



NCPMI

Caras de sentimientos:

Tarjetas (inglés-español)

Educación emocional: Cómo utilizar las caras de sentimientos

Las caras de sentimientos ayudan a los niños a comprender sus propios sentimientos y los de los demás. Es importante que los más pequeños aprendan a comunicar sus sentimientos mediante vocabulario y no mediante conductas desafiantes. Las tarjetas de sentimientos a continuación se pueden usar de muchas maneras para ayudar a que los niños desarrollen sus habilidades socioemocionales en torno al aprendizaje y el vocabulario.

- ▶ Utilicen las tarjetas para conversar, identificar y describir cómo se sienten, tanto usted como los niños.
- ▶ Las caras de sentimientos pueden utilizarse a modo de “chequeo emocional”. Los niños pueden recurrir a ellas para manifestar cómo se sienten en el transcurso del día.
- ▶ Enséñeles vocabulario nuevo relacionado con los sentimientos. Comience con las emociones más básicas y luego agregue otras más complejas. Intente enseñarles tanto sentimientos “positivos/agradables” como “negativos/incómodos”.
- ▶ Conversen sobre cómo nos damos cuenta de las emociones de alguien a través de su rostro. Hablen sobre cómo identificar los distintos sentimientos observando los ojos, la boca o la postura de una persona. Utilice las caras de sentimientos para señalar y mostrarle al niño las diferentes expresiones faciales.

Actividades con las tarjetas de caras de sentimientos

- ▶ Seleccione las tarjetas con los sentimientos que desee presentarle a los niños. Colóque esas fotos en llaveros alrededor del aula para apoyar a los niños cuando necesiten identificar y responder a las emociones.
- ▶ Recorte las tarjetas de sentimientos. Haga que los niños se turnen tomando una tarjeta. Cada niño deberá actuar la emoción que le tocó en la tarjeta y sus compañeros deberán adivinar cuál es.
- ▶ Utilice las caras de sentimientos para crear un libro de sentimientos con toda la clase.
- ▶ Utilice las imágenes de las caras de sentimientos para agrupar a los niños en pares. Duplique las tarjetas y distribúyalas entre los niños. Pídale que encuentren al compañero que tenga el mismo sentimiento. ¡Cuando encuentren a otro niño con la misma tarjeta, habrán encontrado a su pareja!
- ▶ Cree juegos usando las caras de sentimientos. Este tipo de juegos funciona muy bien con grupos pequeños o parte de un centro existente.
 - Duplique las caras y cree juegos de emparejar o de memoria.
 - Recorte las imágenes y use una plantilla para crear cartones de bingo. Para jugar, nombre una emoción, los niños deben marcarla en sus cartones.



Affectionate
Cariñoso(a)



Bored
Aburrido(a)



Brave
Valiente



Calm
Calmado(a)



Cheerful
Alegre



Comfortable
CÓmodo(a)



Creative
Creativo(a)



Curious
Curioso(a)



Disappointed
Decepcionado(a)



Disgusted
Asqueado(a)



Excited
Emocionado(a)



Embarrassed
Avergonzado(a)



Fantastic
Fantástico(a)



Fearful
Miedoso(a)



Frustrated
Frustrado(a)



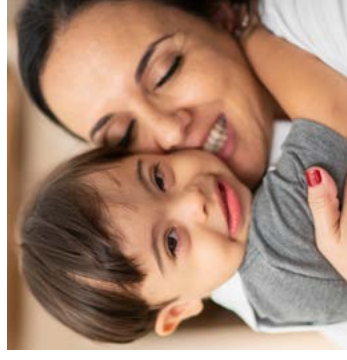
Happy
Feliz



Jealous
Celoso(a)



Lonely
Solitario(a)



Loved
Amado(a)/Querido(a)



Mad
Enojado(a)



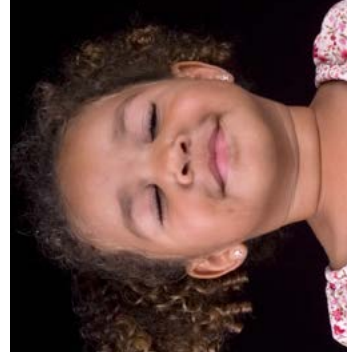
Nervous
Nervioso(a)



