



Identifying Emotions

Miss Beka and Miss Amber's December Learn At-Home

The preschool years are the time when children are beginning to learn how to regulate and control emotions. Before that can happen, children need to learn about and be able to identify emotions that they may have. They also need to be able to recognize the emotions that others have by paying attention to their facial expressions, tone of voice, body language, etc. This game will help them expand on the knowledge they have already gained at school about emotions. After you have finished the game, please complete the form below and send it back to school.

1. Cut out the gingerbread scenario cards and the gingerbread feelings cards.
2. Go over the gingerbread facial expressions at the top of the page, so your child knows the name of each facial expression.
3. Place a gingerbread scenario card or a gingerbread feeling card on the appropriate spot and read it to your child. Then, discuss the card with your child and let them point to the appropriate facial expression card to show how that would make them feel. Let them know that they may need to choose more than one, because they can have more than one feeling at a time.
4. Have fun!

Child's name _____

Name of adult who helped (print) _____

Adult signature _____

Date _____

Amount of time spent on this project 30min, 45min, 1hr, 1.5hr, 2hr (please circle one).

Verified by staff _____

Date verified _____

Strand: 5.2 Regulate Emotions and Behavior

7.1 Speaking

12.4 Manipulation

Gingerbread Feelings



worried



angry



afraid



sad



tired



silly



surprised



happy


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Gingerbread Feelings

Scenario Card


Feeling Card

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 Gingerbread Feelings


You left your gingerbread cookies in the oven too long. The cookies are burnt.

© Sarah C. the SLP 1

 Gingerbread Feelings


You decorated lots of gingerbread cookies with your friends in class.

© Sarah C. the SLP 2

 Gingerbread Feelings


You helped decorate a huge gingerbread house using icing, gumdrops, and candy canes.

© Sarah C. the SLP 3

 Gingerbread Feelings


You don't have enough flour to make gingerbread cookies at home.

© Sarah C. the SLP 4

 Gingerbread Feelings

The walls of the gingerbread house you made collapsed overnight.

© Sarah C. the SLP 5

 Gingerbread Feelings

Your friend pretended to be the gingerbread man at recess. Everyone chased him around the playground.

© Sarah C. the SLP 6

Gingerbread Feelings

Tell us about
a time that
you felt
worried.



© Sarah C. the SLP

Gingerbread Feelings

Tell us about
a time that
you felt
sad.



© Sarah C. the SLP

Gingerbread Feelings

Tell us about
a time that
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surprised.



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Tell us about
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Tell us about
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© Sarah C. the SLP

Gingerbread Feelings

Tell us about
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silly.



© Sarah C. the SLP

Gingerbread Feelings

Tell us about
a time that
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happy.



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Gingerbread Feelings

Tell us about
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