



ACTIVITY 3: NAME THAT FEELING

AGE: Preschoolers

WHAT YOU'LL NEED:

- A comfortable place to sit
- Mirror (optional)
- Magazines, scissors and glue stick (optional)
- Crayons and paper (optional)

PURPOSE

This activity will help your child first identify the facial expressions and body movements (like stomping feet, or happy dances) that come with different emotions and feelings.

As they get older, this activity will help your child develop a vocabulary of different words to label their own feelings. For younger preschoolers, the feelings that may be a part of this activity will be simpler (like happy, mad and sad); more complex feelings and expressions may be added as your child gets older.

This activity relates to these elements in the **Social and Emotional Learning and Development** domain of the VELs:

- Emotion and Self-Regulation
- Self-Awareness

HERE'S WHAT YOU CAN DO!

1. Pick out one of the Feeling Words below.
2. Make a face that matches that feeling. You may use gestures or body movements as well, if it helps to describe the feeling.
3. Ask your child to name the feeling that you are showing. When your child names the feeling, ask your child to tell you how to tell which feeling you were showing.



4. If your child needs help, give clues to the faces and movements you are using, or give them a few choices to pick from, such as:

- | | | | | |
|-------------|--------------|----------------|---------------|-----------------|
| » Happy | » Confused | » Curious | » Stubborn | » Jealous |
| » Sad | » Surprised | » Disappointed | » Embarrassed | » Important |
| » Mad/Angry | » Silly | » Impatient | » Worried | » Uncomfortable |
| » Brave | » Shy | » Lonely | » Friendly | » Overwhelmed |
| » Cheerful | » Proud | » Calm | » Ignored | » Peaceful |
| » Cranky | » Frustrated | » Safe | » Tense | » Loving |

SWITCH IT UP!

Here are some different ways that you and your child can do this activity throughout your day together.

- Ask your child to show you their best feeling face for the words listed below. Encourage them to also use their bodies to show the feeling as well, such as jumping if happy, or hiding their face if shy.
- Use a mirror and have your child make faces with you in the mirror while you use the words from the Feelings Words list above.
- Look through magazines and have your child identify different emotions in pictures.
 - » Cut the pictures out and glue them to cards to use again as a “Name that Feeling” card game. Write the name of the feeling on the back of each card.
 - » Glue the pictures onto paper and create a “Name that Feeling” book. Write the name of each feeling under each picture.



BRIDGING ACROSS DOMAINS

These are ways to work on other areas of development (or bridge across domains) during the same activity.

- **Reading:** During story time, there are many opportunities to name the feelings of the characters in the book. As you are reading to your child, ask, “How do you think that [character] is feeling?” Ask your child to expand by explaining why they think the character is feeling that way.
- **Fine motor development:** Using crayons or markers and paper, draw pictures of different feelings. You can draw your picture first and have your child copy it, or as your child gets older, ask him or her to draw pictures of different feelings.