Overwhelmed
Abrumado(a)



Proud
Orgullosa(a)



Relaxed
Relajado(a)



Sad
Triste



Safe
Seguro(a)



Satisfied
Satisfecho(a)



Scared
Asustado(a)



Sensitive
Sensible



Serious
Serio(a)



Shy
Tímido(a)



Stressed
Estresado(a)



Strong
Fuerte



Tense
Tenso(a)



Tired
Cansado(a)



Worried
Preocupado(a)



NCPMI

Caras de sentimientos:

¡Así es como me siento hoy!
(inglés-español)

Educación emocional: Cómo utilizar las caras de sentimientos

Las caras de sentimientos ayudan a los niños a comprender sus propios sentimientos y los de los demás. Es importante que los más pequeños aprendan a comunicar sus sentimientos mediante vocabulario y no mediante conductas desafiantes. Las tarjetas de sentimientos a continuación se pueden usar de muchas maneras para ayudar a que los niños desarrollen sus habilidades socioemocionales en torno al aprendizaje y el vocabulario.

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Diseñe su propio póster:

Materiales:

- ▶ Plantilla de póster (adjunto aquí)
- ▶ Cámara
- ▶ Impresora
- ▶ Niños para que representen cada emoción
- ▶ Cinta adhesiva o pegamento para pegar las fotos

Procedimiento:

- ▶ Conversen sobre cómo nos damos cuenta de las emociones de alguien a través de su rostro. Hablen juntos sobre cómo identificar los distintos sentimientos observando los ojos, la boca o la postura de una persona.
- ▶ Tomen fotos de cada sentimiento. Selecciona una emoción a la vez y toma fotos de los niños haciendo la expresión del sentimiento.
- ▶ Imprima las imágenes y pégalas en el póster
- ▶ A medida que los niños puedan reconocer nuevas emociones y expresarlas, agregue fotos al póster.



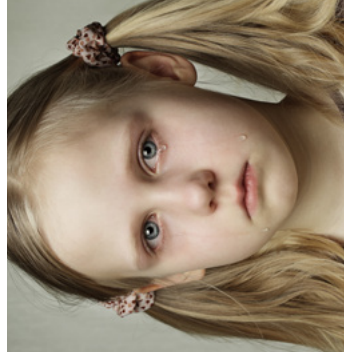
Frustrated
Frustrado(a)



Excited
Emocionado(a)



Lonely
Solitario(a)



Sad
Triste



Mad
Enojado(a)



Nervous
Nervioso(a)



Happy
Feliz



Loved
Amado(a)/Querido(a)

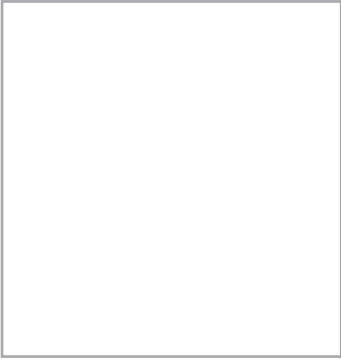
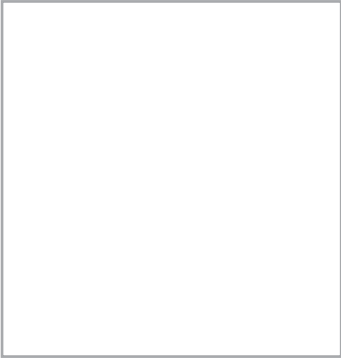
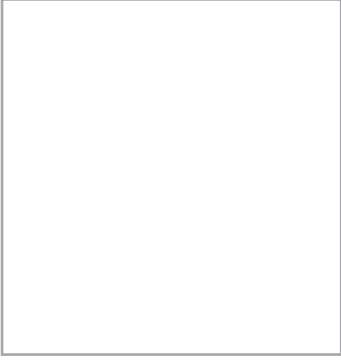
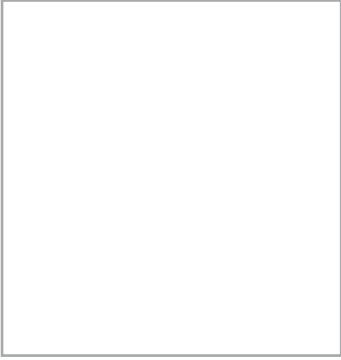


Scared
Asustado(a)



Proud
Orgullosa(a)

Today, I feel...
Hoy me siento...

