

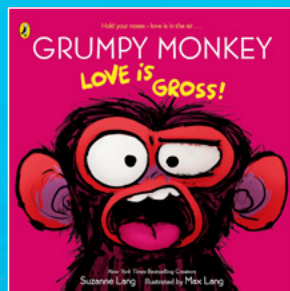


FIRST TIME FEELINGS

Activity Pack

Stories build connection with ourselves, others and the world.

Four brilliant picture book activities to try



Welcome to your First Time Feelings Activity Pack!

Understanding and sharing feelings is a key empathy skill, which can be developed from the earliest age. We're delighted to share a selection of picture books which help young children, their families and caregivers explore 'first time feelings' together, with accompanying resources to help bring the books to life.

Did you know?

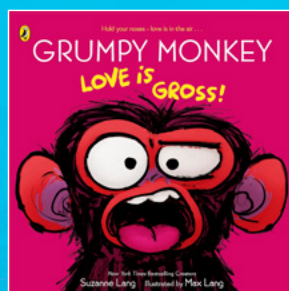
Picture books and shared reading can open up a portal to help understand challenges, new feelings and first-times as children experience them, helping families and children to navigate our complex world. Our selection of picture books explores themes experienced by young children, including belonging and inclusion, how to navigate sensitive home lives and unique settings, anxiety and nervousness, anger and mood management, and more.

Calling budding reader reviewers!

The theme of this year's Empathy Day Festival is 'jump into someone else's story', and Puffin Books are inviting you to join them in doing just that, by reading and reviewing one of the five books on the 2026 First Time Feelings list. If you'd like to apply to receive a FREE copy in exchange for an honest review, follow @PuffinBooksUK and @EmpathyLabUK and look out for a post with more details.

Win a £100 library of Puffin picture books!

Puffin are very generously offering FIVE lucky settings the chance to win £100 of empathy-boosting picture books EACH. To enter, simply share photos of your setting's Empathy Day Festival activity with us by 12 June and we will choose our five favourites and announce them on the 19th. Email entries to empathyday@empathylab.uk with the subject First Time Feelings. T&Cs apply



About the Books

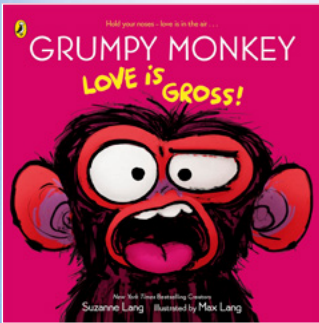


A Tree to Call Home

Helen Docherty, illustrated by Erica Salcedo

When orangutan Amisha arrives in the city, she quickly finds a new routine climbing and swinging on ropes and wires. But when she meets a new friend – a bird, called Blue – he helps her to remember her rainforest home and her love for trees. Surely one little orangutan can't change the world – can they?

A beautiful and poignant story which explores the meaning of home with a powerful message around activism and caring for our world. From Helen Docherty and Erica Salcedo, the creative partnership behind *The Bee Who Loved Words*.



Grumpy Monkey: Love is Gross!

Suzanne Lang, illustrated by Max Lang

Jim Panzee is very grumpy about Valentine's Day until his buddy Norman shows him that this celebration is for everyone.

When Jim hears Oxpecker cooing over her doting boyfriend on Valentine's Day, he has just one thought: Gross. But Jim finds out that not everything about Valentine's Day is hearts and kisses. Jim learns there are different types of valentines and many kinds of love, such as love for a parent or for friends.

This funny non-saccharine story is full of the same silly humour that characterises all the beloved titles in the New York Times bestselling *Grumpy Monkey* series.



Rainbow and Rain

Jana Curll

A fun-filled picture book about making friends, trying new things and spreading kindness.

Rainbow loves spending time with her best friend, Rain. They do everything together – just the two of them!

But one day Rain does something unexpected: she invites the new girl, Star, to join their game. Rainbow is not happy – why would Rain want to play with anyone else?! Watching Rain and Star play together, Rainbow worries that everything is going to change. Has Rainbow lost her best friend forever – or could it be that friendship is even more fun with three?



Moominmamma and the Comet

Tove Jansson

If you haven't met a Moomin yet, you're missing the most magical fun...

Join Moomintroll and his friends in this very special picture book to celebrate the anniversary of the classic story, Comet in Moominland.

