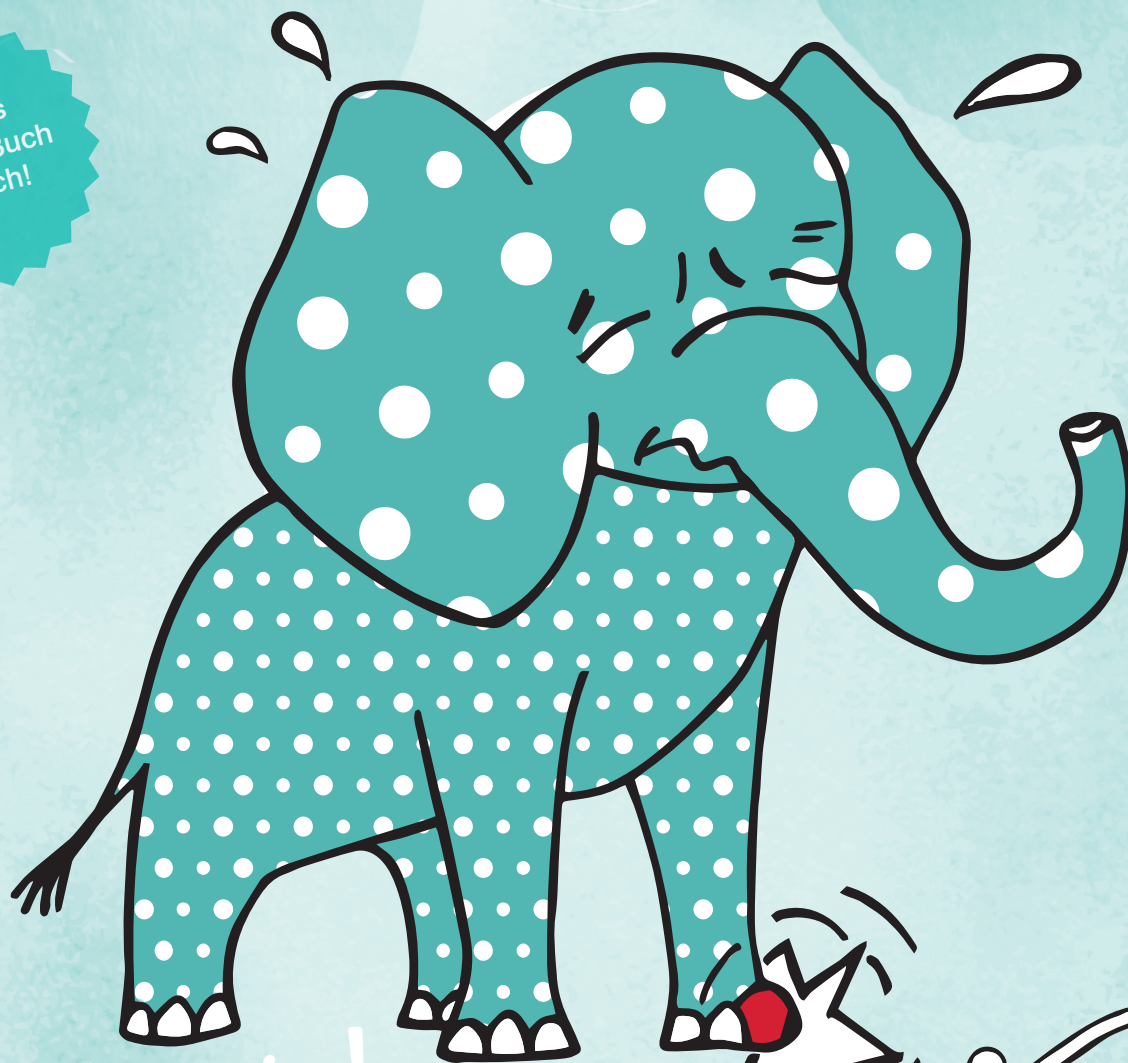


PHILOU und Lu

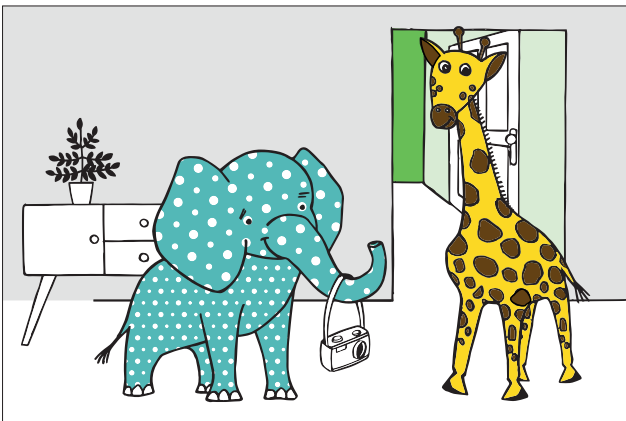
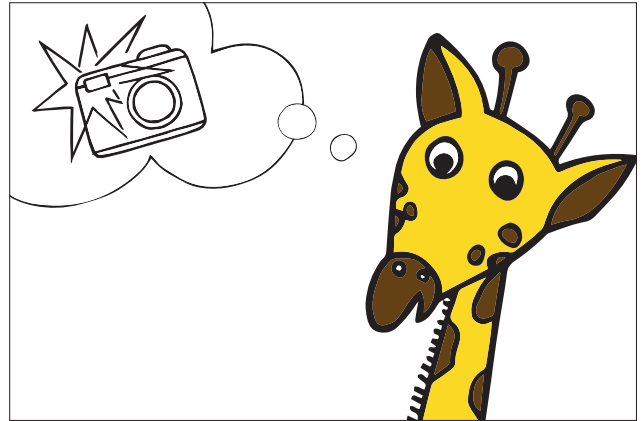
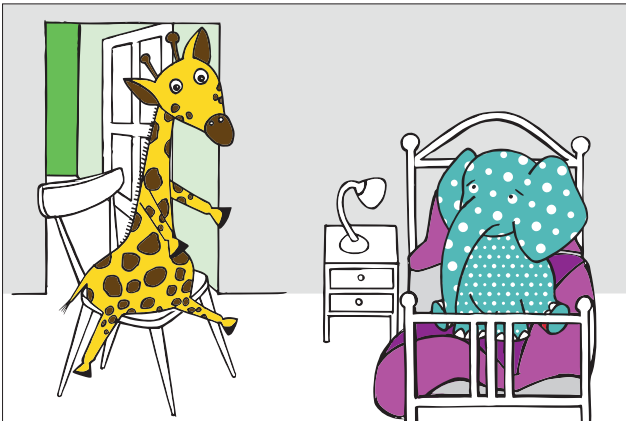
