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