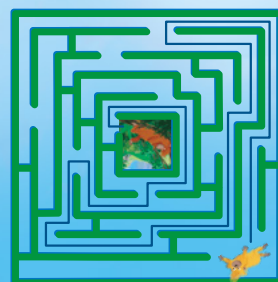
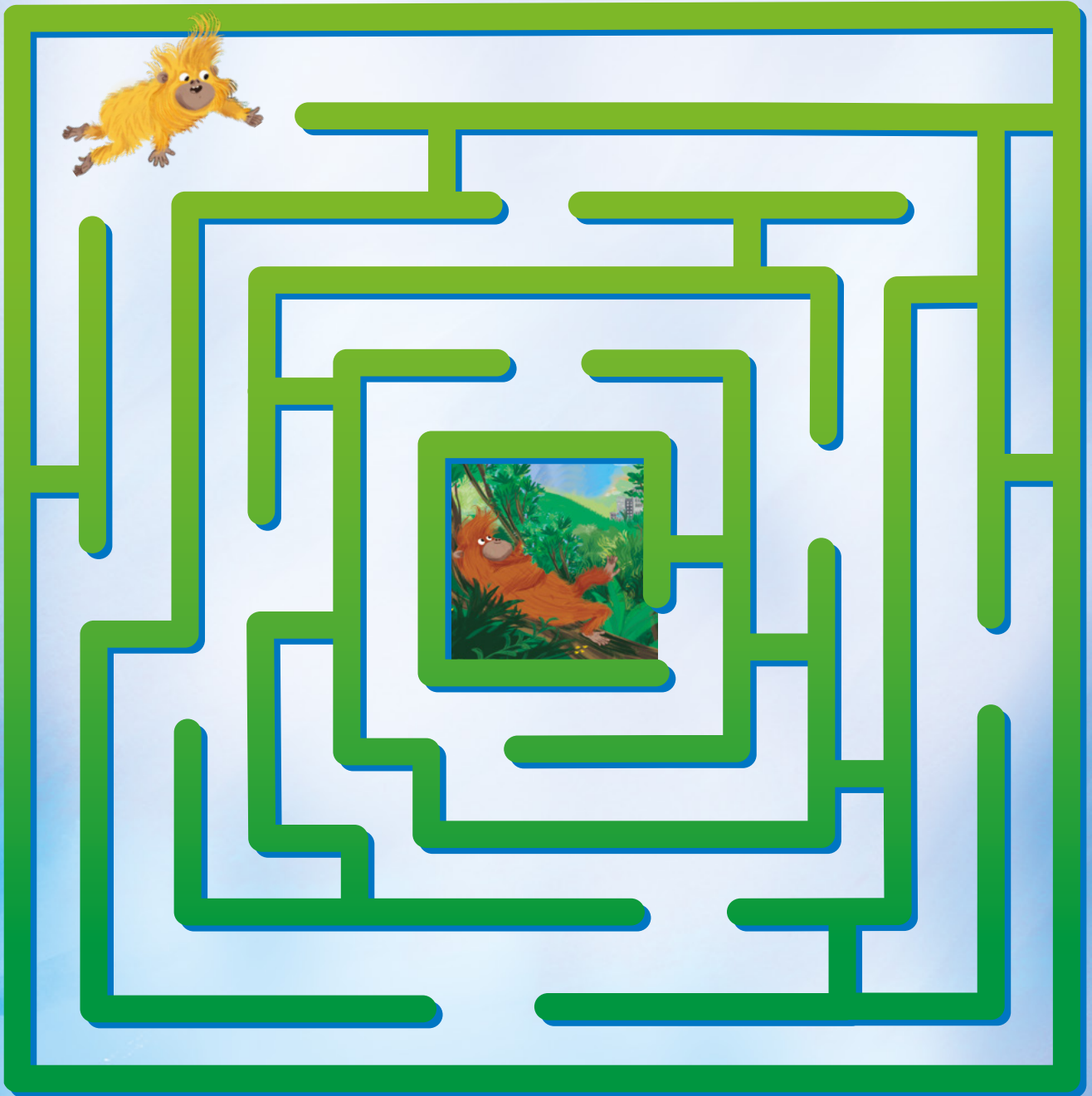
Settle in with the Moomin family as they remember the time Moomin and Sniff set off to find out what will happen if a comet lands in Moominland. They needed to be very brave and to do this they remembered the love of Moominmamma!

A beautiful tale of adventure which celebrates Tove Jansson's iconic characters and how going on a long journey makes you appreciate home and the people that signify that.



