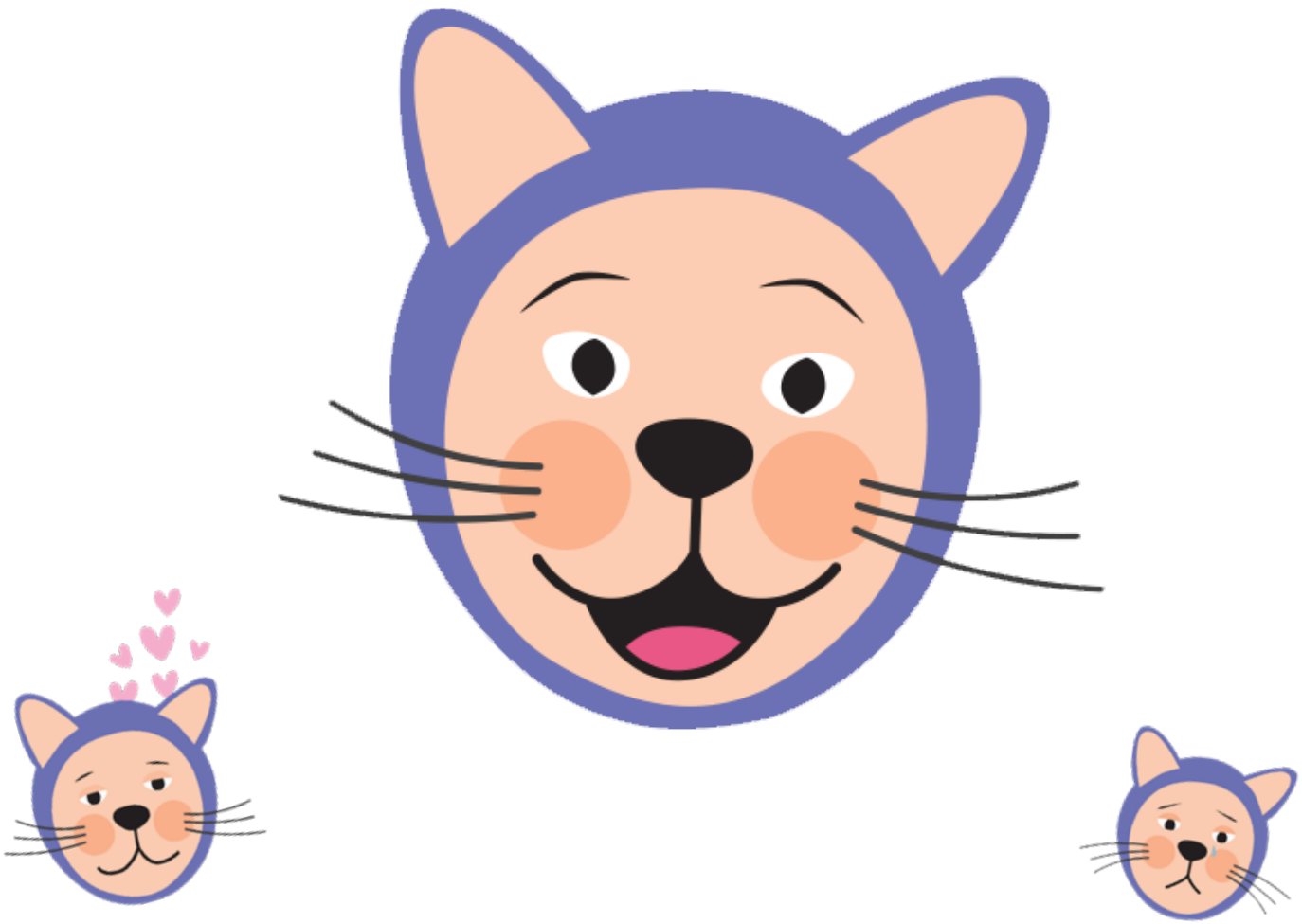
BOOGIE BOOTS

EMOTION SKILLS GUIDE



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For the user

The Emotion Skills Guide is a practical and easy-to-use tool for helping children practice emotion skills. With the guide, emotions are explored through play, music, videos and discussion.

Explore emotions with the Pulmamaja videos and talk about them together. To support the discussion, you can use emotion meters, which help the child tell what the emotion feels like and how strong it is. You can find fun emotion games at the end of the guide.

The Emotion Skills Guide includes five emotions: anger, joy, sadness, kindness and fear.

Puzzle Hut videos: In the Puzzle Hut videos, the Boogie Boots hand puppets Hipsu and Tipsu face different emotions in everyday situations. They think of solutions together with Musikat. You can also think of different solutions together.

The printable materials include:

- Emotion meters: anger, joy, sadness, being a fair friend, and fear
- Emotion game instructions, which also include music tips and playing instructions
- Boogie Boots activity card set (6 cards about emotions and 4 cards about communication)

Instructions for use step by step:

1. Choose an emotion. Choose the emotion for the day or the moment (anger, joy, sadness, kindness/tenderness, or fear) based on the children's needs or the current situation.
2. Get to know the emotion skills guide. Read the card description of how the emotion is expressed through music and movement. Go through the play and music tips, as well as the emotion meter, which helps the child put the strength of the emotion into words.
3. Watch a Pulmamaja video if you wish. You can watch it yourself in advance or together with the children. The video introduces the emotion in a child-friendly way and encourages shared discussion.
4. Try play and music in everyday situations. Use songs and games in circle time, outdoors or during calming moments. Give the emotion space and words, and try expressing it physically as well. Remember that every child explores and expresses emotions in their own way. We adults support and encourage children to express emotions in a safe and accepting way.

