

# Out of a Jar

## Written and Illustrated By: Deborah Marcero

**Synopsis:** Llewellyn, a little rabbit overwhelmed by his emotions, hides away his feelings in glass jars, until he discovers life is more colorful when he sets his emotions free.

**Suggested Reading Date:** October (Emotional Wellness Month); October 10<sup>th</sup> (World Mental Health Day); April 5<sup>th</sup> (National Feelings Day)

### Activity Descriptions:

- Make a list of all the emotions that the students can name.
- Have students sort emotions into categories such as happy, sad, angry, & afraid.
- Relate book to the movie "Inside Out" 1 and/or 2 (show the clip in the 2<sup>nd</sup> movie when the emotions are put in a jar if possible).
- Make "feelings" out of colorful socks filled with beans & have students put them in (& out of) jars or pass them around as they discuss times when they have felt that emotion.
- Have students do a "Shades of Meaning" list of emotions and have them order them as to which words show mild to strong shades emotions (words such as: happy, elated, joyful, exuberant, excited, jubilant, etc.)
  - Examples: <https://jillianstarrteaching.com/shades-of-meaning/>
  - If you are familiar with LETRS, see Unit 5 – pg. 54
- Have students act out emotions either with facial expressions/body language or using stuffed animals, etc.

### Related Websites:

- Author's Website: <https://deborahmarcero.com/>
- Author Read Aloud of the companion book, "In a Jar": <https://youtu.be/9o1Mr5yaJhg>
- Article: 12 Ways to Help Students Identify their Emotions: <https://www.edutopia.org/article/12-ways-to-help-students-identify-their-emotions>
- Feelings Song Video: <https://youtu.be/0076ZF4jg3o>
- Teaching Kids about Emotions: <https://proudtobeprimary.com/emotions-for-kids/>
- Art Activities for Teaching Feelings: <https://www.kiddiematters.com/9-ways-to-teach-children-about-feelings/>

### Text to Text Connections:

- *A Walk in the Words* by Hudson Talbott
- *The Bad Seed* by Jory John
- *Potato Pants!* by Laurie Keller

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