

# Identifying Emotions With Poppy & Posie!

*An emotional communication and regulation activity  
inspired by The Blossom Shoppe*

## **Introduction**

As children grow, they begin to recognize their emotions and the emotions of others, including the different situations in which they may arise. According to Psychology in Action, children start to recognize emotions and identify them in situations as early as age 3. And by age 4, children begin developing emotional intelligence.

There is no doubt that identifying emotions and knowing when and how to respond to stimuli are important skills to cultivate in all children. One tool that helps to do this is called the Mood Meter: an evidence-based chart that encourages children to recognize and communicate their emotions and successfully regulate them.

The following activity introduces children to using the Mood Meter by identifying key emotional moments that appear throughout Poppy & Posie's journey in *The Blossom Shoppe* picture book.

## **Instructions for Teachers and Parents**

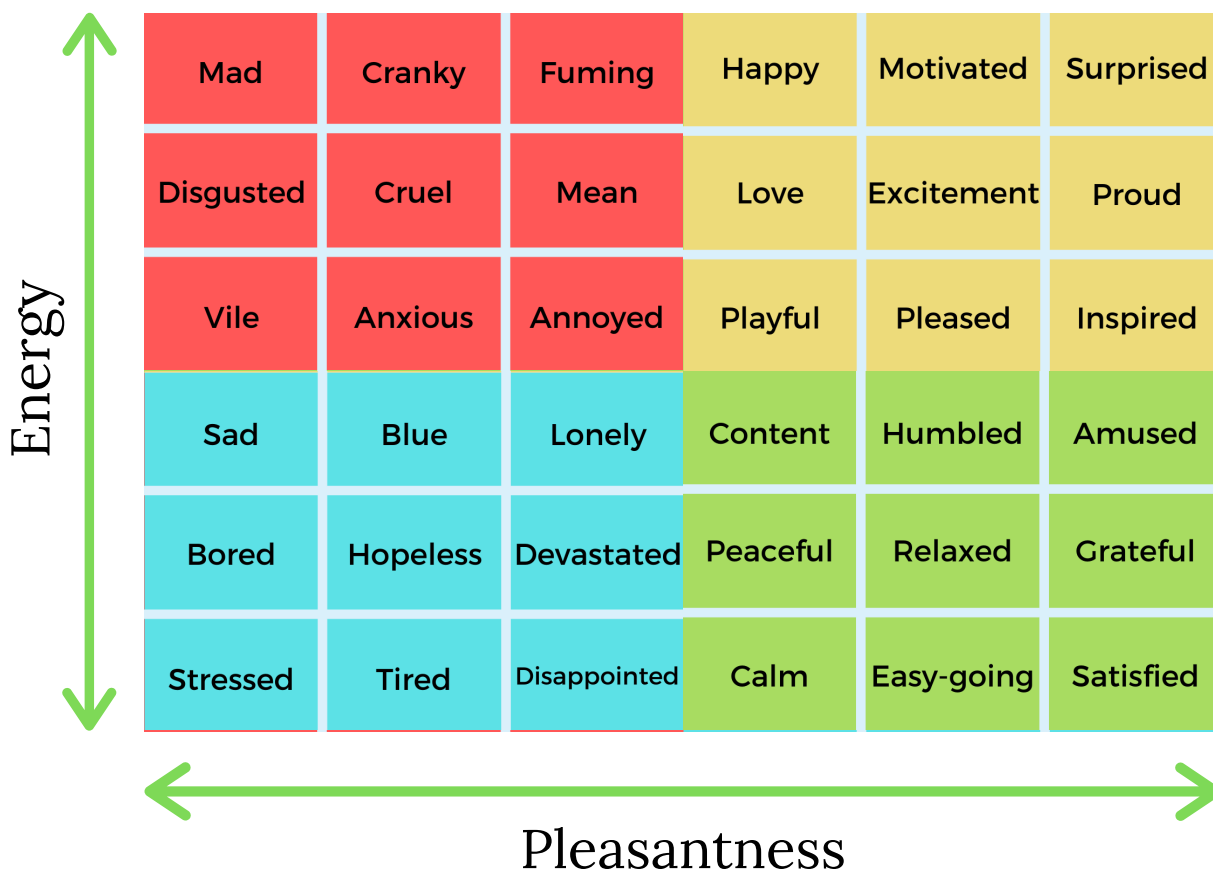
The Mood Meter contains different emotions, divided by color for easier identification. Using the mood meter, children are encouraged to identify the emotions of characters from *The Blossom Shoppe*. They can write their answer, or answers, on the blank line beneath the image.

## **Instructions for Children**

Take a look at the various scenes from *The Blossom Shoppe*. What emotions do you think the characters are feeling? Use the Mood Meter to help you decide and write your answer on the line below the image.

# The Blossom Shoppe

## Mood Meter



# Scenes from The Blossom Shoppe



Where on the mood meter is Poppy in this scene?

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What emotions is Posie feeling in this scene?

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What emotions are Poppy, Posie, and Mama Blossom feeling here?

