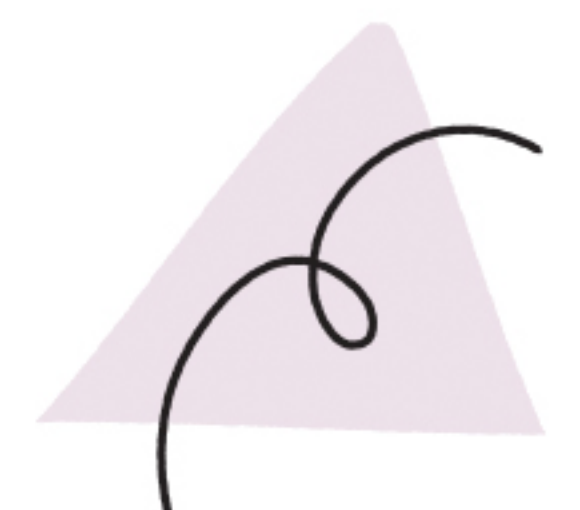
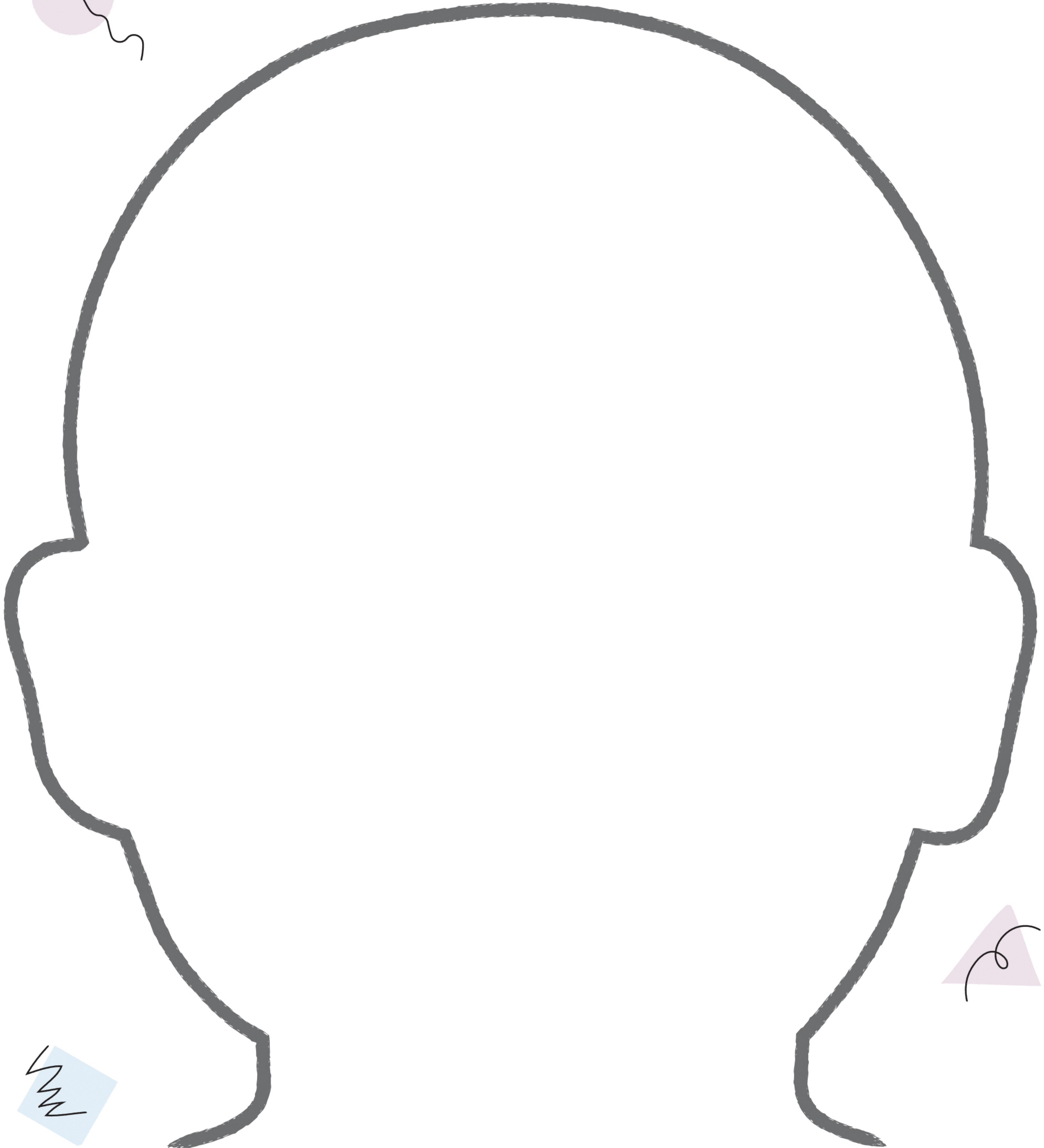
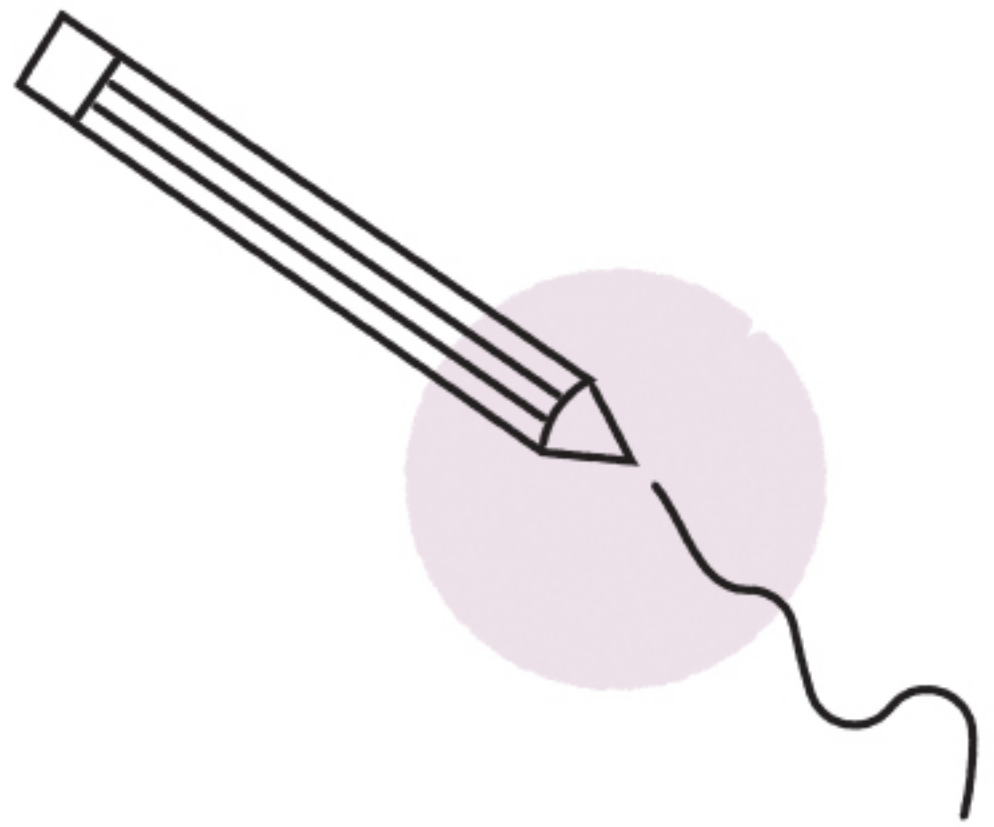