			
Frustrated Frustrado(a)	Excited Emocionado(a)	Lonely Solitario(a)	Sad Triste
	Today, I feel... Hoy me siento...		
Mad Enojado(a)			
Happy Feliz	Loved Amado(a)/Querido(a)	Scared Asustado(a)	Proud Orgulloso(a)



Caras de sentimientos:

Tarjetas grandes (inglés-español)

Educación emocional: Cómo utilizar las caras de sentimientos

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Actividad: El cubo de los sentimientos

Ponga estas tarjetas en un cubo con bolsillos (Pocket Dice en inglés) para crear el cubo de los sentimientos.

Edad preescolar

- ▶ Haga que los niños se turnen para lanzar el cubo.
- ▶ Pida a los niños que nombren la emoción que les ha tocado en la cara del cubo.
- ▶ Anime a los niños a modelar la emoción que les ha tocado.

Edad de infantes a 3 años

- ▶ Los niños pequeños pueden disfrutar de jugar con el cubo.
- ▶ Mantenga el cubo en un lugar que los invite a jugar, como el área de bloques o con otros juguetes de manipulación.





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Cariñoso(a)



Bored
Aburrido(a)



Brave
Valiente



Calm
Calmado(a)



Cheerful
Alegre



Comfortable
CÓmodo(a)



Creative
Creativo(a)



Curious
Curioso(a)



Disappointed
Decepcionado(a)



Disgusted
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Emocionado(a)



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Fantastic
Fantástico(a)



Fearful
Miedoso(a)



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Feliz



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Celoso(a)



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Solitario(a)



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Amado(a)/Querido(a)



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Stressed
Estresado(a)



Strong
Fuerte



Tense
Tenso(a)



Tired
Cansado(a)



Worried
Preocupado(a)

Alfabetización emocional: Usando las caras de sentimientos

Las caras de sentimientos ayudan a los niños a entender tanto sus sentimientos como los de los demás. Es importante enseñar a los niños palabras que puedan usar para expresar sentimientos y reemplazar el uso de comportamientos problemáticos. Las caras de sentimientos a continuación pueden ser usadas en una variedad de formas para ayudar a los niños a aprender habilidades emocionales y sociales usando el alfabetismo y vocabulario emocional.

- ▶ Use las imágenes para conversar sobre, identificar y describir emociones diferentes cuando usted o sus hijos se sientan así.
- ▶ Las caras de sentimientos pueden ser usadas como una “verificación de emociones.” Los niños pueden usar las caras de sentimientos para hacerle saber cómo se sienten a lo largo del día.
- ▶ Enseñe nuevas palabras del vocabulario de sentimientos. Comience con pocas emociones y luego progrese a las emociones más complejas. Enseñe los sentimientos “positivos, cómodos” y los “negativos/incómodos” de forma equilibrada.
- ▶ Converse sobre cómo las personas pueden saber como se siente mirando la expresión de su cara. Hable sobre cómo saber diferenciar los sentimientos mirando a los ojos, la boca o la posición del cuerpo de una persona. Use las caras de sentimientos para ayudarlo a indicar y explicar las distintas expresiones faciales.

Rueda de los sentimientos: Actividades para grupos pequeños o grupos grandes

- ▶ Haga que los niños se turnen para girar la rueda. Todos los niños identifican e imitan la emoción en la que cae la aguja indicadora.
- ▶ Haga que un niño gire la rueda y “actúe” el sentimiento en el que haya caído la aguja indicadora. El resto de niños “adivinan” el sentimiento.
- ▶ Gire la rueda para identificar un sentimiento. Haga que los niños se turnen para hablar sobre un momento en que sintieron o tuvieron ese sentimiento.

