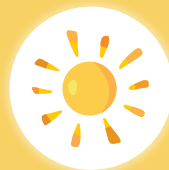


How are  
you feeling,  
**Marvin**?



A booklet for exploring emotions



## Acknowledgements

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## Credits

*How are you feeling, Marvin?*

**Concept, content creation and copywriting:** Joëlle Grenon and Jessica Martin

**Editing:** Nadia Tranchemontagne

**Coordination:** Mélanie Murphy

**Illustration and graphic design:** Léonie Coté

**Translation:** I.D.COM

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A booklet for exploring emotions

# Joy



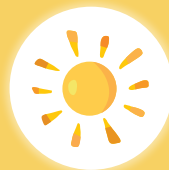
Bright eyes

Smile

Body filled with good energy

Heart as light as a feather

Calm breathing



**Sparkling eyes**

**Excited**

**Big smile**

**Heart that  
shines like  
the sun**

**Bursting  
with energy**

# Sadness





**Frowning**

**Big tears**

**Droopy  
body**

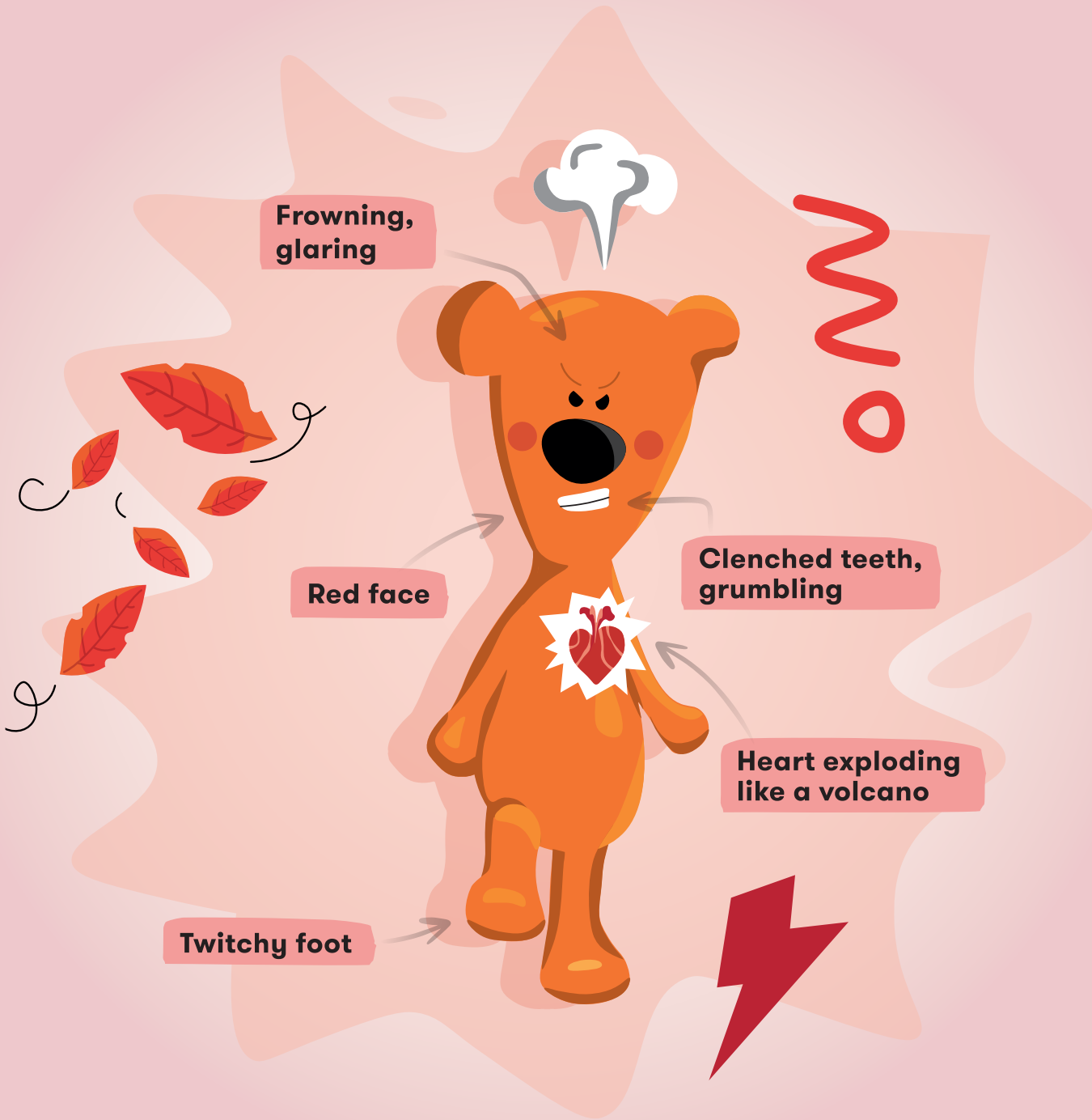
**Tight heart**

**Lonely in  
a corner**



# Anger





**Frowning,  
glaring**

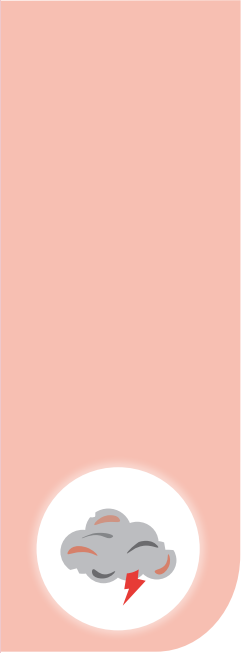


**Red face**

**Clenched teeth,  
grumbling**

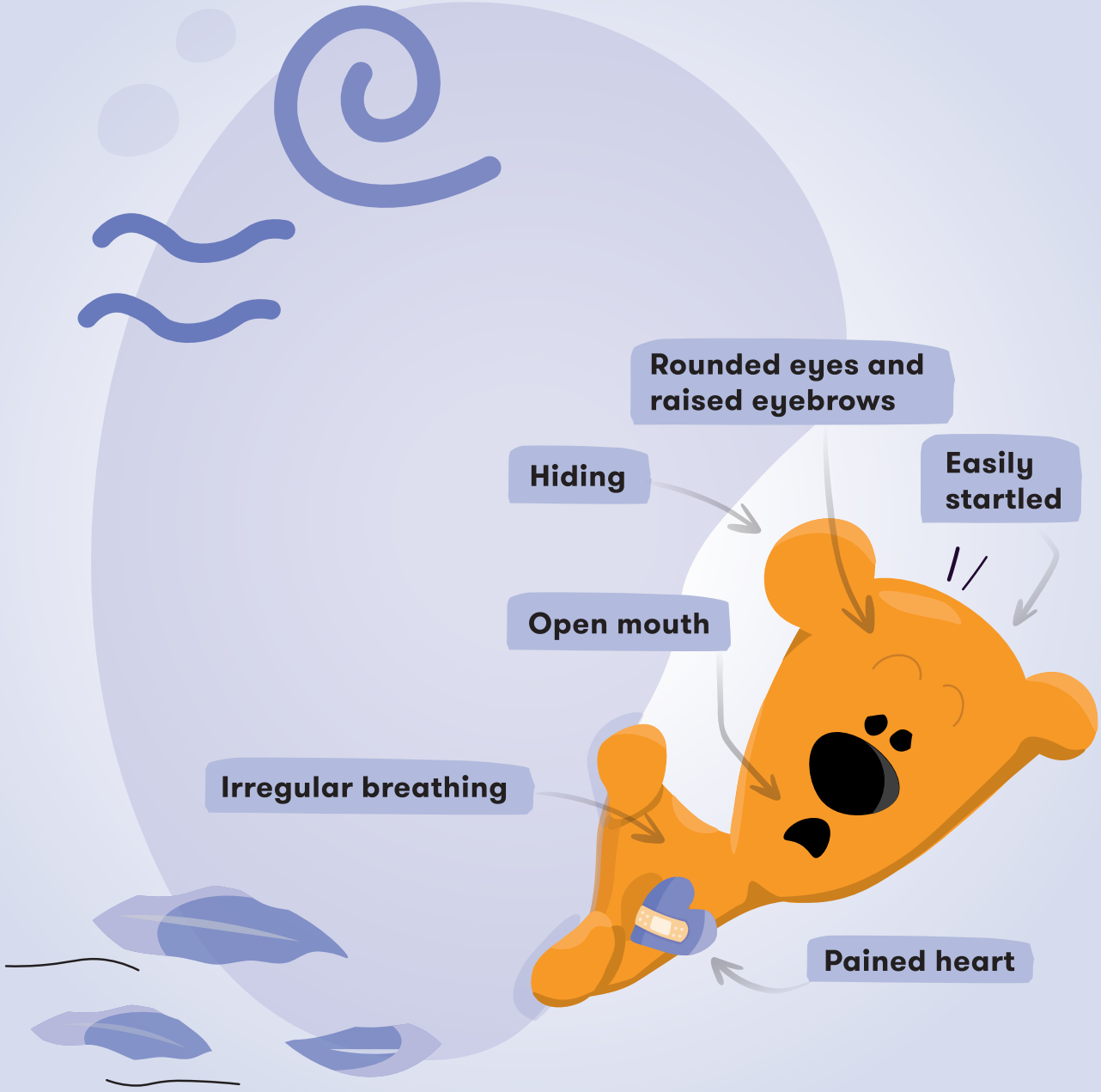
**Heart exploding  
like a volcano**

**Twitchy foot**



# Fear





**Rounded eyes and raised eyebrows**

**Hiding**

**Easily startled**
















**Open mouth**

**Irregular breathing**

**Pained heart**



# Marvin at the fair




Today,  is **happy** because he's going to visit the carnival with his cousin Marcia and their granny.  loves to watch the  **Ferris wheel** that takes passengers high into the sky.  , the carnival mascot, approaches  and Marcia. Marcia runs to  , but  doesn't want to. He's **afraid** of mascots. He **shakes and wants to hide** behind his granny and his  **heart** **beats very fast**. As  **Fuzzy** reaches out to him,  **Marvin** takes a deep breath and says: **"No, I don't want to hug you"**.  **Fuzzy** suggests  **Marvin** clap his  **hand** instead and  **Marvin** is **relieved**. Granny buys the children cotton candy to reward  **Marvin** for asserting himself\*. A  **blue** one for Marcia and a  **pink** one for  **Marvin** !

