

Purpose

Help the child identify the changes that happen in our faces when we experience different emotions.

Required material

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

Step-by-step activity:

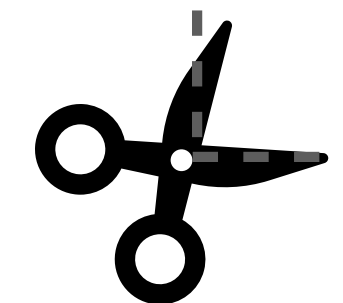
1. Print the attached sheets.
2. Ask the child what his/her face looks like when (s)he feels “happy”.
3. Ask the child to look in the mirror and draw on the paper exactly what (s)he sees when expressing that emotion.
4. Do the same with all other emotions: “anger”, “sadness” and “fear”.
5. As soon as the child has finished, ask what differences (s)he notices in his/her face (or in the drawing) when (s)he changes his/her expression?
6. Talk about situations the child has felt these emotions and how (s)he handled it. Remember that there is no good or bad feeling. The important thing is to learn how to deal with every emotion we feel.

This is my face when I get...

HAPPY



SAD



This is my face when I get...

AFRAID



ANGRY