Feeling Wheel

Rueda de los sentimientos

Happy
Feliz



Scared
Asustado(a)



Calm
Calmado(a)



Frustrated
Frustrado(a)



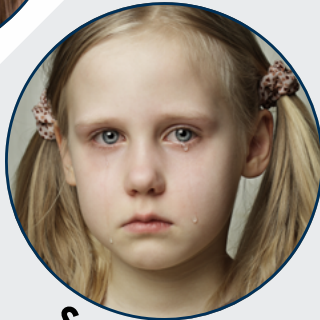
Nervous
Nervioso(a)



Mad
Enojado(a)



Sad
Triste



Excited
Emocionado(a)



I feel... **Happy** 😊



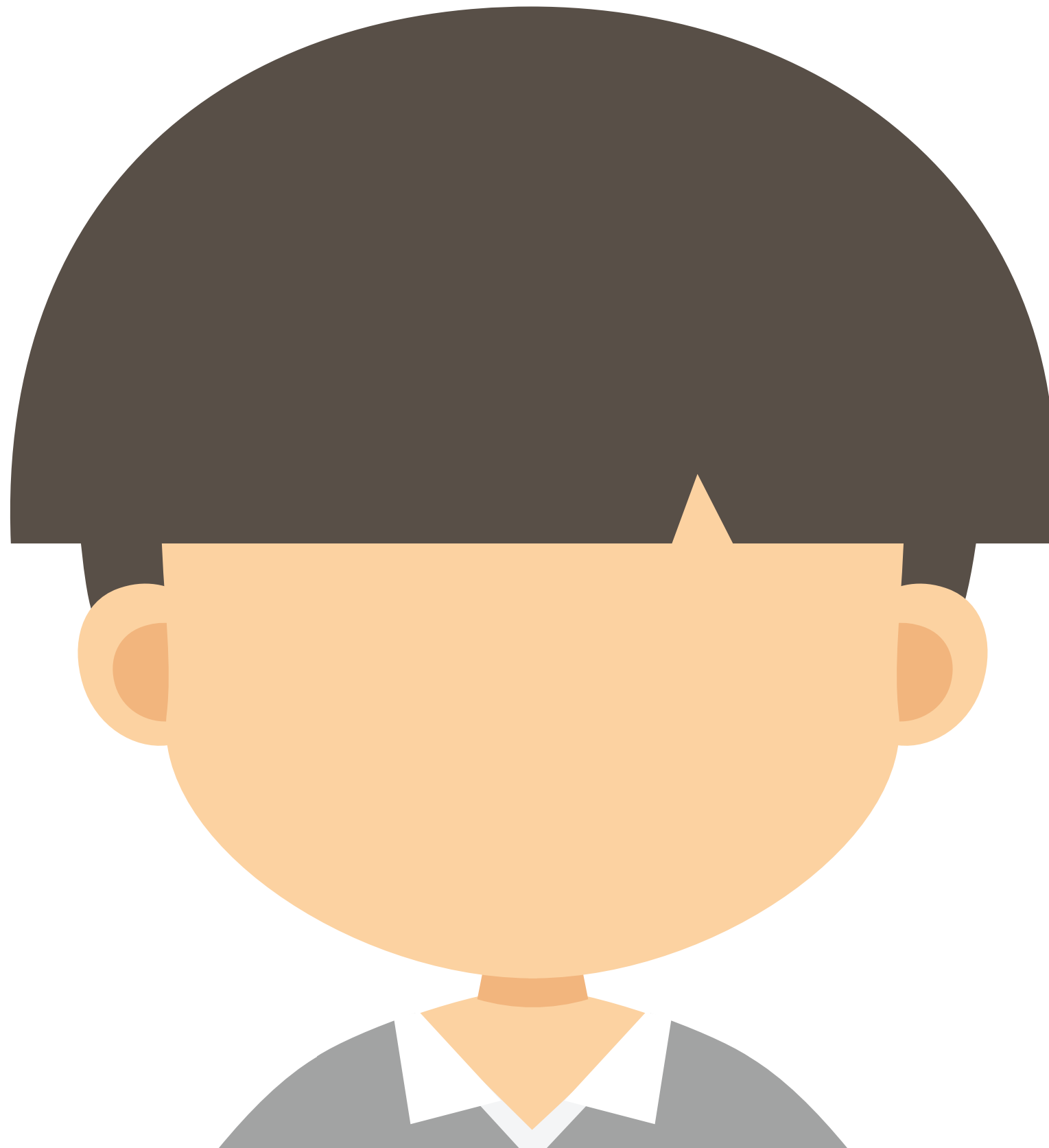
I feel....

