

Learn at Home Project

Seeing Feelings

We are talking about feelings in class.

Feelings are an important part of the social process.

Identifying and discussing out feelings help us solve problems and become compassionate adults in the future.

We are attaching some activity ideas to help assist you and your child with identifying, discussing, and recognizing the different feelings around you by drawing them and acting them out as they name them.

Miss Ashley & Miss Becky

Domain: Social-Emotional

Item: Self-Regulation

Strand: 5.2 Regulates own emotions and behaviors

Child's Name _____ Date _____

Time Spent 15m 30m 45m 1hr

Parent's Name (Printed) _____

Parent's Signature _____

Comments _____

Verified By _____ Date _____

Emotion Drawing

Ask kids to draw a picture that explains how they feel.

Do not direct this activity too much. Rather allow children to express themselves with their own creativity. Different children will find different ways of representing their emotions.

Another way to do this is to play music (use the music from the dancing activity above) and ask your child to draw how the music makes them feel.

Tip: use clues from movies to help you choose the sounds, such as a choppy violin that's used when a shark is approaching, or a slow, classical song that creates a sad atmosphere.

Paper Plate Faces

Creative art is a great way to make a physical representation of emotions.

One of the simplest emotions crafts for preschoolers is to make paper plate faces, depicting various emotions.

These can be turned into masks, or you could attach a craft stick (or ice-cream stick) to the bottom and turn them into puppets for kids to use during their dramatic play.