Molly the Muffin Fairy

Molly is a fairy famous for making magnificent muffins!

She makes them soft and fluffy and full of blueberries. One day she was baking and instead of soft, fluffy muffins, they came out flat and hard as stone. Molly was having a bad bake day which made her feel mad! Luckily, with the help of her friends she was able to solve the problem, try again, and find the silver lining.

Things to talk about

What does it feel like when you get mad?

What are some things that make you feel mad?

What can you do to feel better when you feel mad?
Try these fun activities at home

Make a Muffin Wand

Work with your child to create a muffin wand. You can use any materials you want! Cut shapes out of construction paper, newspaper, wrapping paper, or magazines. You can use a stick, a straw, or pencil as the base and glue, tape, or paste your shapes on top.

Play the Mirror Game

Sit across from your child and make a face that reflects an emotion (e.g., sad, mad, silly, happy, hopeful). Ask your child to make the same face as you. Take turns making faces and talking about the feelings that inspire those faces.

Make a Muffin Map

Work with your child to make a muffin map. Use paper, crayons, markers, and/or pencil to draw a map of where Molly’s muffin went when she threw it out the door.