of emotions they experience every day.

This book is a useful tool to teach little ones how to recognize and express their feelings. It includes mindful breathing exercises children can use to regulate their emotions.



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# BEFORE THE READING



## Front Cover

- Do you know who this illustrator is?
- Can you name other books or thing he has illustrated before?

Take the time to read the title, the name of author, and the name of the illustrator.

## Back Cover

Read the synopsis to your students.

- Do you sometimes notice the emotions you are going through?
- Name some of the emotions that you know.

## Reading Intention

- Why should we read this book?

# DURING THE READING

Pages	Questions
3-4	How did The Little Prince react when he saw his friend the fox? What do you do when you feel happy?
5-6	How would you like to comfort The Little Prince who feels like crying because he misses the rose so dearly? What makes you feel as sad as The Little Prince?
7-8	How did The Little Prince manage to approach and befriend the fox, so that we would no longer be scared of him? What things or situations do you find scary?
9-10	By looking at the image, what do you think The Little Prince could have done when he was feeling angry? What could the rose have possibly said to him to make him this angry?
11-12	How do you feel when you watch their sunset? Does it make you calm like The Little Prince?
13-14	Why doesn't The Little Prince meet anyone in the desert? What things or situations surprise you?
15-16	What kind of gesture could The Little Prince do for his friend the rose to show his love and affection?

# AFTER THE READING

- Did you enjoy learning more about emotions?
- Which emotions do you prefer?
- Which emotions do you hate?
- Would you recommend this book? Why?



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## Exercises to understand and manage emotions

When moving through different emotions, sometimes it becomes necessary to ground or calm yourself so you can process them better. At the end of the book, The Little Prince and his friends give us 4 exercises that help us recognize and manage certain feelings. Here are the four exercises:

- Calm your fears like The Little Prince
- Drive out anger like the fox
- Soothe your sadness like the rose
- Find your calm with the sheep



### Here is how we suggest you integrate those exercises into your classroom:

In order to learn and master the exercises, it is important to practice them in class. Students may be asked to form a circle to experience this together. The teacher can then read the short exercise description while executing the movement, after which students can mirror the movements and try out the exercise on their own.

Once all four exercises are mastered, you could introduce a new corner in the classroom where students can go whenever they need to, and use one of the exercises to calm down. Little images can even be added to that corner to help students feel comfortable doing the exercise.

### Notes on using this document

Emotions are an essential part of who we are. It is therefore important to discuss them with our students, so you can help them learn to manage their own. The Little Prince brings us with him on a journey to explain 7 different emotions. As a complement to this book, we suggest you carry out the following activities on the topic of feelings with your students.



## ACTIVITY 1

There are 4 situations associated with each emotion. The situations can be printed, cut out and placed into a bowl. The teacher reads the situations out loud in random order and asks students to match each of them with the right emotion. Warning: some situations could be linked to 2 emotions at once. What's important is that the answer makes sense. In addition to this, they can also match various observable behaviors or reactions with each emotion. You can even invite them to add to the list of behaviors and reactions.

## ACTIVITY 2

You can simply invent new situations and observable behaviors for each emotion together as a group, so that the answers stem directly from the students. This could serve as an enrichment activity.

## ACTIVITY 3

After explaining an emotion and giving multiple examples to your students, ask them to draw something in particular which, for instance, makes them happy. This allows you to see whether they have understood each emotion well.

Even though the book talks about 7 emotions, you can add other emotions with your students. Use their ideas to ensure these are emotions they feel on a regular basis.



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# JOY

## Observable behaviors:

★ SMILING

★ EXCITEMENT

★ GOOD MOOD

It's Lea's first day of school and she is looking forward to meeting her new teacher and classmates.

George has been smiling nonstop since this morning. His grandparents have decided to bring him on a camping trip next weekend.

Leon loves Christmas. The music, the crafts and the recipes around this holiday always put him in a good mood.

