

# Story introduction

## BENEATH THE RUG

### Script for teachers, librarians and caregivers

“Today we are going to talk about feelings. Sometimes feelings are easy to see, and sometimes we hide them. In *Beneath the Rug*, feelings are hidden under a rug, just like some feelings we have inside. There are no right or wrong feelings. Today we will practice noticing feelings, naming them, and talking about them, because feelings are meant to be felt, not hidden.”



## Activity: What's Beneath the Rug?

### PURPOSE

This activity helps children identify emotions and practice expressing emotions through play, conversation, and movement.

### MATERIALS

- Printable Rug
- Crayons or markers
- Printable Emotion Cards
- Scissors

### STEPS

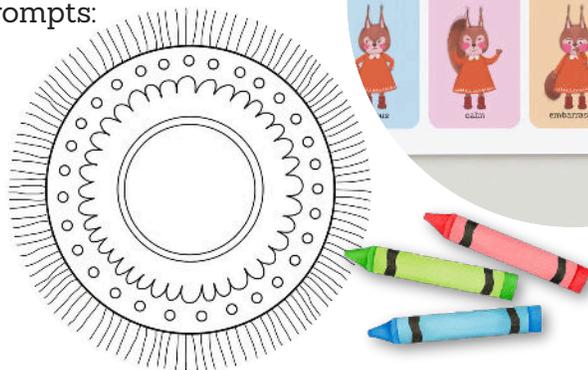
1. Students color and decorate the printable rug.
2. Students cut out the emotion cards.
3. Explain that feelings can be hidden or shared, just like in *Beneath the Rug*.
4. Students place the emotion cards under their rug.

### DISCUSS

5. One at a time, students pull out a card and act out the emotion without naming it.
6. The class guesses the emotion.
7. Briefly discuss the emotion using simple prompts:

When might someone feel this way?

What helps when you feel this way?

