

Purpose

Identify Different Emotions Using Colors.

Required material

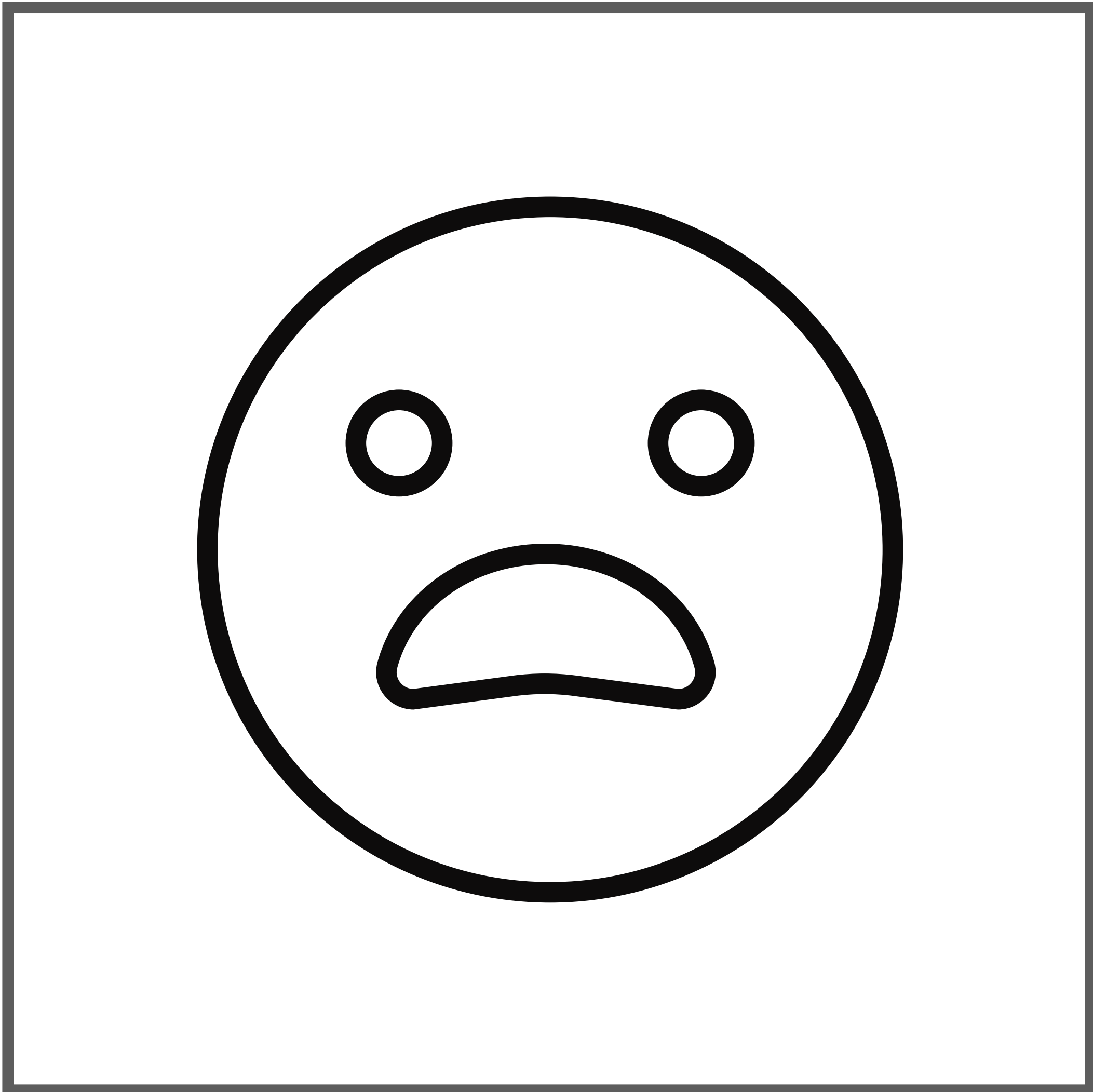
Sheet attached and coloring material (colored pencils, markers, crayon, etc.).

Step-by-step activity:

1. Print the attached sheet.
2. Show the child the different faces drawn.
3. Ask about situations where (s)he felt “happy”, “sad”, “surprised” and so on.
4. Show the color caption we can use to represent the different emotions:
 - a. Happy - Yellow
 - b. Sad - Light Blue
 - c. Disappointed - Dark Blue
 - d. Surprised - Orange
 - e. Angry - Red
 - f. Proud - Green
 - g. Embarrassed - Pink
5. Ask the child to paint the faces according to the caption.

NOTE: These activities can help your child talk about a difficult situation or something positive that has happened. Parents should always be aware of the signs they present and ask about their emotions, their feelings. This way the child begins to understand that talking about these subjects is not only okay but encouraged inside their home.

Coloring Emotions



HAPPY = YELLOW

SAD = LIGHT BLUE

DISAPPOINTED = DARK BLUE

SURPRISED = ORANGE

ANGRY = RED

PROUD = GREEN

EMBARRASSED = PINK

