Episode: “Gabe”

When Albie’s friend seems sad, she visits two actors who help her learn about body language, or how we can communicate feelings with our bodies. She plays a game of charades to practice expressing different feelings and learns that the most direct way to figure out how someone else is feeling is to ask them!

Activity

Materials:
• Printer
• Printed dice templates
• Scissors
• Tape

If printer is unavailable:
• Writing supplies
• 2 paper bags

Steps:
1. Watch “Gabe,” and notice how Albie learns that we can look for clues in a person’s expression and body language to guess how they might be feeling. What clues helped Albie figure out that Gabe felt sad?
2. Watching Albie play charades seemed to help Gabe feel better. Try playing your own charades game. Start by printing both paper dice templates: one has pictures of animals and the other shows different feelings.
3. Cut out both dice and fold and tape along the lines as indicated to create two small boxes, or dice.
4. Take turns rolling both dice and act out the animal and feeling that come up. Can you be a sleepy bunny? What about a silly chicken?
5. Take turns rolling and acting out different combinations of emotions and animals. Just like when Albie was playing, remember not to talk when it’s your turn to do the acting! It’s part of the challenge to use your actions and body only.
Tips

- For younger children, it might be helpful to prepare the dice ahead of time so that your child can focus on the game. Older children can help assemble the dice and practice their scissor and folding skills.
- Try adding other animals, feelings or actions to your game. Can you be a bunny who goes bowling? A dancing dinosaur? The sillier the activity, the more engaging and memorable the experience will be.
- Albie learns that you can sometimes get a sense of what another person is feeling through their body language, but it’s also important to ask the other person too. Incorporate this into your game by asking each emotional animal a question about how they’re feeling. (Wait until you guess correctly since no words are allowed during the guessing part!)

No printer? No problem!

Play with slips of paper instead. Write or draw different animals on small pieces of paper and put them in a paper bag labeled “Animals.” Do the same for different feelings for a “Feelings” bag. Take turns selecting a slip of paper from each bag. Here are some to start you off:

Happy    Sleepy
Silly   Sad    Angry
Scared    Bored

Bunny    Elephant
Lion    Chicken    Cat
Cow    Snake

Vocabulary

Expression: How we show or tell our thoughts and feelings
Pose: The way someone’s body is standing or sitting
Body Language: The ways we move or hold our body to show how we are feeling inside
In this activity, your child:

- Expressed and interpreted body language
- Matched and combined emotions with animals
- Acted out different emotions and animal movements

Talk to your child! Conversation Starters:

- Albie sees that Gabe is sad and tries to be a good friend by asking how Gabe is feeling and listening to her. What are some ways that you can be a good friend?
- Sometimes our inside feelings don’t match our outside expressions. Let’s practice together how we might ask someone how they are feeling.
- Can you think of a time that you felt sad and someone helped you to feel better? What helped? What are some ways you make a friend feel better if they’re feeling sad?

Keep Going!

Inside, Outside
How we feel on the inside can sometimes but not always show on the outside. Strike a pose to show with your body how you feel on the inside right now. Grown-ups do it too!

Mindfulness
We might feel different feelings in different parts of our bodies. Where do you feel your feelings? Does “angry” feel stronger in one part of your body? Where in your body do you feel happy feelings?

Dance Your Feelings!
How do you show feelings through your body when you dance? Play a quiet slow song, then a loud song, then an upbeat song and match your movements to the different tones and beats.
More At-Home Activities
Visit PBS LearningMedia for more activities like this inspired by Albie’s Elevator.

Children’s Books with Related Themes
Check out these children’s books online or at your local library to continue exploring the concepts in this episode.

**The Rabbit Listened** by Cori Doerrfeld
When Taylor gets sad, all of the animals visit and try different ways to make Taylor feel better.

**My Body is a Rainbow: The Color of My Feelings** by Mallikra Chopra
This child-friendly meditation through color helps kids sit with their big feelings and notice where they are in their bodies.

**Talk and Work It Out** by Cheri Meiners
This book about working through conflict and expressing emotions helps kids understand how to respectfully speak to someone when their feelings are hurt.