

DIY Board Book About Feelings

<https://www.notimeforflashcards.com/2011/03/diy-board-book-about-feelings.html>

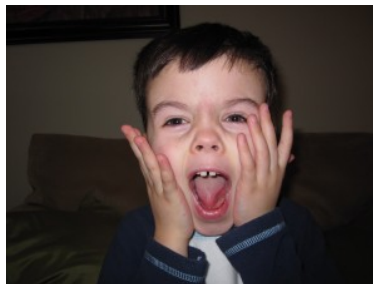


Materials

- Emotion photos
- Old board book
- Contact paper
- Double sided tape
- Cardstock paper
- Scissors

Directions

1. Gather your materials. To start you will need to take photos of different emotions. This is a great chance to talk about each of these feelings with your kids.



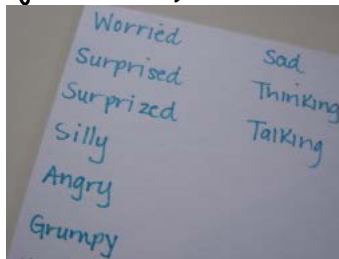
2. Now after printing out the pictures you will also need an old board book, contact paper, card stock, scissors, a marker and double stick tape. An old board book is perfect because toddlers love to put things in their mouth. If you are making this for older kids a simple laminated book would be great.

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3. Next write out the emotions with marker on the card stock (of course if you have a printer you can just use it). Cut.



4. Time to do the layout. Tape pieces of card stock on each page to cover the existing illustrations. Add the photo and emotion.



5. Cover with contact paper. I cut mine so it covered the paper but didn't go all the way to the edge.
6. Fill the whole book.



7. Let your baby explore!