The Boogie Boots Emotion Skills Guidelines and play activities were compiled as part of the Boogie Boots project in collaboration with experts. If you use this material in teaching, research, training, or other activities, please cite it as follows:

The Boogie Boots Emotion Skills Guide (2026). Karvonen, R., Kupari, H., Kuusisaari, A.-M., Pilkkakangas, P., Takkinen, T., Hyvönen, K., & Project Experts. The Boogie Boots Project. Available at: https://www.jamk.fi/en/project/boogie-boots

JOY



Puzzle Hut (video, YoTube)

This is how the emotion may appear in music and movement, for example:

- A slow rhythm and a low, soft tone in music create a calm and wistful mood.
- Movement is slow and flowing, sinking heavily toward the ground.

Try out with the children what kind of music and movement can express sadness.

Easy plays that can be learned quickly:

Little Slippers in a Whirl of Emotions - Creative and Exercise Play (pdf, jamk.fi)

- Instrumental audio (SoundCloud)
- Boogie Boots Activity Cards (pdf, oomc.fi)
- Boogie Boots Equipment Cards (pdf, oomc.fi)

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HAPPINESS METER

1	2	3
		
I AM NOT HAPPY	I AM A LITTLE HAPPY	I AM REALLY HAPPY

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FEAR



Puzzle Hut (video, YoTube)

This is how the emotion may appear in music and movement, for example

- A fast rhythm and sudden changes in volume and rhythm create a tense mood.
- Movement is fast, jerky and varied, as well as tense, small and careful.

Try out with the children what kind of music and movement can express fear.

Easy plays that can be learned quickly:

Sea Fish- Creative and Exercise Play (pdf, jamk.fi)

- Boogie Boots Activity Cards (pdf, oomc.fi)
- Boogie Boots Equipment Cards (pdf, oomc.fi)

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FEAR METER

1	2	3
		
I AM NOT AFRAID	I AM A LITTLE AFRAID	I AM VERY AFRAID

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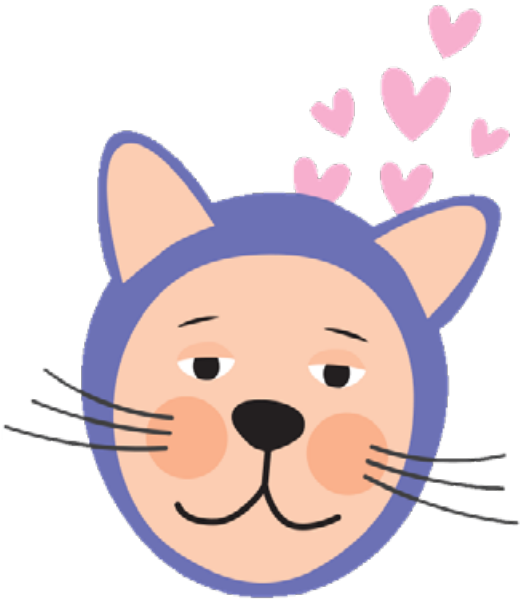
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KINDNESS / TENDERNESS



Puzzle Hut (video, YoTube)

This is how the emotion may appear in music and movement, for example

- A slow rhythm and a soft, low tone in music create a warm and calming mood.
- Movement is soft, slow and light, moving carefully and smoothly like in a hug.

Try out with the children what kind of music and movement can express tenderness.

Easy plays that can be learned quickly:

Teeny-tiny Boogie Boots - End Song of the Play Session (pdf, jamk.fi)

- Boogie Boots Activity Cards (pdf, oomc.fi)
- Boogie Boots Equipment Cards (pdf, oomc.fi)

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FAIR FRIEND METER

1	2	3
		
I AM NOT A FAIR FRIEND	I AM A PRETTY FAIR FRIEND	I AM A REALLY FAIR FRIEND

SADNESS



Puzzle Hut (video, YoTube)

This is how the emotion may appear in music and movement, for example:

- A slow rhythm and a low, soft tone in music create a calm and wistful mood.
- Movement is slow and flowing, sinking heavily toward the ground.

Try out with the children what kind of music and movement can express sadness.

Easy plays that can be learned quickly:

Little Slippers in a Whirl of Emotions - Creative and Exercise Play (pdf, jamk.fi)

- Instrumental audio (SoundCloud)
- Boogie Boots Activity Cards (pdf, oomc.fi)
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SADNESS METER

1	2	3
		
I AM NOT SAD	I AM A LITTLE SAD	I AM REALLY SAD

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ANGER

Puzzle Hut (video, YoTube)



This is how the emotion may appear in music and movement, for example.

- A fast rhythm in music, changes in volume and a loud sound can reflect an angry mood.
- Movement is strong, fast and sharp, and it may include striking actions, wide use of space and sudden stops.

Try out with the children what kind of music and movement can express anger.

Easy plays that can be learned quickly:

Little Slippers in a Whirl of Emotions - Creative and Exercise Play (pdf, jamk.fi)

- Instrumental audio (SoundCloud)
- Boogie Boots Activity Cards (pdf, oomc.fi)
- Boogie Boots Equipment Cards (pdf, oomc.fi)

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ANGER METER

1	2	3
I AM NOT ANRGY	I AM A LITTLE ANGRY	I AM REALLY ANGRY

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