

## Emotional Literacy: Using Feeling Faces

The Feeling Faces assist children with understanding their feelings and the feelings of others. It is important to teach children words to use to express feelings in place of the use of challenging behavior. The feeling cards that follow can be used in a variety of ways to help children learn social emotional skills around use of emotional literacy and vocabulary.

- ▶ Use the pictures to talk about, identify, and describe different emotions when you or children feel this way.
- ▶ The feeling faces can be used as part of an “emotion check in.” Children can use the feeling faces to let you know how they are feeling throughout the day.
- ▶ Teach new feeling vocabulary words. Start with a few emotions then move to the more complex emotions. Teach a balance of “positive, comfortable” and “negative/uncomfortable” feelings.
- ▶ Discuss how people can tell how you are feeling by looking at the expression on your face. Talk about how to tell the different feelings apart by looking at the eyes, the mouth or body position of a person. Use the feeling faces to help you point out and explain the different facial expressions.

### Make it your own!

Use the blank lines under each feeling to add your own language translations!



## Activities with the Feeling Faces Cards

- ▶ Select the feeling faces you want to introduce to children. Place those pictures on key rings around the classroom to support children in the moment with identifying and responding to emotions.
- ▶ Cut the feelings and have children take turns drawing a feeling card. The child acts out the feeling from the card and the peers guess the emotion.
- ▶ Use the feeling faces to develop a classroom feelings book.
- ▶ Use the feeling face pictures as a way to pair children together. Duplicate the faces and pass out the pictures. Prompt children to locate the matching feeling face. When they find their match, they have found their partner!
- ▶ Use the feelings face pictures to create games. These type of games work great in small group instruction or part of an existing center.
  - Duplicate the faces and make a “matching” or “memory” game.
  - Cut out the pictures and use a template to make a bingo board. While playing the game, call out the feelings and have children put a marker on the named feeling.



**Affectionate**



**Bored**



**Brave**



**Calm**



**Cheerful**



**Comfortable**



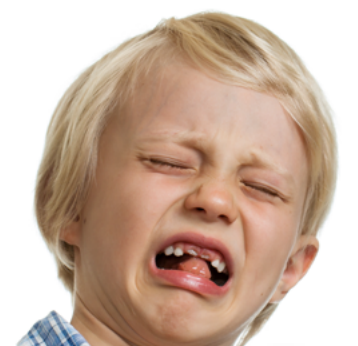
**Creative**



**Curious**



**Disappointed**



**Disgusted**



**Excited**



**Embarrassed**



**Fantastic**



**Fearful**



**Frustrated**



**Happy**



**Jealous**



**Lonely**



**Loved**



**Mad**



**Nervous**



**Overwhelmed**



**Proud**



**Relaxed**



**Sad**



**Safe**



**Satisfied**



**Scared**



**Sensitive**



**Serious**



**Shy**



**Stressed**



**Strong**



**Tense**



**Tired**



**Worried**