

Feeling Identification

Activity #1- Monster Emotions



The ability for a child to identify and recognize basic emotions in themselves and others, is such an important life skill that will help your little one learn to communicate more effectively with others. Talk to your child about various feelings. Where do you feel that feeling? Is it comfortable or uncomfortable? When have you experience the feeling?

These social-emotional activities are not only fun and engaging for little ones, they spark essential conversations that lead to deeper understanding.

To create feeling monsters you will need:

- Paper plates
- Paper (construction paper, colored paper)
- Tape or glue
- Markers, Colored Pencils or Crayons

How to create monsters:

1. Have your child cut out pieces of paper to make their paper monsters. Encourage your child to make monsters with various feelings.
2. Discuss the monsters
3. Have fun!

Other Options:

Practice listening skills by giving your child some directions while creating the monster.

- Give your Monster ___ arms.
- Give your monster ___ (number) ___ (colored) legs.
- Give your monster ___ eyes.
- Give your monster (describe) hair.

Activity#2- Play-Doh Faces



To create Play-Doh faces you will need:

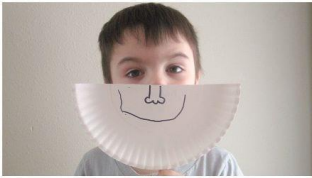
- Paper plates or paper
- Play-Doh

How to create monsters:

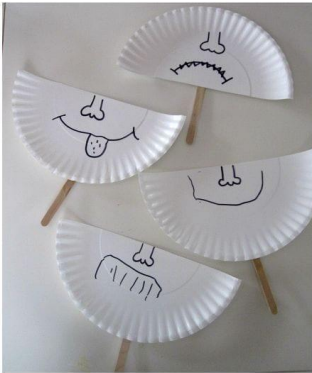
1. Draw a head on a piece of paper or a plate
2. Add Play-Doh to create various faces/feelings
3. To make this a game, have each person create a face on the plate and guess the feeling the other person created.

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Activity#3- Paper Plate Emotion Masks



paper plate **EMOTION MASKS**



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To create the emotion masks, you will need:

- Paper plates or paper
- Stick
- Markers, Colored Pencils or Crayons

How to create monsters:

- 1.) Cut paper plate in half
- 2.) Draw emotions on the paper plate
- 3.) Glue or tape stick to the plate.

You can make this activity a game by guessing the emotion/feeling that was created by the drawing.

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