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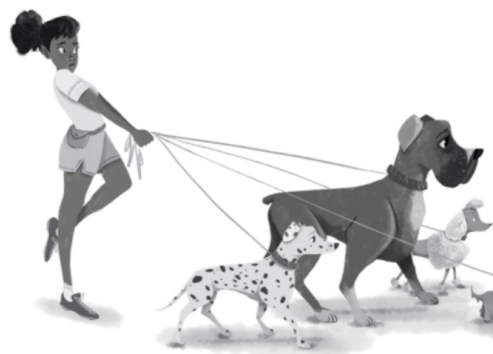


What do you suppose Gary the Grocer is feeling here?

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Where on the Mood Meter is Danielle the Dogwalker here?

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What is Patrick the Postman feeling here?

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What is Denise the dressmaker feeling here?

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What is Button the Bulldog feeling as he sees Poppy & Posie walk by?

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What is Ms. Mousy the math teacher feeling in this scene?

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Where on the Mood Meter  
are Poppy & Posie in this  
scene?

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What are Mama Blossom and  
her daughters feeling in this  
scene?

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What are Poppy & Posie's  
emotions in this scene?

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What is Poppy feeling as she dances?

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What is Posie feeling as she plays with animals?

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What are the sisters feeling here?

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What emotions are they feeling in this scene?

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What about this scene?

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What do you think they're feeling as they water the blossoming plant?

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How are Poppy & Posie  
feeling here?

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What are Mr. Raymond and  
Danielle feeling here?

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What are Denise and Gary  
feeling in this scene?

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What emotion is Poppy feeling in this scene?

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What are the girls feeling in this scene?

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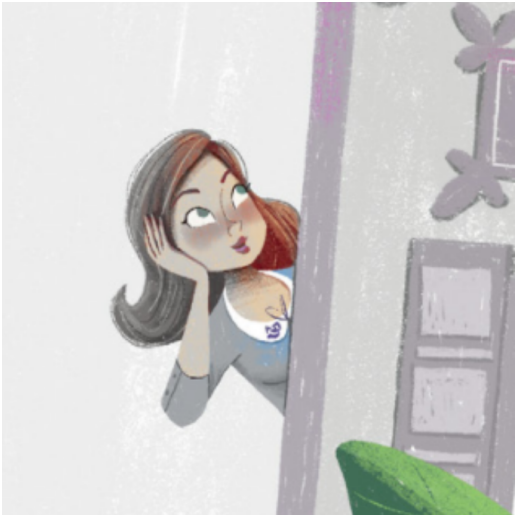
What is Mama Blossom feeling in this scene?

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What is Mama Blossom feeling here?

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What is Denise feeling in this part of the story?

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What are Poppy & Posie feeling in this scene?

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# Emotions Key

- **Amused**- Pleasantly entertained and enamored by something or someone
- **Annoyed**- The feeling you get when something bothers you, whether deeply or superficially
- **Anxious**- An overwhelmingly nervous feeling
- **Blue**- When you feel down or sad
- **Bored**- When you feel uninterested or unentertained by something
- **Calm**- When you feel peaceful, relaxes, and satisfied
- **Content**- When you feel happy and satisfied about something or a current situation
- **Cranky**- The feeling of anger or sadness that comes in bouts due to stress, hunger, etc.
- **Cruel**- Mean or terrible to another person or thing
- **Devastated**- A deep feeling of sadness and loss in something or someone close to you
- **Disappointed**- When you feel let down by something or someone
- **Disgusted**- When you feel grossed out or repulsed by something
- **Easy-Going**- When you "go with the flow"
- **Excited**- When you look forward to doing something or seeing someone
- **Fuming**- When you feel so mad, steam could come out of your ears
- **Grateful**- When you feel thankful for something or someone
- **Happy**- When you feel gladness and joy for something or someone
- **Hopeless**- A feeling that there is nothing to look forward to or nothing that will help the current situation
- **Humbled**- When you let go of pride to acknowledge the help or accomplishments of someone else instead of
- **Inspired**- When you feel motivated and compelled by someone or something

# Emotions Key (cont.)

- **Lonely**- The feeling you get when you miss someone or you miss being around other people
- **Love**- A warm feeling of
- **Mad**- When you feel upset or angry at something or someone
- **Mean**- Hurtful, unkind, or cruel
- **Motivated**- When you feel enthusiastic, inspired, or encouraged to accomplish something
- **Peaceful**- When you feel calm, relaxed, and collected
- **Playful**- Joyful, unserious, and possibly full of jokes
- **Pleased**- Happy and satisfied
- **Proud**- When you feel a deep feeling of happiness and satisfaction with yourself or someone close to you
- **Relaxed**- When you feel comfortable and chill
- **Sad**- When you feel down; unhappy; sorrow
- **Satisfied**- When you feel happy and pleased by something or someone
- **Stressed**- An unpleasant feeling of strain and pressure to do something
- **Surprised**- Shocked, often in a happy way, at something or someone
- **Tired**- Sleepy; unenthused
- **Vile**- A dark, unpleasant feeling





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