
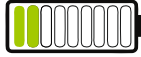


EMOTIONS



Emotions

Time	Difficulty	Warning
 40 minutes	 Easy	5+ Years

Materials



WHAT IS AN EMOTION

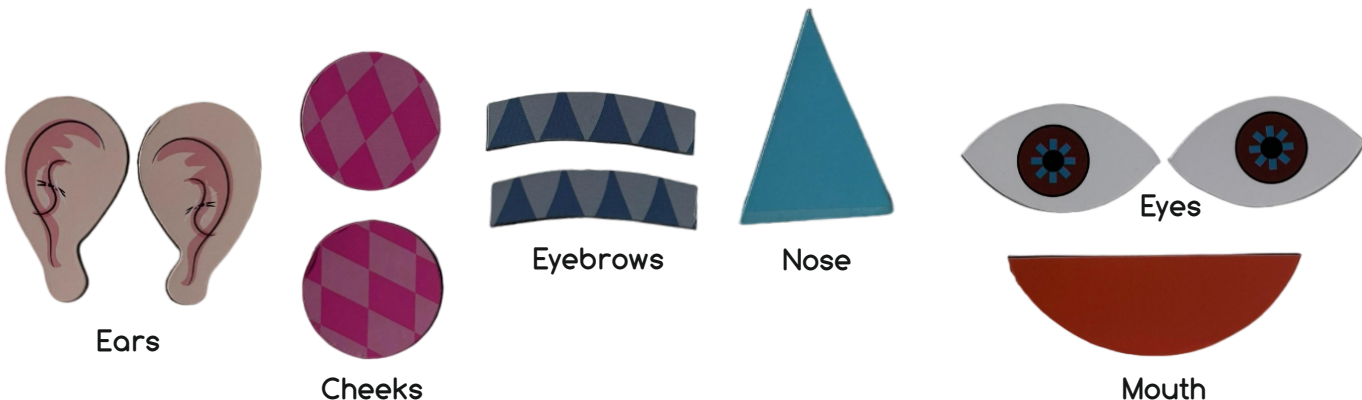
Understanding emotions helps you know how you feel and talk about it. It also helps you understand how others feel. This makes it easier to be kind, solve problems, and make friends!

Express a Face

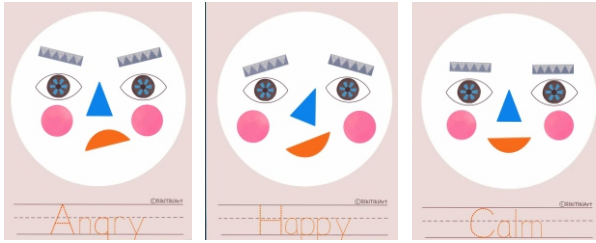
This activity helps you recognize and understand emotions by building facial expressions, improving emotional awareness and communication skills through fun, interactive play

Get Ready:

You have magnetic face pieces to play with, like eyes, eyebrows, a nose, and a mouth.



Make a Face:



Pick a card showing an emotion (like happy, sad, or excited).



Use the magnetic pieces to make the same face as shown on the card.

Mix it Up:

Try using different eyes, mouths, and eyebrows to create your own new face. Look at your new face and guess what emotion it shows.



Talk About Feelings:

Once you've made a face, share with your friends or teacher how you think the face is feeling.

You can also talk about when you have felt the same way!

Note:

Stick the Face magnetic sheet onto the door of a refrigerator or any metal surface. Move the different parts of the face around to display various emotions

Fast Face Fun

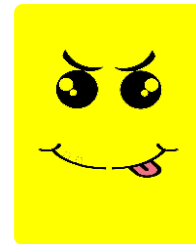
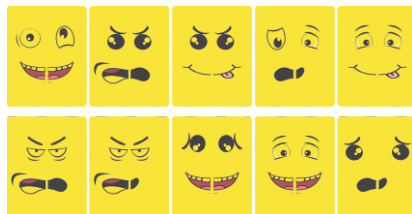
With this game, you will learn problem-solving, develop fine motor skills, recognize emotions, and experiment with different facial expressions, boosting creativity and imagination



Let's Play

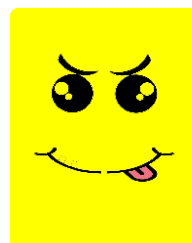
Players:

This game is for 2 or 3 players. Each player will use pieces in their own color: purple, green, or blue



Pick a Card:

One player will pick a yellow emoji card. This shows the face you need to make!



Build the Face:

Each player uses their colored pieces to arrange and match the emoji face on the card. Use eyes, mouth, and other pieces to make it look exactly like the card.

Winning

The first player to finish arranging their emoji face correctly wins the challenge!