



STAR EMOTION FANS

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These stars were inspired by the book '[The Day Poppa Turned into a Star](#)' by Tracey Lawrence

You can find Tracey on [Twitter](#)



How to use 'The Star Emotion Fans'

These emotion fans were inspired by the book 'The Day Poppa Turned into a Star' by Tracey Lawrence. They cover the six basic emotions of 'happy, sad, angry, scared, surprised and disgusted'. I have purposely excluded the emotion words and concentrated on the faces. This book is for young children so lots of discussion can come from reading the story and looking at the emotion faces. There are many words for happy, sad, angry, scared, surprised and disgusted so let this open up conversation on feelings.

The fan can be used whilst reading the book:

Page 2 How did Aidan feel when he looked out of his window and saw Poppa?

Ask the child to show you on the 'Star emotion fan' which face Aidan is showing and feeling. Talk about the different feelings of happiness. It mentions 'excitedly' in the book so Aidan could be excited, happy, delighted, cheerful, glad, thrilled, pleased, ecstatic, overjoyed, merry, and many other positive emotions. Discuss different words with the child. Relate this to their experience. Who are they happy to see? Who do they like spending time with? Can they talk about a time when they spent a day with someone? What did they do? How did they feel?

Page 3 and 4 How can you tell that Aidan and Poppa are having a good time?

Prompt the child if necessary by asking them to look at the faces of Poppa and Aidan. Think about the text in the story too 'What sounds do happy people make?' Talk about 'laughter', do people always laugh when they are happy? Do people sometimes laugh when they are sad, mad or feeling other emotions? Talk about the pets and how pets make us feel. If the child has a pet then ask them to show you how they feel, when they are with their pet, on their 'Star emotion fan'.

Page 5 'Why is Aidan feeling sad?

Ask the child to find the 'sad' face on the emotion fan. Why is Aidan sad? How do you think Poppa is feeling? Have you ever felt poorly in your tummy? What do you do when you feel poorly in your tummy? Do you want to play or do something else?

Page 6 'What emotion is Aidan showing by asking Poppa if he will be ok?'

What is the emotion word that is mentioned in the text? Have you ever felt worried? Which 'Star emotion fan' looks worried? (Scared). What did Poppa think would happen to him? How do you think Aidan felt when Poppa told him that he would turn into a star? Ask the child to show you which feeling Aidan has now, on the 'Star emotion fan'. Do this before turning over the page.

Page 7 'What does confused mean?'

It mentions the word 'confused'. What does this mean? Which emotion face does this word belong to? (surprised). Have you ever felt confused? What were you confused about? How did Aidan feel when he was getting a big cuddle from Poppa? What other words show that they were feeling happy? (smiled). Do you like having cuddles and hugs from someone you love? How does it make you feel to be cuddled? Ask the child to show you on the 'Star emotion fan'.

Page 8 How did Aidan feel when he got to Nanna and Poppa's house and Poppa wasn't there?

Ask the child to show you which emotion Aidan might be feeling? Have you ever gone somewhere and something was different? How did you feel? Ask the child to show you on the 'Star emotion fan'.

Page 9 and 10 How is everyone feeling?

Ask the child to show you which emotion everyone is feeling in the pictures. Have you ever felt sad? Why? What happened? Why is everyone feeling sad? When Aidan went to bed that night what did he remember? How did that make him feel when he remembered the star? Ask the child to show you on the 'Star emotion fan'.

Page 11 and 12 How did Aidan feel when he looked out of the window?

