

Kids: Lingokids.

Speaker: I can't believe we're at the mall. There's so much to see and buy here.

Speaker: Let's go into the toy store.

Lisa: Yes.

Speaker: I love toys.

Lisa: Let's look for a fun game we can play together.

Teacher: Look, there's some other shoppers.

Lisa: What do you mean I can't have another pack of **[unintelligible 00:00:24]** cards? I want them. I want them. I want them. I want them. I want them.

Speaker: We're leaving right now.

Lisa: I don't want to go. I need more sparkle **[unintelligible 00:00:35]** cards.

Speaker: That kid is really lining.

Speaker: She's not being nice.

Teacher: Seems like she's having a rough day and not acting politely.

Speaker: That would never happen to me.

Speaker: Me neither. I would not yell.

Speaker: Never. I am always calm.

Speaker: We are polite. We would never do that.

Teacher: Kids at home, do you think Lisa, Elliot, Kauai, and Billy never complain or throw a fit? Do you think they are always polite? Let's find out. Welcome to *Storytime* by Lingokids, where we discover fascinating facts about the world around us and the fun of play learning. Today, we will hear a story about feelings, and we'll think about some different ways to express our feelings. Are you excited to hear more? Let's go.

Speaker: I'm glad that loud kid left the toy store because her whining was ruining my shopping fun.

Speaker: Me too. Now it's time to try out all the toys. Look at this jack-in-the-box.

[laughter]

Lisa: Why did she act like that?

Teacher: I don't really know. Maybe she was just having a hard day.

Lisa: I don't think so. I think she was a whiny kid who was acting like a big baby.

Teacher: Maybe she was angry or sad about something else and didn't know how to say it in a better way.

Speaker: Angry or sad about something else? That doesn't make sense. Why would she cry about sparkle gogo [unintelligible 00:02:13] cards if she was mad about something different?

Teacher: Sometimes, if someone is feeling down about something big, it can come out in different ways, especially if they're also feeling hungry or tired.

Speaker: Maybe she was actually sad about missing her grandparents, or moving to a new school?

Teacher: Yes, it could have been something like that.

[whistle]

You're right, Billy, it might have been better if she had just said that. It can be good to just let your feelings out.

Speaker: Really?

Teacher: Yes, but there are different ways than whining or shouting. Lingokids listeners, can you think of some other ways to let your feelings out?

[music]

Speaker: Maybe you could talk to a friend?

Teacher: Yes.

Speaker: When you feel like stomping your feet, maybe stomp your feet outside?

Lisa: Oh, stomping in the mud is fine.

Teacher: Good idea.

Lisa: You could hit a pillow.

Speaker: Or hug a pillow?

Lisa: If you want to yell, go outside to yell.

Teacher: Great.

Lisa: Okay, everyone, back to shopping. We need to pick out a game.

Speaker: How about these crazy marbles?

Kids: Oh.

Lisa: Let's buy them.

Speaker: How about we need that tomorrow and play marble?

Speaker: Yes.

Speaker: Okay. Good morning. Come on, Elliot. The marbles are all set up.

Speaker: Hi, Billy, where's Lisa?

Lisa: Here I am, but I'm so sleepy. I did not sleep well last night. Then this morning I stomped by toe on the door. Then my oatmeal was too hot. Nothing is going my way today, and now-- Oh, no. Now I just slipped on marbles too.

Speaker: Are you okay?

Lisa: No. I'm not okay. I'm mad.

Speaker: Lisa is mad.

Lisa: Yes, I'm just so mad.

Speaker: Lisa, I want you to feel happy.

Lisa: I don't want to be happy. I just need to be mad right now.

Speaker: Lisa.

Lisa: What?

Speaker: Nothing.

Lisa: I know, I'll try a deep breath. It didn't work.

Teacher: Lisa.

Lisa: What?

Teacher: You're acting like that kid in the store.

Lisa: I am? Oh.

Speaker: Do you need a hug?

Lisa: Yes. I'm just having a bad day.

Speaker: Sorry, you've slipped on marbles, Lisa.

Lisa: It's okay. I think I know how to let my feelings out. I'll be right back. [screams] I feel a little better now.

Speaker: I'm glad you feel better, Lisa. Do you want to play with the marbles now?

Lisa: Yes.

Speaker: Yes. [laughs]

Lisa: Oh. Cool marble. Roll it this way. Oh, here. This is fun.

Teacher: Lingokids listeners, thank you for exploring feelings with us. We learned that it can be good to let your feelings out in different ways. We thought of some safe ways to express big feelings. If you are ready for interactive play learning time, explore our Lingokids app. It offers fun and educational songs and games to help kids ages two and older, learn and develop important skills, such as communication, collaboration, critical thinking, and creativity. That's the power of play learning. See you in our next episode.

[music]

[00:06:42] [END OF AUDIO]