\* **What does it mean to "assert myself"?** Being assertive means telling others in words what you like and what you don't like, what you want and what you don't want.

**How about you?**  
What are you afraid of?



# Marvin misses his granny

Today,  **Marvin** is **sad**.  **Granny** was supposed to visit him, but Gustave,  's  **dog**, is sick and has to go to the  **vet**.  **Marvin** **is crying and his heart is heavy**. He loves spending time with his  **Granny** because she's always so sweet to him and helps him out when he has a problem. His dad comforts him and recognizes his **pain** by offering him a  **hug**, which  **Marvin** **happily** accepts.  **Marvin** feels better and has an idea. He calls  **Granny** on the  **phone** to see if Gustave the  **dog** is feeling better and invites her to come and have dinner with him tomorrow!
















**How about you?**

What makes you sad?

**Who helps you** when you have a problem?  
**Who comforts you** when you're sad?



# Marvin picking strawberries

In the  fields,  hurries to find the best fruit. He's **happy** because he has almost filled his .  fly away as he passes and  **laughs**. While picking his last ,  hears the sound of a . This **startles** him and causes him to drop all his beautiful red . He **clenches his teeth and wants to groan**. He is **angry**, he wants to fling his  away, but he's thinking about the  he and Grandpa plan to bake. He takes a deep breath from his belly, just as his mom taught him. It's as if he's smelling a , then blowing out a . He then feels **calmer** and gently picks up his good . He even tastes a few. Yum!  looks forward to going back home because he knows he's in for a treat!

**How about you?**

What makes you angry?

**What can you do** to calm down when you're angry?



# Song

## about emotional normalization



**(To the tune of *If You're Happy And You Know It*)**

If you're scared and you know it, cover your eyes

If you're scared and you know it, cover your eyes

If you're scared and you know it, then your face will surely show it

If you're scared and you know it, cover your eyes

If you're angry and you know it, stomp your feet

