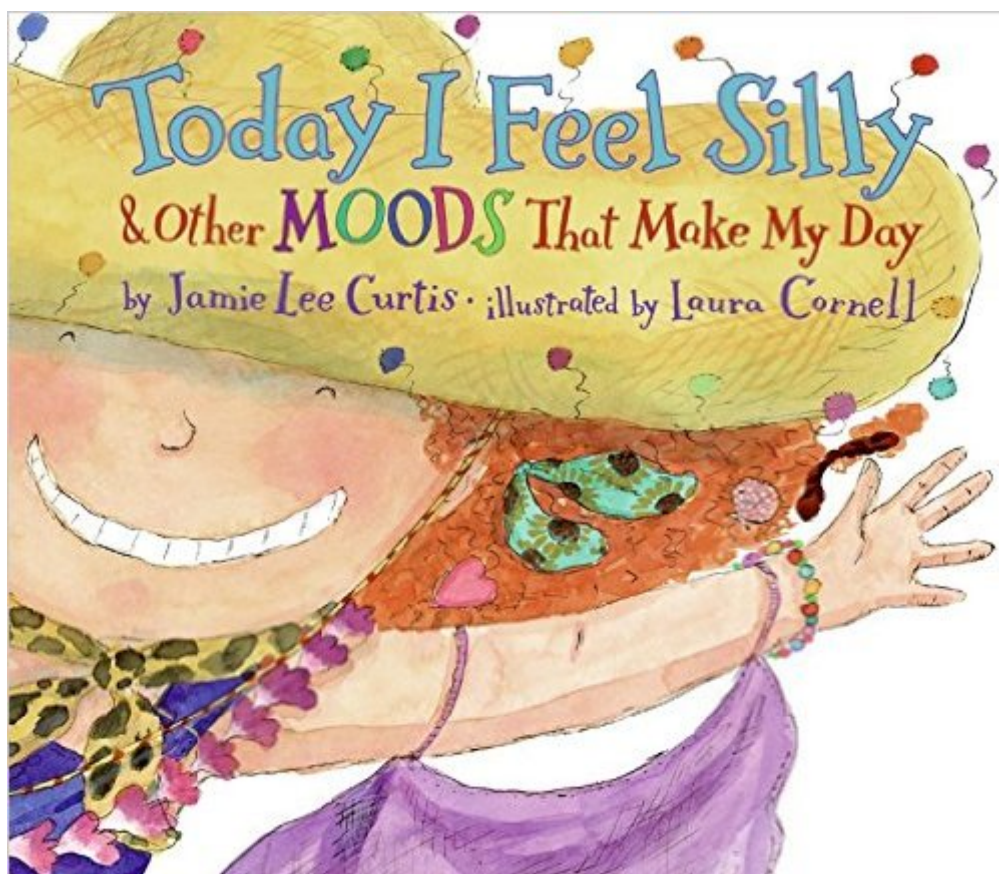


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# Today I Feel Silly: And Other Moods That Make My Day



## Synopsis

Today I feel silly. Mom says it's the heat. I put rouge on the cat and gloves on my feet. I ate noodles for breakfast and pancakes at night. I dressed like a star and was quite a sight. Today I am sad, my mood's heavy and gray. There's a frown on my face and it's been there all day. My best friend and I had a really big fight. She said that I tattled and I know that she's right. Silly, cranky, excited, or sad--everyone has moods that can change each day. Jamie Lee Curtis's zany and touching verse, paired with Laura Cornell's whimsical and original illustrations, helps kids explore, identify, and even have fun with their ever-changing moods. Here's another inspired picture book from the bestselling author-illustrator team of *Tell Me Again About the Night I Was Born* and *When I Was Little: A Four-Year-Old's Memoir of Her Youth*.

## Book Information

Lexile Measure: AD250L (What's this?)

Hardcover: 40 pages

Publisher: HarperCollins; 1st edition (July 1998)

Language: English

ISBN-10: 0060245603

ISBN-13: 978-0060245603

Product Dimensions: 0.5 x 9 x 11 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (199 customer reviews)

Best Sellers Rank: #1,918 in Books (See Top 100 in Books) #15 in [Books > Children's Books > Growing Up & Facts of Life > Family Life > New Experiences](#) #23 in [Books > Children's Books > Growing Up & Facts of Life > Family Life > Siblings](#) #43 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

## Customer Reviews

I love the concept of this book, and I think it's so important for kids to learn to identify and feel okay about their emotions, even negative ones. But, this book says it's for ages 4-8, and I found the references to a boyfriend and a crush on a teacher completely inappropriate. I was really disappointed, and those references changed my opinion of an otherwise great kids' book. Please read the whole book before buying it!

