

Purpose

To help the child develop empathy.

Required material

Sheet with figures of faces with different emotions.

Step-by-step activity:

1. Print the attached sheet with pictures of faces with different emotions.
2. Ask a family member to point to a face that shows a specific emotion: “sadness”, “happiness”, “anger”, etc.
3. Repeat the question until everyone has had the opportunity to participate.
4. Ask the child to show an emotion with his face that is different from what (s)he pointed out. Ask what emotion (s)he is imitating and in what situations (s)he feels this way.
5. Imitate someone’s face with an emotion (try choosing one that has not been chosen by anyone in the family) and ask the child to identify what emotion you are feeling. Ask what might have happened to you to make you feel that way.
6. Talk about situations that happen to family members or that have happened in school. Say:
“How would you feel if _____?”
 - a. you got a toy you’ve wanted for a long time
 - b. your best friend ate your dessert when you got up to go to the bathroom
 - c. your teacher said you were talking too much in front of all your friends in the classroom
 - d. you saw a person scream very loud in the market and he was coming towards you with a very angry face

Identifying Emotions