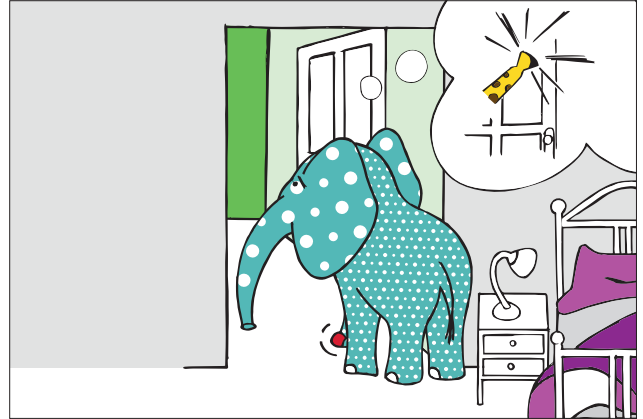
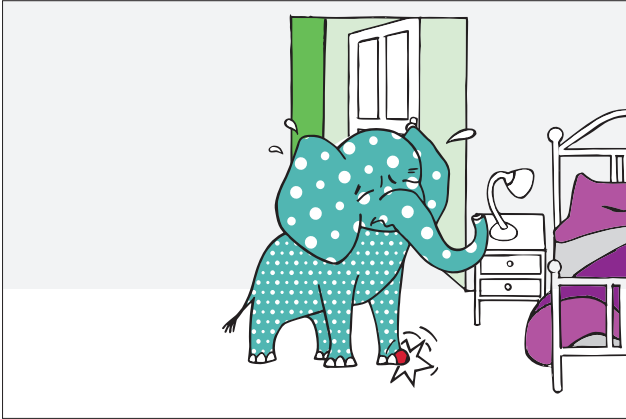
Kurzgeschichten lauschen & selbst aktiv werden

Auch als
digitales Buch
erhältlich!