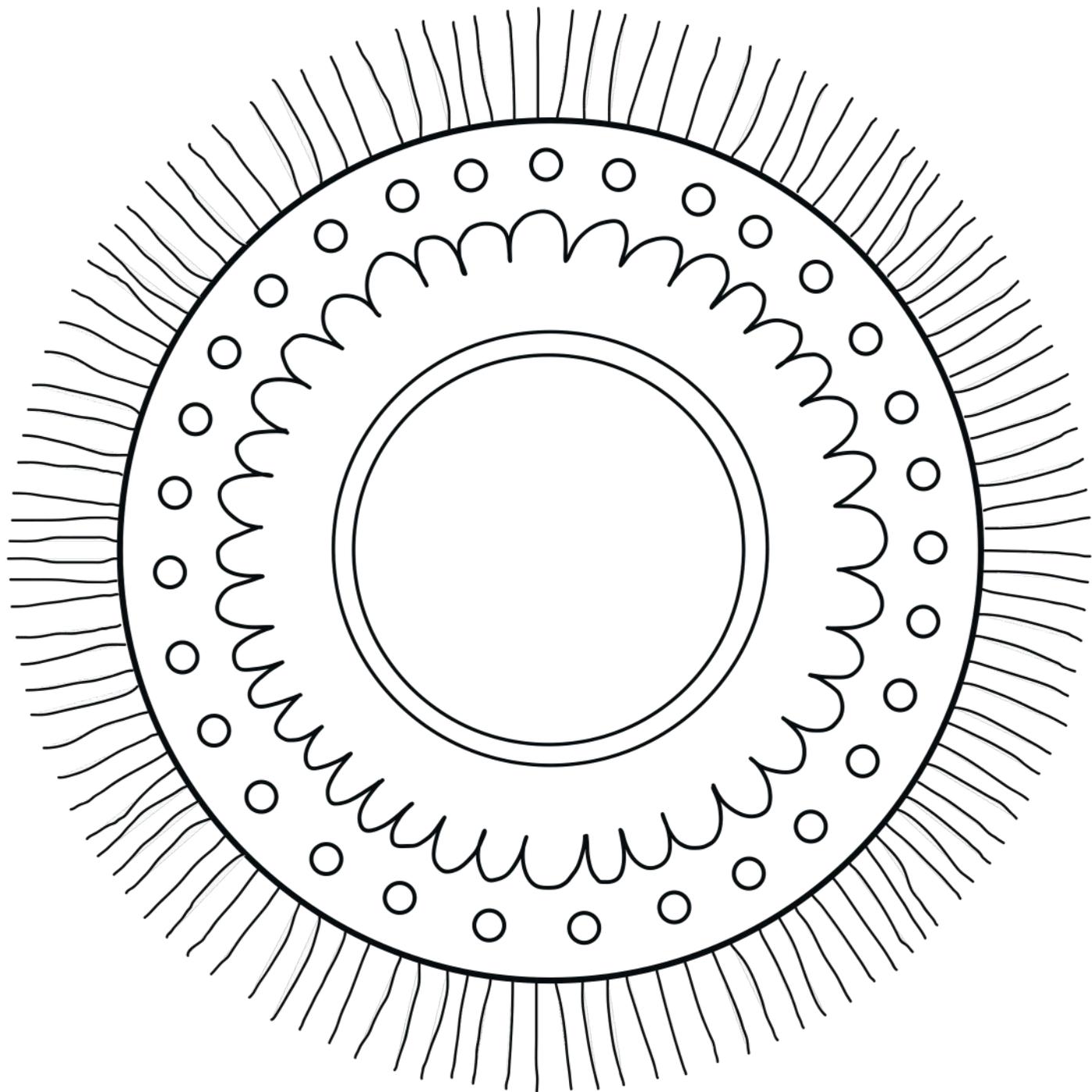


**MINI TALES**  
Big ideas, little stories

**EASY TO  
PRINT**

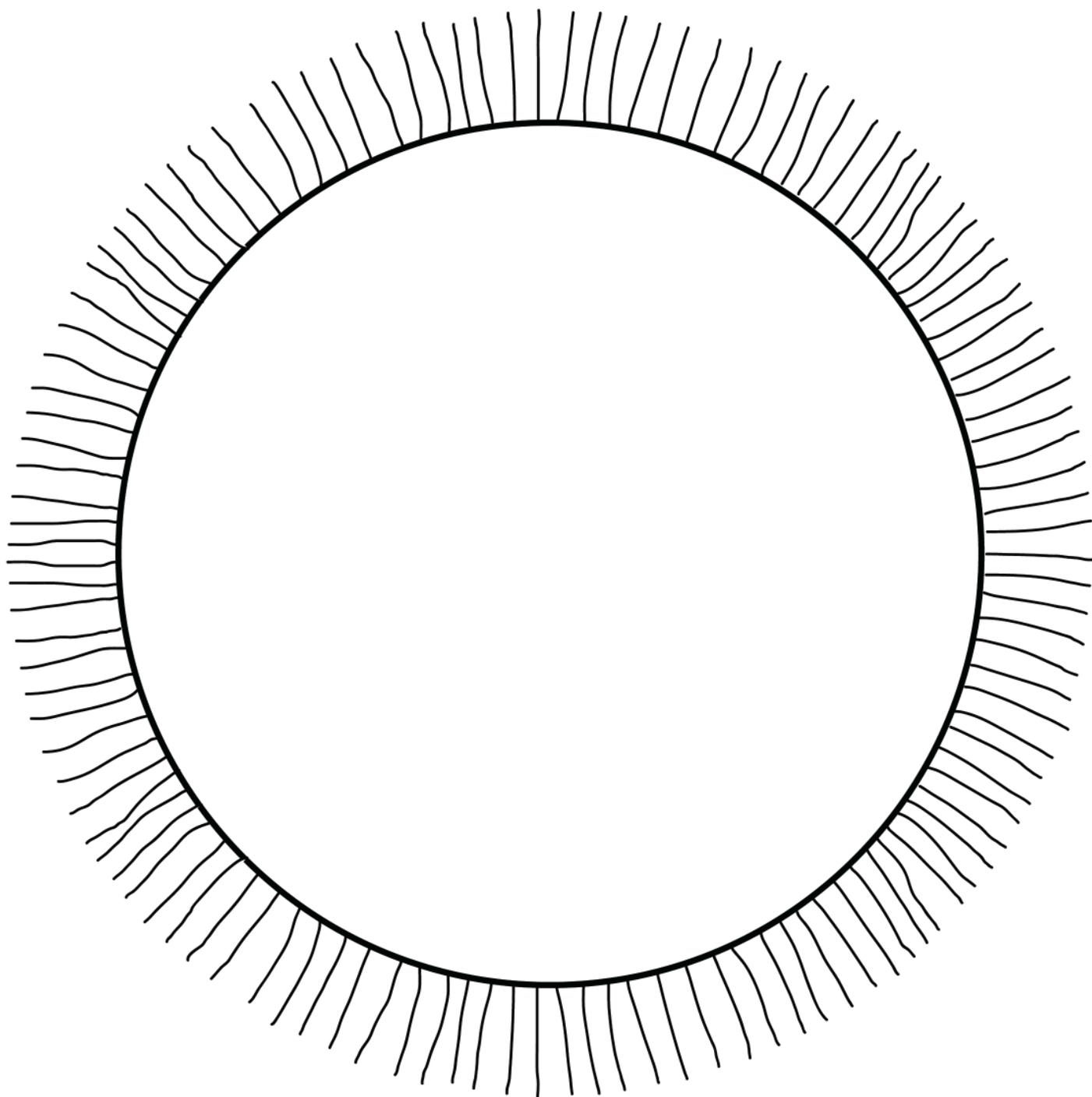
**FUN TO  
FOLD**

**MAGICAL TO  
READ TOGETHER**



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Coloring page for "Beneath the Rug" by Tracy Weldon  
[tracyweldon.com](http://tracyweldon.com)



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angry



happy



scared



sad



jealous



calm



embarrassed



excited