



HELLO PARENTS,

Children experience complex feelings just like adults, but they may lack the language skills to describe how they feel. Young children are in the process of learning about their emotions and need support from adults to identify, understand, express, and manage a wide range of feelings in a positive way. In this newsletter, we provide some activities that will help your child learn healthy ways to express and cope with their emotions and feelings.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

MIRROR FACES

MATERIALS:

- Mirrors

DIRECTIONS:

- Take your infant around the house and share your reflections in each mirror.
- Point to your reflections and ask "Who is that in the mirror? Is that you?"
- Point to your nose, mouth and so on.
- This activity helps infants to identify themselves and promotes their emotional development.

[Click here](#) for more activities that enhance infants' emotional development.

TODDLERS (19 MONTHS – 2.5 YEARS)

EXPRESS MY FEELINGS THROUGH SONGS

DIRECTIONS:

- Sing the song "If You're Happy and You Know It" with verses using happy, mad, sad, excited, sleepy, scared, etc.
- Act out each emotion while singing.
- Let your child name the emotions and do the facial expressions:
 - If you're sad and you know it, rub your eyes;
 - If you're scared and you know it, shiver and shake;
 - If you're sleepy and you know it, close your eyes, etc.

[Click here](#) for more play ideas to encourage toddler emotions.

PRESCHOOLERS (2.5 – 5 YEARS)

SELF PORTRAIT

MATERIALS:

- Paper plates or paper circle
- Crayons or markers
- Hand mirror

DIRECTIONS:

- Let your child look in the mirror and make a happy face.
- Ask them to draw themselves on one side of the plate or circle.
- Have your child look in the mirror again and make a sad face.
- Ask them to draw themselves on the opposite side with a sad face.
- Use this prop during the day to help them label their emotions.
- Make different "faces" to represent different feelings and emotions.

[Click here](#) to read the book "Happy Face, Sad Face" by Bill Cotter.

JK/SK (4 – 6 YEARS)

EMOTIONS BOOK

MATERIALS:

- Construction paper or regular paper
- Photographs or pictures from magazines with people's faces
- Pencils, markers, scissors, tape or a stapler

DIRECTIONS:

- Collect photographs or cut out pictures from old magazines.
- Tape them on the construction paper.
- Identify the emotions on people's faces and then add captions under each picture.
- Older children can draw some pictures and make their own story book. They may use emotion words to describe each page of the story book.

[Click here](#) for more activities and games about emotions.

SCHOOL-AGERS (6 – 12 YEARS)

WHICH EMOTION AM I?

MATERIALS:

- Paper
- Markers or pencils
- Elastics to fit each player's head

DIRECTIONS:

- Cut papers in square shapes.
- Write different emotions on each paper (happy, angry, sad, mad, excited, nervous etc.).
- On each paper, add a drawing of a face that represents the emotion.
- Shuffle the papers and place them face down on the table.
- Each player selects a paper from the stack and tucks it into their elastic headband (facing out) without looking at it.
- Everyone can see which emotion each player has, except their own.
- Take turns asking questions about the emotion paper on your head as you try to figure out which emotion you have.

[Click here](#) to learn how to play Emotions Jenga game.

WE WOULD LIKE TO HEAR FROM YOU!
PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR
SUGGESTIONS TO CHILDCAREMAIN@NCCE1.ORG

A TIP FOR TODAY

- Listen to your child talk about their feelings.
- Read with your child books about feelings.
- Discuss how the characters in the story feel.
- Label the feeling you believe your child is experiencing.
- Model to your child appropriate ways to express emotions.