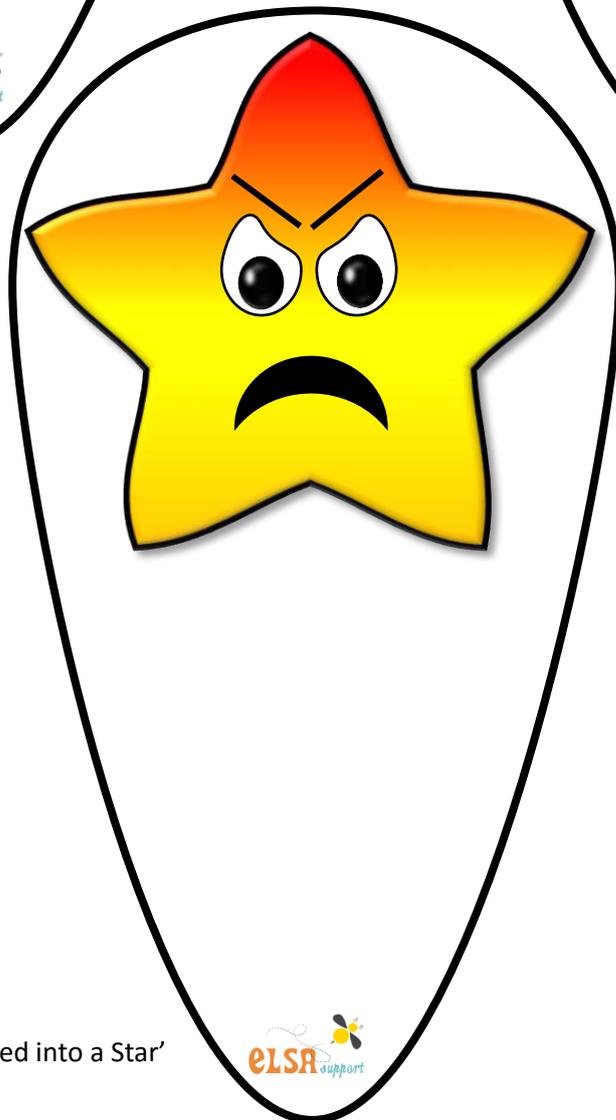
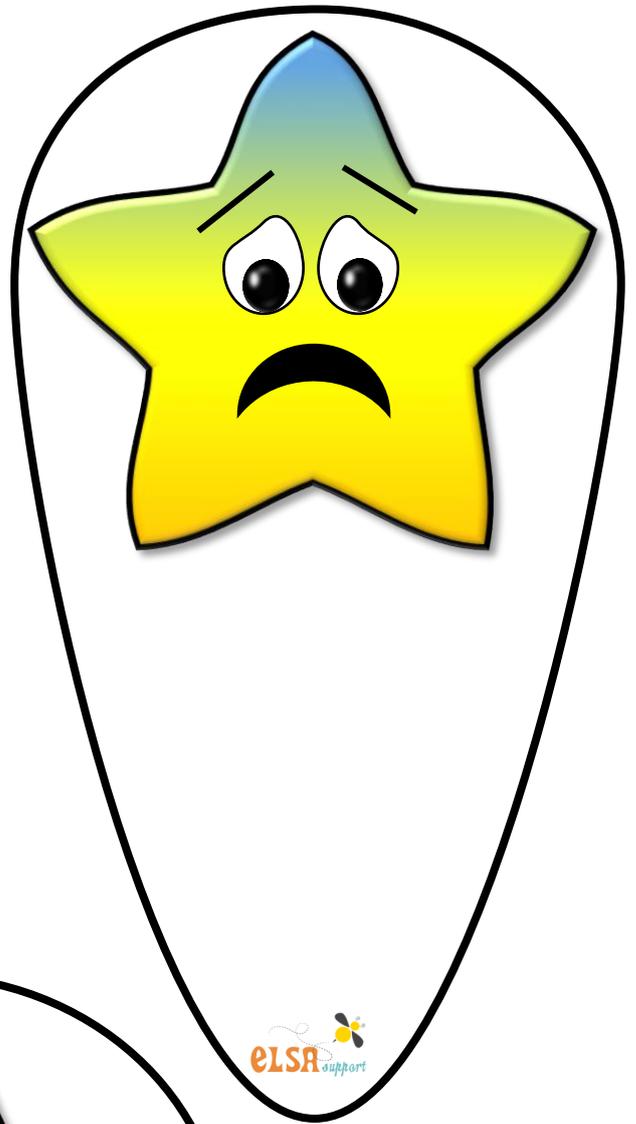
Ask the child to show you which emotion he felt when he looked out of the window at the biggest, brightest star. Talk about the word comforted and how it might have felt like a nice warm hug off Poppa. Aidan was comforted to know that Poppa was the star looking down at him. What does it mean to feel comforted? If you fall over and hurt your knee and your mummy gives it a wash and sticks a plaster on it then you might feel better. You will feel comforted. Aidan probably felt comforted or better by thinking his Poppa was now a star in the sky.