My family had been under quite a bit of stress recently. My husband's job promotion required us to relocate over 300 miles away from extended family; therefore this move was bittersweet. And, shortly after we were adjusting to our new home, our dog was run over by a car and killed instantly in front of our eyes. These two major changes in the lives of two small children, 2 and 4 year-old, stirred up a variety of feelings and moods that we needed to talk about. My husband and I are so grateful that this wonderful book, "Today I Feel Silly..." was suggested to read with our children in the recommended book listing included in the last chapter of "The Pocket Parent". Ms. Curtis explains that everyone has feelings that can change each day, from silly to angry to sad to glad. My kids love the fun verse and the lively illustrations that clearly demonstrate it's OK to have all kinds of feelings. The kids especially enjoy taking turns changing the facial expressions of the character on the mood-wheel to match how they are feeling at the moment. We identify the good and bad feelings with the correct word as they come up. I was amazed when my 2-year-old made a very unhappy face and blurted out, "I sad Mommy, miss Grandma." This book helps us acknowledge and talk further about our feelings when necessary. The kids ask to read it often. We highly recommend this book as well as "The Pocket Parent" to help address your concerns relating to young children in just the right way.

The illustrations of TODAY I FEEL SILLY AND OTHER MOODS THAT MAKE MY DAY are wonderful for the child who cannot yet read or who is independently spending a lot of time looking at the pictures. The moods jump right out of the pages and allow the child to relate to the feelings he or she might have and learn that they are normal feelings. Another title, THE SMILING STONE, also available from [www.illustrations.com](http://www.illustrations.com), would be appreciated by teachers looking for books that build self-esteem for their theme lesson of feelings and emotions. It differs from "Silly Moods" in that it is about a single emotion but it is similar in that the child can have the feeling, too, as the book ends with the simple verse, "YOUR SMILE casts forever a beam of light". Children will be lucky to have teachers who pick these titles for their lessons and parents and children will have a starter library on this important subject.

This is a book about feelings and emotions. The main character is a little girl. The book follows her daily experiences, along with charting how she feels throughout these events. Feelings such as silly, angry, sad, confused, and excited are mentioned, along with events which trigger these emotions. At the end of the book, there is a page which says, "How do you feel today?" On the page

opposite this, you will find an interactive page, in which the child can change the eyes and mouth of the picture to depict his/her feelings at that moment. It is an absolutely wonderful book. The illustrations are OUTSTANDING! They really bring the book to life! You will find yourself reading this book over and over again. It discusses family life and everyday events, which happen on a daily basis. Children can relate to this book because of this. They can use their background knowledge to relate the events in the book to the events in their lives. They can also compare her feelings to their own, and realize that everyone has feelings. This is a wonderful book to share with children and adults of all ages. I would definitely recommend this book to anyone.

This book is a delightful story about a young girl and the many different emotions she is feeling. Curtis does an excellent job of portraying a wide array of emotions, from jolly to confused to frustrated, making this a book that almost any child can relate to. The best part about this book is that Curtis not only lists different moods felt by the little girl in the story, but she also explains what causes those moods, which provides young children with a better understanding of their own emotions. For example, Curtis writes "Today I'm excited there's so much to do. I'm going to sell cookies and lemonade too. I'm starting a club to go clean up the park. And I've got a big crush on my teacher named Mark." Another strength of this book is the way Cornell uses the illustrations to enhance the written text. She does an excellent job of creating pictures that convey the emotions Curtis is writing about. On each page, you'll find a picture which shows actions or facial expressions related to the mood being described. Her vivid illustrations are not only present throughout the story, but actually go from end paper to end paper, even on the title and publishing page. Finally, the only downfall of this book is the inconsistency in text layout. On each page, the text is placed in a different location and in a different pattern. This can make the story difficult for young children to read themselves, which makes this book more ideal as a read-aloud for young children.

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