A Maze to Find Home

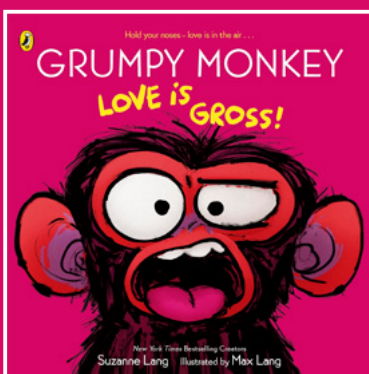
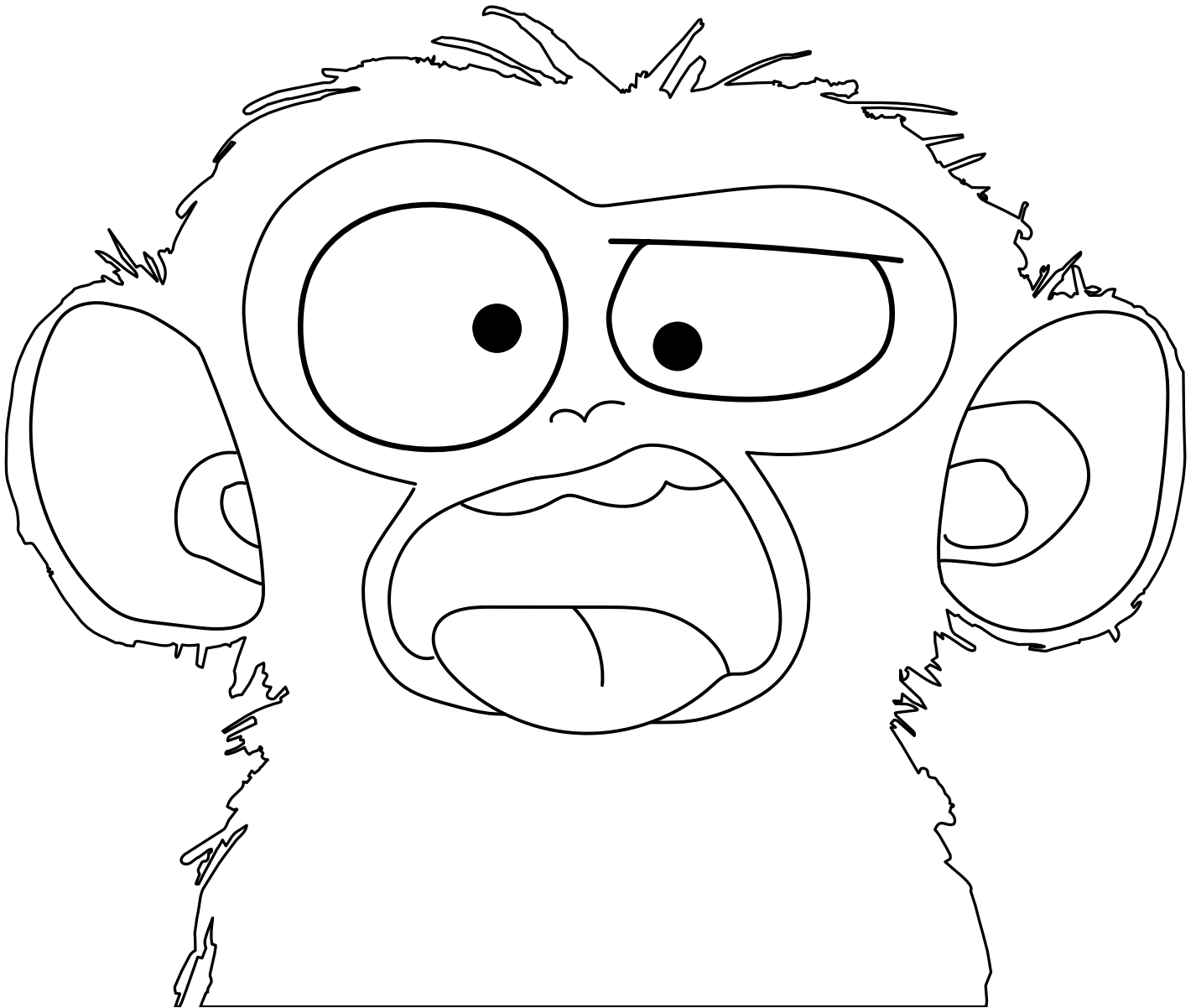
Can you help baby orangutan Amisha find the way to their mum, waiting in the middle of the maze? Work your way through the path and the leaves, to get Amisha home!



ANSWER

Grumpy Monkey: We Love Colouring In!

Grumpy Monkey may think love is gross, but we think colouring in is great fun! Colour the image of grumpy Jim Panzee below – what colour do you think he would be? Use your imagination – he can be whatever colour you feel like!



Moomins Spot the Difference

In *Moominmamma and the Comet*, the Moomins are watching the sky carefully to see a comet passing through! Can you look closely at the two images below to see what we've changed? There are six differences to spot. Can you find them all?



1. Stars missing from the left side of the comet
2. Centre of comet is blue not yellow
3. Mamma's eyes are looking the wrong way

4. Clouds have moved
5. Wheelbarrow has disappeared
6. Mountain on left side is bigger

ANSWERS



Rainbow Colours and Feelings

Rainbow and Rain are best friends, who experience lots of different emotions together – from happiness to sadness, to fear and confusion. Use the rainbow colours below to match up an emotion you feel, with the colour that best represents it.



Happiness



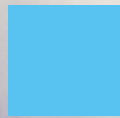
Anger



Fear



Sadness



Excitement



Surprise



ANSWERS

There are no correct answers for this! Choose your best matches and discuss why they make sense to you with a teacher or guardian or your friends 😊