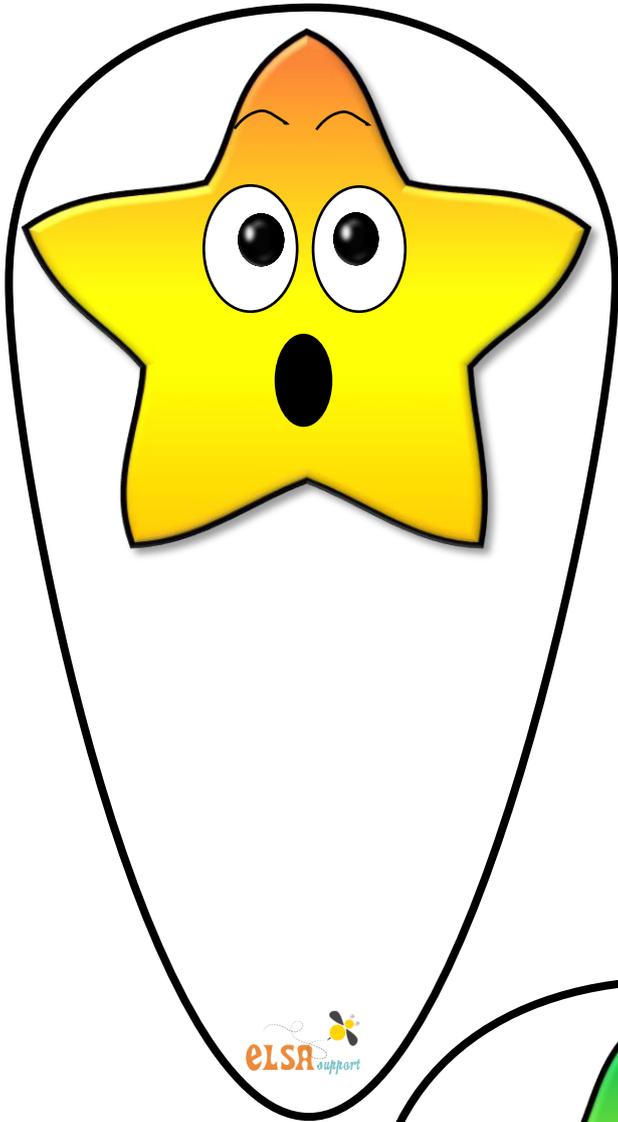
Page 13 and 14 What is Aidan doing to help himself feel better?

Have a discussion on coping strategies and doing things to help you feel better when someone has died. In the book it mentions how Aidan still goes on adventures, he plays building sites, and the picture shows he still walks the dogs. All these things were things he did with Poppa. He created memories with Poppa that he won't forget. Sometimes it is good to revisit things that you did with the person who died. It helps you to feel comforted and better. What sort of memories do you have of a person who has died? What were they? How do your memories make you feel? Ask the child to show you on the 'Star emotion fan'.

