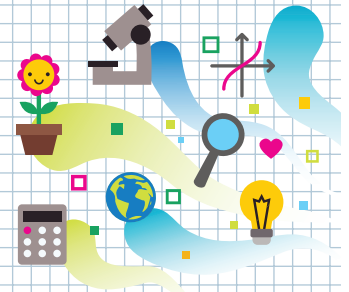




HEADS IN, HEARTS IN

Guess What Feeling

Instructions for Set-Up



Supplies

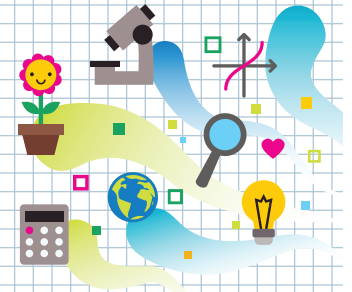
- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Feelings Chart” handout
- Miniature snacks such as small bits of cereal, blocks or other small toy or item
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print out the “Feelings Chart” handout.
- ▶ Arrange display table with instructions.



HEADS IN, HEARTS IN



Guess What Feeling Guide for Families

Learning Objectives

What you need to know:

Social emotional health is a critical component of healthy development for young children. Social emotional development includes the ability to identify and label or name emotions, and find appropriate ways to express or manage those emotions. For young children, strong emotions can be overwhelming. Since they do not have the skills to handle them, they might act out, get clingy or withdraw. You can help them manage their emotions by giving them permission to feel the way they do, helping to identify how they feel, supporting them and teaching them emotion regulation strategies. You can teach them multiple ways to feel calm and then let them decide which technique they want to try.

Emotional literacy, an important life skill, refers to the ability to understand, identify and respond to your own emotions as well as the emotions of other people. Helping children learn to identify and label different emotions will help them build up their emotional literacy.

What you will do and learn:

In this activity, you will use a feelings chart to help the child identify and name their emotions. This is a great opportunity to talk about feelings with the young child and to label or name the feelings that they see. Teaching the child to label their emotions will help them name how they are feeling and learn ways to manage strong emotions. When the child experiences these emotions throughout their day or you notice these emotions while reading books or on television, talk to the child about what emotions you see.

Instructions

1. Tell the child that you will be playing a game called "Guess What Feeling."
2. Pick one of the emotions on the feelings chart and tell the child, "We are going to look and see if we can find the happy face."
3. Give them a miniature snack or small toy and ask them to put it on the happy face.
4. Help them find the correct emotion by describing what that face looks like: "The happy face is smiling."
5. Once they find the correct emotion, talk about what it is like to feel that emotion: "You feel so happy when we have pasta for dinner because it's your favorite. You smile and jump up and down."
6. Repeat the game, helping the child find and label the other emotions.
7. Post the "Feelings Chart" handout somewhere where the child can see it. When the child is feeling an emotion on the chart, point it out. Say, "You are feeling so angry. The angry face looks like this. When you are angry, you can say, 'I am angry.'"

Guess What Feeling

Feelings Chart Handout

Happy



Scared



Sad



Angry



Surprised



Frustrated