Sad 😞

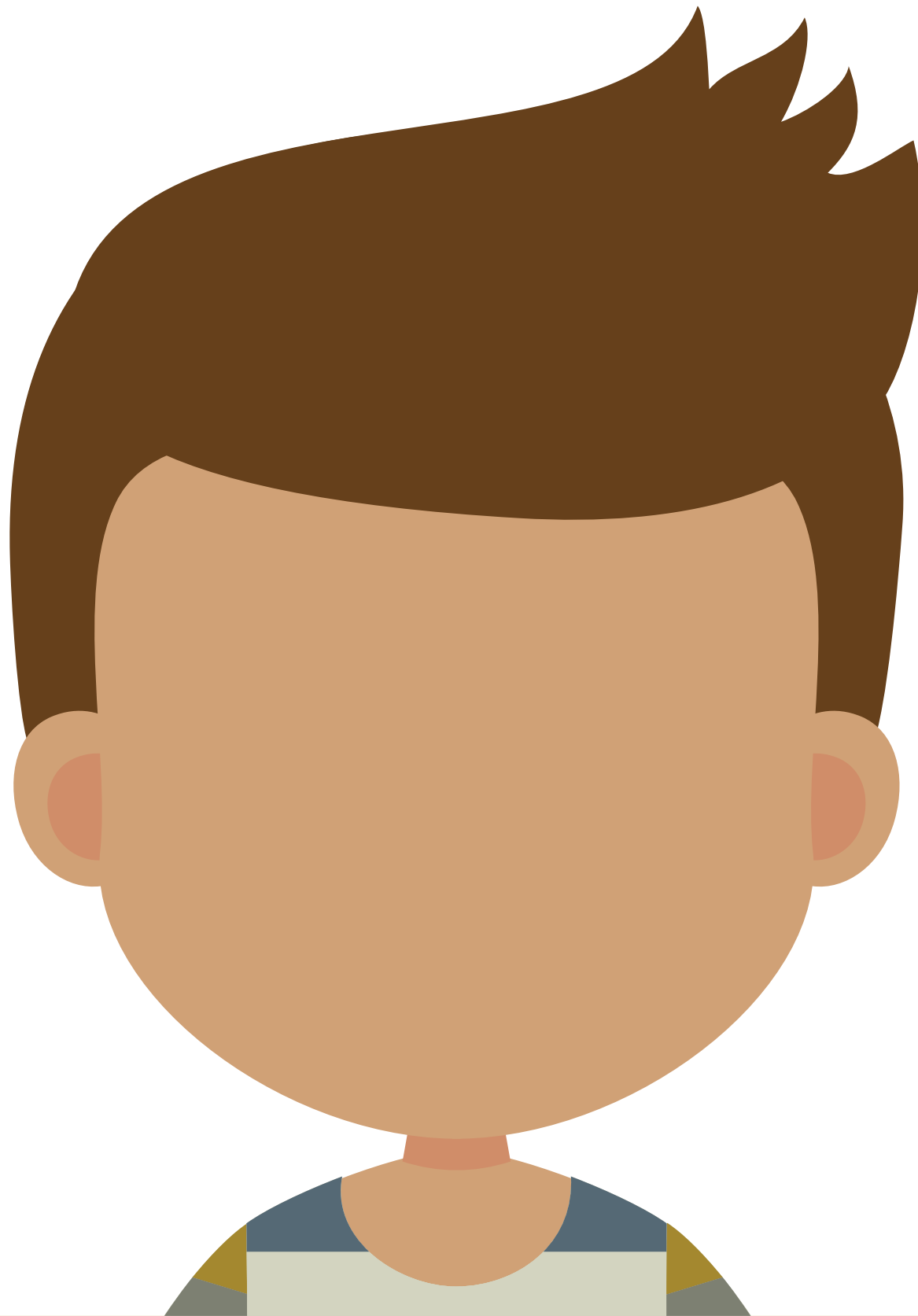


I feel...