FEELING:





Creating a feelings face

Before young kids can express and cope with feelings in healthy ways, they first need to learn how to identify and label their feelings. This feeling face activity is a fun way to help young children explore different facial expressions and emotions.

Offer Play-Doh, crayons, etc., and have children create a facial expression on the blank face provided.

Introducing the activity

“Sometimes our faces can show how we’re feeling, and it’s called an expression. We can look at other people’s faces for hints about how they’re feeling, too!”

Activity ideas

Help kids explore and identify a variety of emotions by saying something like:

- “Let’s draw a picture of someone who feels ____.”
- “What feeling face do you want to create today?”
- “Remember when we talked earlier about the feeling word ‘____’? Can you create a face that someone might make when they’re ____?”

Help kids identify and express their own emotions by saying something like:

- “It can be helpful to talk about how we’re feeling. Can you draw a picture showing how you are feeling right now?”
- “So, you feel ____ but you’re not sure how to draw that? Let’s look at our mirror.”
- “I wonder if you’re feeling _____. Is that right? Can you show me how your face may look when you feel _____?”

Remember:

We all have feelings. It’s OK and normal to feel all kinds of emotions throughout the day. Try to validate and normalize children’s feelings, even if you don’t feel the same way. Show them that you understand by listening and repeating back what you hear, without judging or interpreting.

