

FEELING FACE ACTIVITY

What to do: Use the attached emotion faces. Cut them out and tape to craft sticks OR small paper plates.

MAKE A FACE GAME: Start the game by saying “I am going to make a face, guess what I am feeling by looking at my face.” Make a face and then ask “Do you know what makes me feel that way?” Follow by describing something simple such as “Going to the park makes me happy.” “I feel sad when it rains and we can’t go to the park.” Do this a few times – then ask your child to make a face and say what makes her “happy, sad, etc.”

MIRROR, MIRROR: Use a mirror to play this game with your child. Look in the mirror and say, “Mirror, mirror what do I see?” (Make an emotion face) Name the emotion “I see a sad Mommy looking at me.” Have your child take a turn and repeat the game using different emotions.

EMOTION STORIES: Make up a short story to go with each emotion face.

Use different stories that your child can identify with such as:

“One day you went to the park to play with your favorite stuffed animal. When you got home you realized you had left the animal at the park. How did this make you feel?” (Point to the face that shows how you feel)

“Today is a very special day. It’s your birthday.” (Point to the face that shows how you feel)

USING CHILDREN’S BOOKS: Get a children’s book with stories with emotions from the library (or ask a relative to gift it to your child) Have your child use the tape emotions faces during the story to identify how the character is feeling.

Books available at the Ashland Public Library on feelings and emotions:

C is for Curious: An ABC of feelings –Woodleigh Hubbard

Feelings – Aliko

Emotional Ups and Downs – Enid Fisher

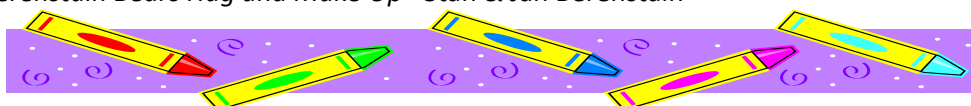
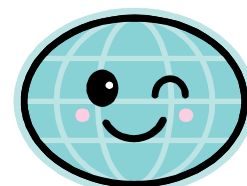
When a Pet Dies – Fred Rogers

The Berenstain Bears Hug and Make Up –Stan & Jan Berenstain

Feeling Angry - Althea

Hurty Feelings – Helen Lester

The Feelings Storybook – Alexandra Delis-Abrams



EMOTION BOOK: Create a homemade book with paper, crayons or markers and a stapler.

Trace each emotion face and tape/glue each one on a separate page in the book. Have your child make pictures (drawing or use cutout pictures or photos) of things that make him feel that way. Use the pictures to talk with your child about how to handle those feelings.

FEELING WORDS---Use a variety to help your child connect to exactly how they feel!

Brave

Confused

Disappointed

Embarrassed

Ignored

Lonely

Bored

Surprised

Calm

Silly

Shy

Uncomfortable

Proud

Impatient

Helpful Websites

<http://psychcentral.com/lib/helping-understand-your-preschoolers-emotions/0001086>

www.abc.net.au/parenting/articles/preschoolers_connecting.htm

<http://kidshealth.org/parent/emotions/>