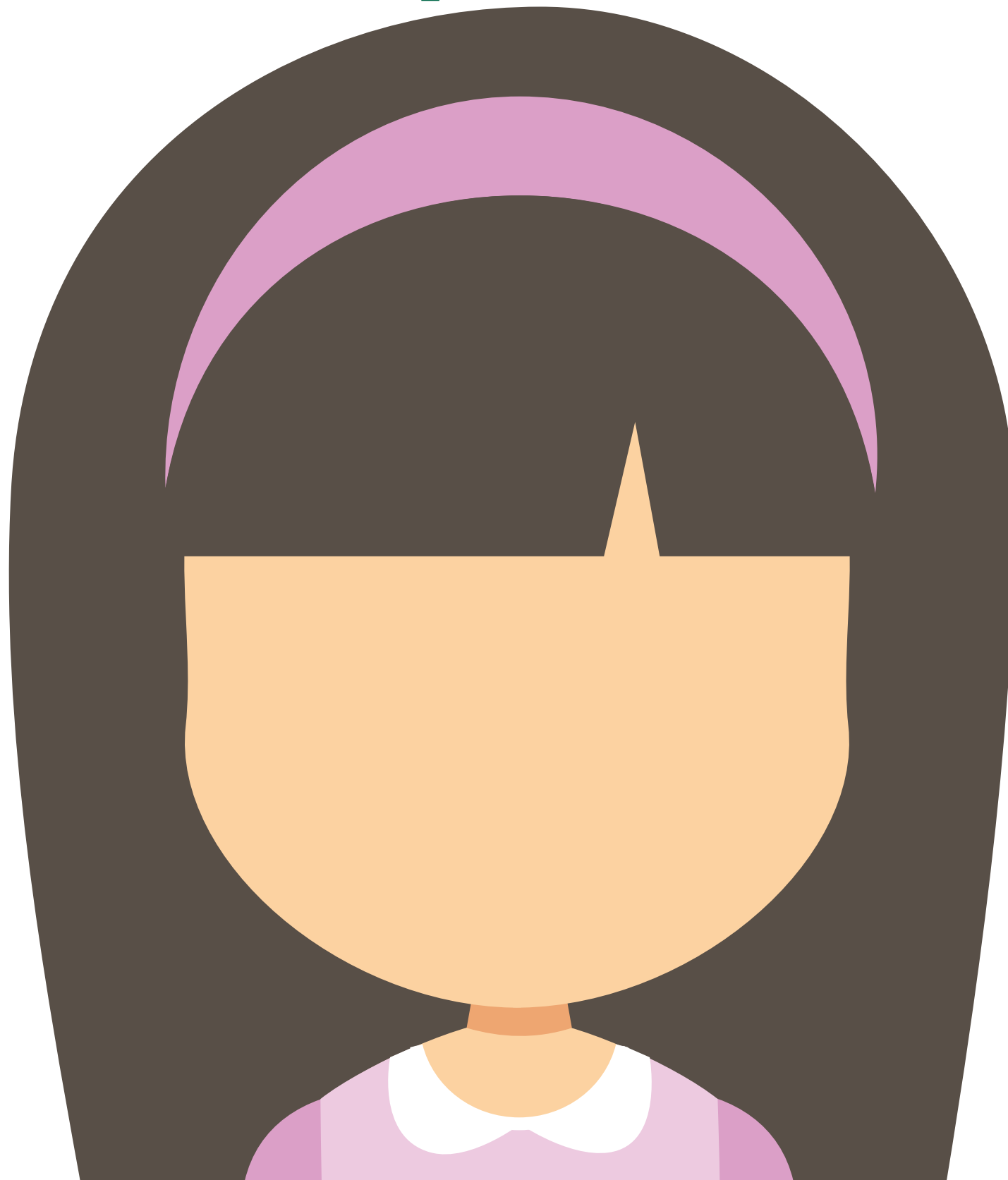
Mad 😡



