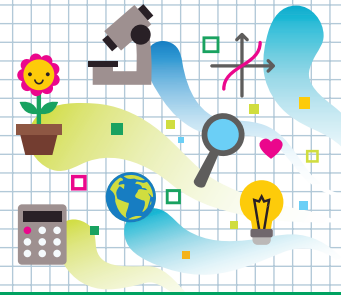




HEADS IN, HEARTS IN

Peekaboo Feelings

Instructions for Set-Up

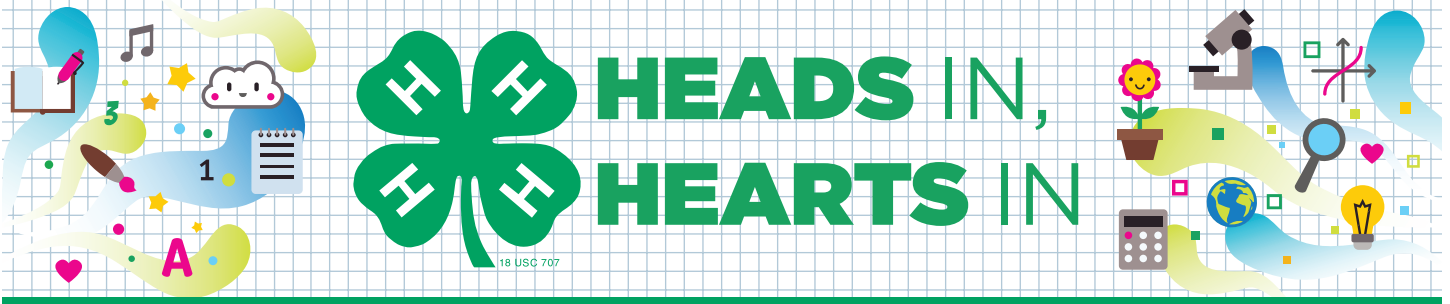


Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- Scissors
- “Emotion Cards” handout
- Towel or blanket
- 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.
- ▶ Arrange display table with instructions
- ▶ Print and cut out the cards in the “Emotion Cards” handout.



Peekaboo Feelings

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 play a game of peekaboo with the child while practicing expressing various emotions. This will give the child the opportunity to learn the names and characteristics of emotions so they can learn and practice their **emotional literacy**. Encourage the child to pretend to feel the different emotions during the game by talking about what it feels like when you have that emotion, and what your face and body look like.

Instructions

1. Tell the child that you will be playing a game of peekaboo and that when you appear you will make an “emotion face” and they will try to guess what emotion you are showing.
2. Cover your face with the towel or blanket. Pick an emotion to show on your face such as happy, sad, worried or surprised. Use the “Emotion Cards” for ideas.
3. Remove the blanket, showing your emotion face and ask your child to guess what emotion you are showing.
4. Encourage them to use the “Emotion Cards” to help them guess if they need help.
5. Label the emotion you show. Say, “My face looks sad (or angry or worried).”
6. Let the child have a turn. Encourage them to pick an emotion, cover their face and remove the blanket, showing that emotion on their face. Then, try to guess what emotion they are showing.
7. Take turns playing peekaboo back and forth.
8. Talk about the different emotions the child experiences and sees everyday using the emotion words on the “Emotion Cards.”

Peekaboo Feelings

Emotion Cards Handout

Angry



Sad



Happy



Worried



Surprised



Afraid



Photos © iStock.com

The "Emotion Cards" handout originally appeared in the *Heads In, Hearts In* activity "Feelings Masks" by Michigan State University Extension, 4-H Youth Development, 2017.