

Identifying Emotions

Miss Erin and Miss Kaeli'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.

Child's name	
Name of adult who helped (print)	
Adult signature Date	
Amount of time spent on this project 30min, 45min, 1hr, 1.5hr Verified by staff	, 2hr (please circle one)
Date verified	

Strand: 5.2 Regulate Emotions and Behavior

7.1 Speaking

4. Have fun!

12.4 Manipulation

Gingerbread Feelings



worried



angry



afraid



sad



tired



silly



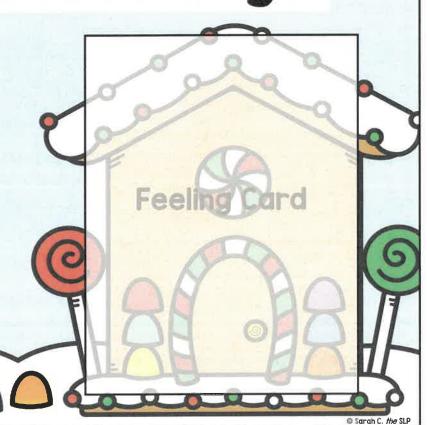
surprised



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Gingerbread Feelings

Scenario Card



Gingerbread Feelings

Tell us about a time that you felt worried.





Singerbread Feelings

Tell us about a time that you felt tired.



Gingerbread Feelings

Tell us about a time that you felt sad.



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Singerbread Feelings

Singerbread Feelings

Tell us about a time that you felt

Tell us about



Tell us about a time that surprised you felt

Tell us about

Gingerbread Feelings

Gingerbread Feelings

a time that

you felt

afraid.



Gingerbread Feelings

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Tell us about a time that you felt

a time that

you felt

andry.

happy

Silly.