

# Activities To Go



## Talk About Feelings

### Supplies Provided:

- ✓ 1 expressionless emoji
- ✓ Mouths and eyebrows to cut out

### Supplies Needed:

- Scissors
- Crayons (if you'd like to color your emoji)

### Goal:

To identify and label the following emotions: happy, sad, angry, worried, excited, silly using the cutouts provided. Talk with your child and have them tell you about a time when they felt these emotions or a time they might feel these emotions.

### Instructions:

1. Color your emoji
2. Cut out the mouths and eyebrows
3. Create expressions by placing the mouths and eyebrows in different positions

### Book suggestions:

*Wemberley Worried* by Keven Henkes

*The Boy With Big, Big Feelings* by Britney Winn Lee

*How Are You Peeling?: Foods with Moods* by Saxton Freymann

*Llama, Llama Mad at Mama* by Anna Dewdney

*The Happiest Book Ever!* by Bob Shea

### Try this!

- Use a mirror and practice showing emotions on your face
- Use scrap paper to draw how you're feeling today

