Episode: “Little Door”

Albie feels angry when things don’t go her way. She tries to ignore her upsetting feelings, but this makes everything worse! Albie visits a violinist who plays his feelings through music and reminds her that she’s always the same Albie, even when she’s not happy.

Activity

Materials:
• Paper
• Crayons or markers
• Music

Steps:
1. Watch “Little Door,” and notice how Albie feels when she can’t use her whisper door anymore. How can we tell that Albie feels angry even though she wishes she were happy?
2. Albie visits Jack the violinist. Name the different feelings he “plays” on his violin. When was a time that you or your child felt angry, sad or happy?
3. Albie tries to draw her feelings while making art. Get out your own drawing supplies and give it a try. Start by making all different lines and marks.
4. Now try drawing while playing the clip of Jack playing the violin, listening closely to the music. Tell your child to make their crayon or marker dance to the sound of the music as they draw.
5. Encourage your child to make simple lines, shapes and scribbles to the beat and rhythm of the music. How do the marks you make look different when Jack plays angry, sad or happy tunes?
6. Continue drawing to other songs you like. Model for your child how you can make big, sweeping motions or quick choppy marks to match the melodies.

Tips

• The more abstract your drawings are, the better. We can’t see feelings after all!
• Remember that music is subjective. A song that sounds sad to you may not to your child. Celebrate any differences in your interpretations.
• If the concept of music evoking emotions feels too confusing, focus on matching the way your child’s hand moves to the sound of the music.
In this activity, your child:

- Recognized and labeled feelings
- Matched feelings and drawings to music
- Created abstract drawings and explored different methods of mark-making

Talk to your child! Conversation Starters:

- Jack plays songs that sound angry, sad and happy. When you feel each of those feelings, what does your body feel like? What expression does your face make?
- How many feelings can we name? Angry, sad, happy, scared...
- Albie learns that doing something creative like making music can help us feel our feelings. What do you like to do when you have big feelings?

Keep Going!

Colorful Feelings
Just like Jack matched his music to feelings, some artists use color to express emotion. Create a feelings color wheel. Which colors feel angry, sad or happy to you?

Dance Party
Have a dance party with all of your favorite songs, and dance out those feelings. Make your body match the feelings in the songs, just like you did while drawing.

Watch “Rock Marathon”
Watch the “Rock Marathon” episode of Albie’s Elevator and practice ways to calm your body down when you have different feelings.

Vocabulary

Feelings: The way your body responds when you are angry, sad, happy, scared...
Violin: A musical instrument with strings that is played with a bow
Abstract art: An artwork that uses shapes, lines and colors but doesn’t show something real or recognizable
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.

*Color Monster* by Anna Llenas
A monster with mixed-up feelings sorts through his emotions. Also available as a pop-up book.

*Line and Scribble* by Debora Vogrig
Line and Scribble are friends who do things a bit differently but also can work together.

*My Body Is a Rainbow: The Color of My Feelings* by Mallika Chopra
A wellness book for kids with a breathing exercise about color.