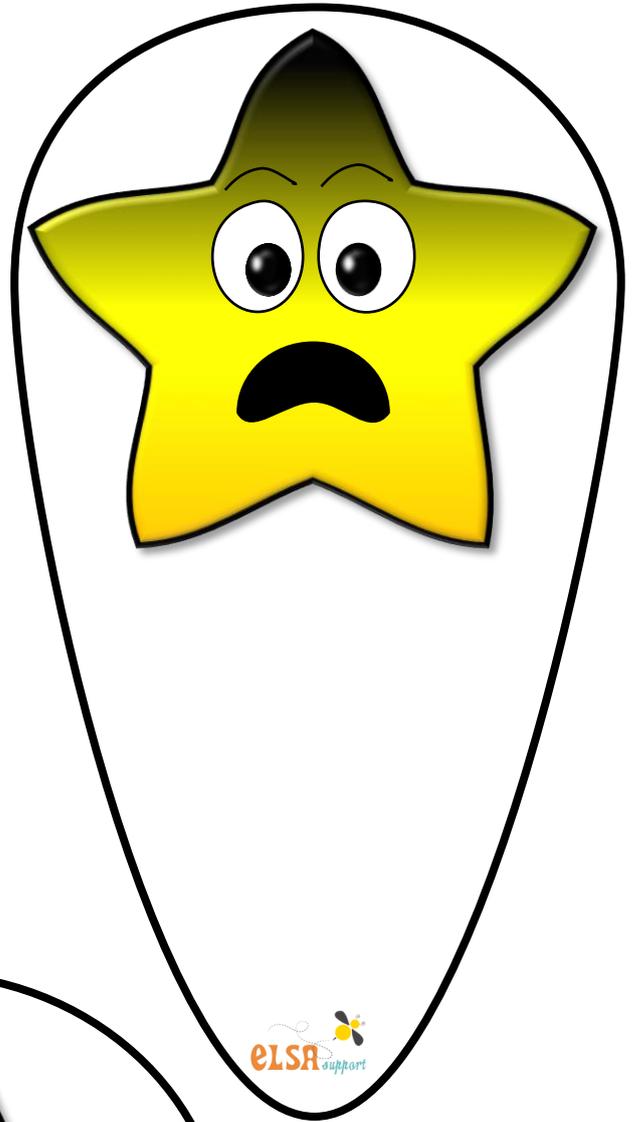
Page 15 What does Aidan do and how does he feel when he sees the big, bright star?

How does Aidan feel when he sees a big, bright star? Ask the child to show you on the 'Star emotion fan'. What does he shout really loud? Can you think of one thing that you have that makes you feel happy, comforted, or better? Something that reminds you of the person who has died? It might be a photograph, a memory, an item that belonged to them (I have my mother's locket and my father's watch). You might have something else? How do you feel when you see this item? Ask the child to show you on the 'Star emotion fan'. Do you ever talk to the person who has died? What do you say? Do you think Aidan is happy now? Reassure the child that they will feel better and happy in the future and that is what their loved one would want.

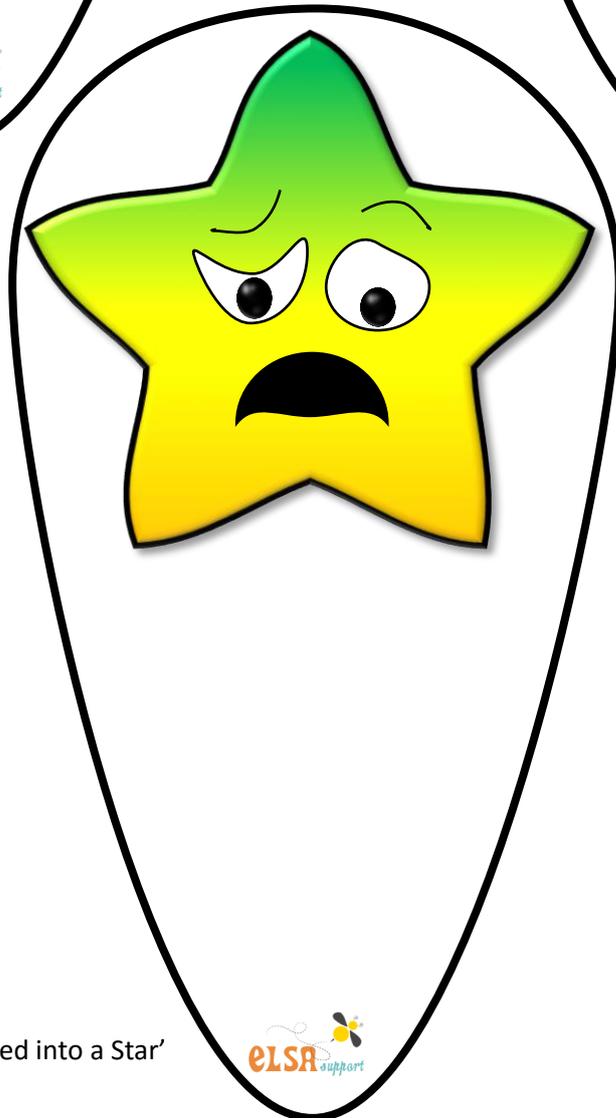




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