



FIVE FOR FAMILIES IDEA

## Activities to Explore Feelings

Here are some activities that you can use to help your child identify and learn about feelings.

**Make a face:** Ask your child to guess what you are feeling by looking at the expression on your face. Share some things that bring out that emotion.

**Emotion book:** Have your child select one emotion and help them create a simple picture book of things that make them feel that way. Staple together sheets of paper and add drawings or pictures cut from magazines.

**Mirror, mirror:** Look in a mirror and say, "Mirror, mirror what do I see? I see a happy mommy looking at me." Make a happy face in the mirror. Then give your child a turn to do the same.

**Build a face:** Draw and cut out eyes, noses and mouths with different expressions. Have your child put them together to make a face and tell you how that face is feeling.