If you're angry and you know it, stomp your feet

If you're angry and you know it, then your face will surely show it

If you're angry and you know it, stomp your feet



If you're sad and you know it, say "Boo hoo!" (Boo hoo!)

If you're sad and you know it, say "Boo hoo!" (Boo hoo!)

If you're sad and you know it, then your face will surely show it

If you're sad and you know it, say "Boo hoo!" (Boo hoo!)

If you're happy and you know it, shout "Hurray!" (Hurray!)

If you're happy and you know it, shout "Hurray!" (Hurray!)

If you're happy and you know it, then your face will surely show it

If you're happy and you know it, shout "Hurray!" (Hurray!)

All emotions are important and OK

Do you know you've got the right to feel that way?

Happy, scared, angry and sad

None of these feelings are bad

All emotions are important and OK



# Song

## About emotion recognition



**(To the tune of *Twinkle Twinkle Little Star*)**

My head, my heart and body

They send messages to me

They talk about emotions

I've got to pay attention

Sadness, joy, anger and fear

All of these each day I feel

When I'm sad I want to cry

I can feel my throat so tight

I feel everything is wrong

I need a hug, big and strong

Sadness, joy, anger and fear

All of these each day I feel



When I'm angry I turn red  
There's a storm inside my head  
I feel everyone is mean  
I need to be heard and seen  
Sadness, joy, anger and fear  
All of these each day I feel

When I'm scared my tummy aches  
My whole body starts to shake  
I feel my heart beating fast  
I need to feel safe at last  
Sadness, joy, anger and fear  
All of these each day I feel

When I'm cheerful and jolly  
I am full of energy  
In my heart there's butterflies  
And a sparkle in my eyes  
Sadness, joy, anger and fear  
All of these each day I feel



# Search and find emotions

Today, everyone is going to the park and feeling lots of different emotions.

Look at the picture

Who is happy?

Who is sad? Can anyone help?

Who is angry? Can anyone help?

Who is scared? Can anyone help?



Find these objects:







[www.marie-vincent.org](http://www.marie-vincent.org)