

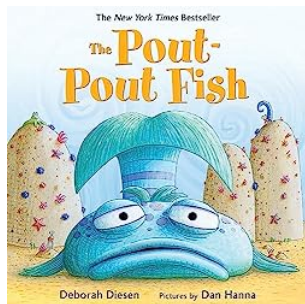
## **Preschool - The Pout-Pout Fish: Helping Emotional Children with Big Feelings**

<https://playgroundparkbench.com/the-pout-pout-fish-helping-emotional-children-with-big-feelings/>

This activity relates to Preschool DRDP Measures: ATL-4,6,7 SED-1,2,3,4 LLD-1,3,4,6 ELD-1,2,3 PD-4

### **Helping Emotional Children with Big Feelings**

The Pout-Pout Fish tells the story of a fish who thinks he has to be grumpy because his mouth turns down in a pout. It has everything that makes for a great children's picture book: repetition, rhyme, and humor.



The Pout-Pout Fish story opens the door to talk about feelings and emotions on a level young, emotional children can understand. Talk about what a sad face looks like, and things we can do to cheer up when we are sad.

### **Make Your Own Pout Pout Fish**

To further our discussion of feelings, make your own Pout-Pout Fish, with varying mouth shapes, representing the different feelings he goes through in the story. It only requires a few basic supplies.

#### **Supplies:**

Paper plates  
Cupcake wrappers (optional)  
Blue and purple tempera paint  
Foam paint brush  
Brad fasteners  
Large, googly eyes  
Glue  
Crayola Oil Pastels

For each Pout-Pout Fish, you will need two paper plates, two googly eyes and one brad fastener. I also use paper plates as paint palettes, separating paint with cupcake wrappers for easy clean-up. Have each child paint two plates, glue eyes on one, and let them dry overnight.



Once the plates are dry, attach the two plates together with a brad fastener. Cut out a triangular section, roughly 1/3 of the plate, from the bottom of the front plate. Then, using Crayola Oil Pastels, draw a pouting mouth, smiling mouth, and kissing mouth on the bottom plate, such that one mouth appears at a time as you spin the front plate. You can extend the project by asking the children to talk about a time that they felt each of these emotions.



TALK FEELINGS WITH THE POUT-POUT FISH

playground  
punch