Feeling Faces:
This is how I feel today!

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 replace of the use of challenging behavior. The feeling posters can be used in a variety of ways to help children learn social emotional skills around use of emotional literacy and vocabulary.

Attached is a poster with children expressing different emotions. You can use the pictures to talk about, identify, and describe different emotions and when you or your children feel this way. Children can "check-in" and let you know how they are feeling throughout the day or learn feeling vocabulary words.

Make your own poster:

Materials needed:

- Poster template (attached)
- Camera
- A way to print from your computer or develop pictures once taken
- Children to make facial expressions for each feeling
- Tape/glue to attach pictures

Process:

- 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.
- Take pictures of each feeling. Select one emotion at a time and take pictures of children making the facial expression that matches the feeling.
- Print/Develop the pictures and attach to the poster template.
- Add different pictures of other emotions as children learn to identify and express the different feelings.

IDEAs that Work
Office of Special Education Programs
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Frustrated

Embarrassed

Lonely

Sad

Mad

This is how I feel today!

Nervous

Happy

Loved

Scared

Proud

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Mad	**This is how I feel today!**		Nervous
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