Heute ist
einfach nicht
mein Tag

„Today is just not my day“





„Today is just not my day“

Oh dear! Not only was Philou woken up in the morning by the siren of the fire brigade, he also banged his toe on the bedside table because he was so tired and, to put the cherry on the cake, the open cereal box fell on the floor just as he was about to make himself breakfast. That's unbelievable! Just as he thought that breakfast would make his day. But today is probably just not his day! Grumpily he picks up all the cereals from the floor and, just to be on the safe side, he grumbles to himself.

Hah, and as if that isn't already enough, there is suddenly a knock on the door! "Oh, who is bothering me this early?" Hmm, but not opening the door would be rather impolite. So Philou slowly drags himself to the entrance.

And look at that. He has hardly turned the door-knob when Elisabeth whirls into the room. It seems as if she has brought a large portion of happiness with her. "Hui, hui, Philou do you know what? Today I am really fidgety. The sun is already high in the sky and I feel like jumping on the trampoline, playing dress up, and going out for an ice cream! Come on, pack up your things and let's go!" Elisabeth babbles so fast that she can hardly understand her own words.

But Elisabeth, just look closely at Philou! Does he really look like he wants to jump around happily today?

"Sometimes," Philou thinks to himself, "I really want to hang one of those smiley faces that you can find on the internet or on mobile phones on my door or even directly in front of my face. There are lots of emotions you can use to express how you are feeling at the moment. One can't always tell just by looking at someone's face for example. Not everybody looks the same when he or she is feeling nervous, happy or sad..."

"Oh, I'm not really in the mood today," Philou says to Elisabeth. "Most of all I would just like to stay home." After all, everyone is entitled to have a bad day. Definitely. Even two, three or four bad days. Even Elisabeth also has bad days occasionally. So do Oscar, Berti and all the other friends.

"Well, if that's the case," winks Elisabeth, "then I have a different idea: What about just staying home all day? We can ask Oscar, Berti, Luise, Emil, and Lilli to come over. We will make ourselves comfortable and take a few pictures. If we feel like it, we can even take pictures of our faces when we look funny, curious, excited, furious, ... - just like those smileys!"

Philou has to admit that it really is a great idea. Elisabeth certainly knows what he likes. After all, she isn't his best friend for nothing! Philou walks over to his drawer, gets out his camera and says: "I'm ready..."

Would you also like to make a photo album showing lots of different feelings?



Gefühle erkennen,
benennen und zeigen

...und so geht's:

1. Gestaltet in eurer Gruppe ein **Gefühlsfotobuch**. Für diese Übung nehmt ihr euch am besten einen Erwachsenen an die Seite. Denn das Bedienen von Kamera, Computer und Drucker kann manchmal ganz schön knifflig sein.
2. Sucht euch gemeinsam aus der **Gefühlswolke** ein paar **Gefühle** aus.
3. Zu jedem Gefühl, wird dann ein Bild gemacht. Und zwar von jedem einzelnen von euch: z.B. wenn ihr die Gefühle „**fröhlich**“, „**aufgeregt**“, „**nachdenklich**“, „**traurig**“ und „**verärgert**“ gewählt habt, schaut du einmal fröhlich, aufgeregt, nachdenklich, traurig und verärgert drein und all die anderen auch. Dabei entstehen dann viele Fotos.
4. Wenn es von jedem Kind **ein Bild zu jedem Gefühl** gibt, druckt ihr die Bilder aus.
5. **Fotobuch:** Nun gestaltet ihr zu jedem Gefühl eine Seite im Buch: z.B. eine Seite mit der Überschrift „**fröhlich**“ und darunter klebt ihr alle Bilder der Kinder mit **fröhlichem Gesicht**, und eine Seite mit der Überschrift „**verärgert**“ und darunter klebt ihr alle Bilder der Kinder mit **verärgertem Gesicht**, usw.

Du brauchst:

- » Kamera
- » Computer, Drucker
- » Schere, Kleber
- » leeres Buch (gekauft oder selbst gebastelt)
- » Papier, Stift



Ihr könnt aus den Fotos auch Karten gestalten. Druckt dafür jedes Bild in Kartengröße aus. Schneidet dazu außerdem aus Papier Kärtchen aus, auf die ihr jedes eurer dargestellten Gefühle aufschreibt (1 Kärtchen = 1 Gefühl). Daraus könnt ihr dann ein nettes Spiel machen: Ordnet die einzelnen Gesichter auf den Karten dem Wort-Kärtchen (dem Gefühl) zu. Könt ihr alle Gefühlsausdrücke erraten?



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