Soccer is Maya's favorite sport. She was excited to learn that her parents signed her up to be part of a team next summer.

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# JOY

CRACKBOOM!

# JOY

**Draw what makes you happy.**

**CRACKBOOM!**

# SURPRISE

## Observable behaviors:



**WILD EYES**



**FROZEN/NOT MOVING**



**JUMPING UP/BEING STARTLED**

Michael loves playing pranks on his little brother Tristan. He often hides behind the bushes, waits for him to arrive, then jumps out yelling. Tristan is startled and jumps up every time.

Lewis told me surprising news: he will be moving into a new house, on the same street as mine!

Nina fell off the swing during recess. Seeing this, Meg's eyes grew wide and she froze. After a couple of seconds, she went to check if Nina was OK.

For his birthday, Jacob's parents bought him THE toy he has been hoping to get for months. Jacob did not expect to receive it as a present.

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# SURPRISE

CRACKBOOM!

# SURPRISE

Draw what surprises you.

CRACKBOOM!

# ANGER

## Observable behaviors:

★ FACE TURNING RED   ★ CROSSED ARMS   ★ FROWNED EYEBROWS

Simon loves eating tiny chocolate cupcakes. Today, his little brother stole some from him. Simon's face turned red and he started screaming.

Marie asks her daughter Romy to go clean up her room immediately. Romy doesn't want to and refuses to do it, crossing her arms.

Gabriel is going through a very intense emotion. He just wants to punch into a pillow and scream very loudly.

Max is saying mean things about his neighbor, because she stole his jewelry box.

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# ANGER

CRACKBOOM!

# ANGER

Draw what makes you angry.

CRACKBOOM!

# LOVE

## Observable behaviors:



**SMILING**



**AFFECTIONATE GESTURES**

Whenever I feel comfortable with them, I like to hug my family and friends.

Jane often thinks about William on her way back home after school. Her heart starts beating faster and she feels really happy.

Michelle loves her children very much. She shows them by using kind words and affectionate gestures.

Luke is protective of his little sister so she doesn't get hurt. He wouldn't want anything to happen to her.

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# LOVE

CRACKBOOM!

# LOVE

Draw a moment in which you love or feel loved.

CRACKBOOM!

# FEAR

## Observable behaviors:

★ SHAKING

★ CRYING

★ SCREAMING

Ralph visits a haunted house for Halloween. He thought he would enjoy this sort of activity, but he ends up exiting the house shaking.

Samantha doesn't like when there are big dogs around, because she once got bitten by one.

When Ginny saw a spider in her bed before going to sleep, she ran away screaming.

Nolan has nightmares at night. He wakes up crying, then goes to see his parents in their bedroom.

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# FEAR

CRACKBOOM!

# FEAR

Draw what scares you.

CRACKBOOM!

# SADNESS

## Observable behaviors:

★ TEARS

★ RED OR SWOLLEN EYES

★ MOUTH FROWN

Sonia damaged Rebecca's book. Rebecca started crying because it was her favorite.

Liam likes to play outside. This afternoon, he fell off his bicycle, hurt his knee and started crying.

My aunt and uncle moved away. They now live more than 3 hours away from our home and I miss them terribly.

Arnold lost his pet in the forest. His dog ran away after seeing a deer walking nearby.

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# SADNESS

CRACKBOOM!

# SADNESS

Draw what makes you calm.

CRACKBOOM!

# CALM

## Observable behaviors:



RELAXED EYES



DEEP BREATHING

When I feel too much excitement, I take several deep breaths to calm myself down. This helps me a lot.

Last Tuesday, I took a great decision: I will start doing my homework right after school.

My favorite part of the day is watching snowflakes gently falling down.

Timmy loves spending weekends in the woods with his cousin. These moments soothe him well before getting back to school on Monday.

CRACKBOOM!



# CALM

CRACKBOOM!



# CALM

Draw what makes you calm.

CRACKBOOM!





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