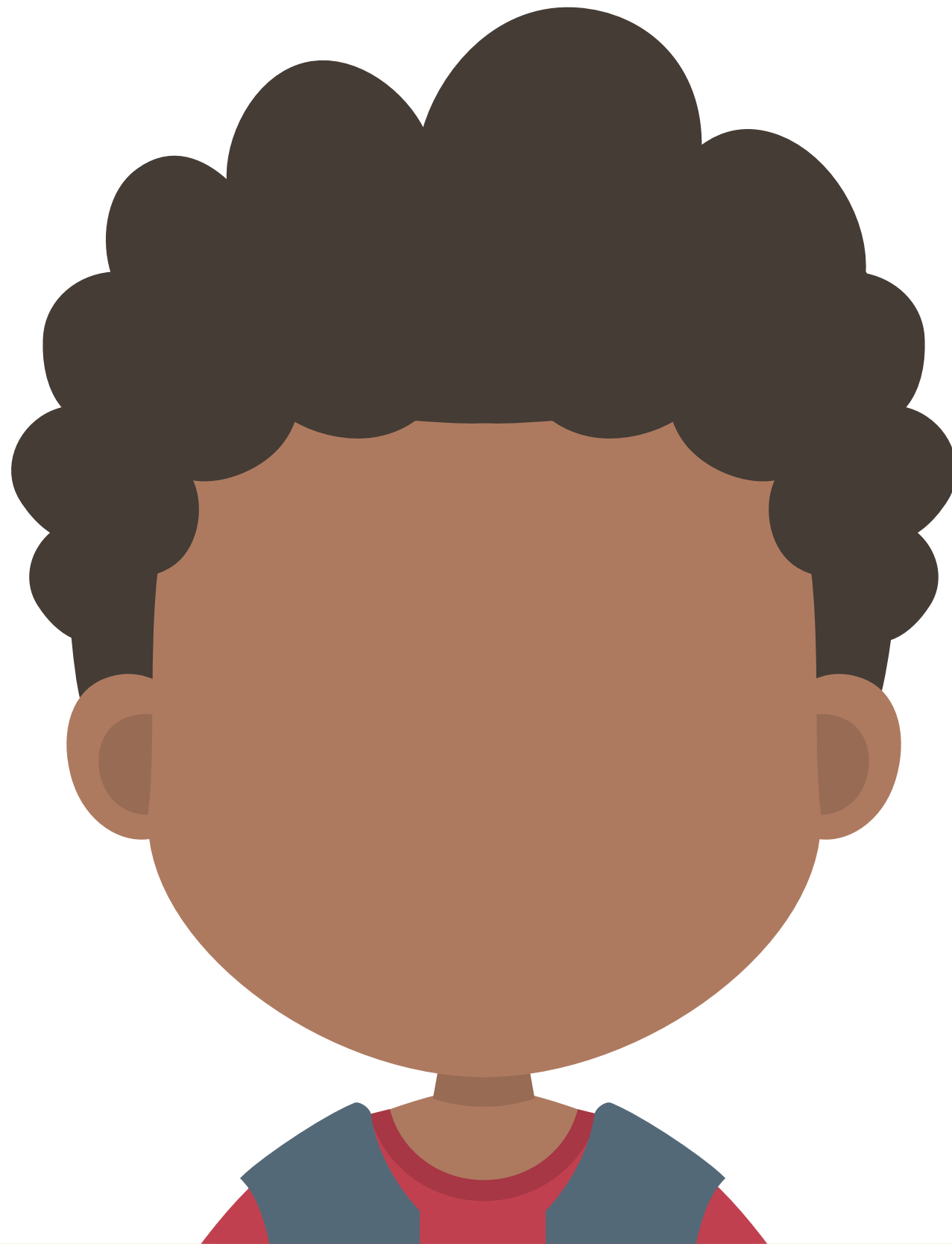
I feel... **Excited** 🤪



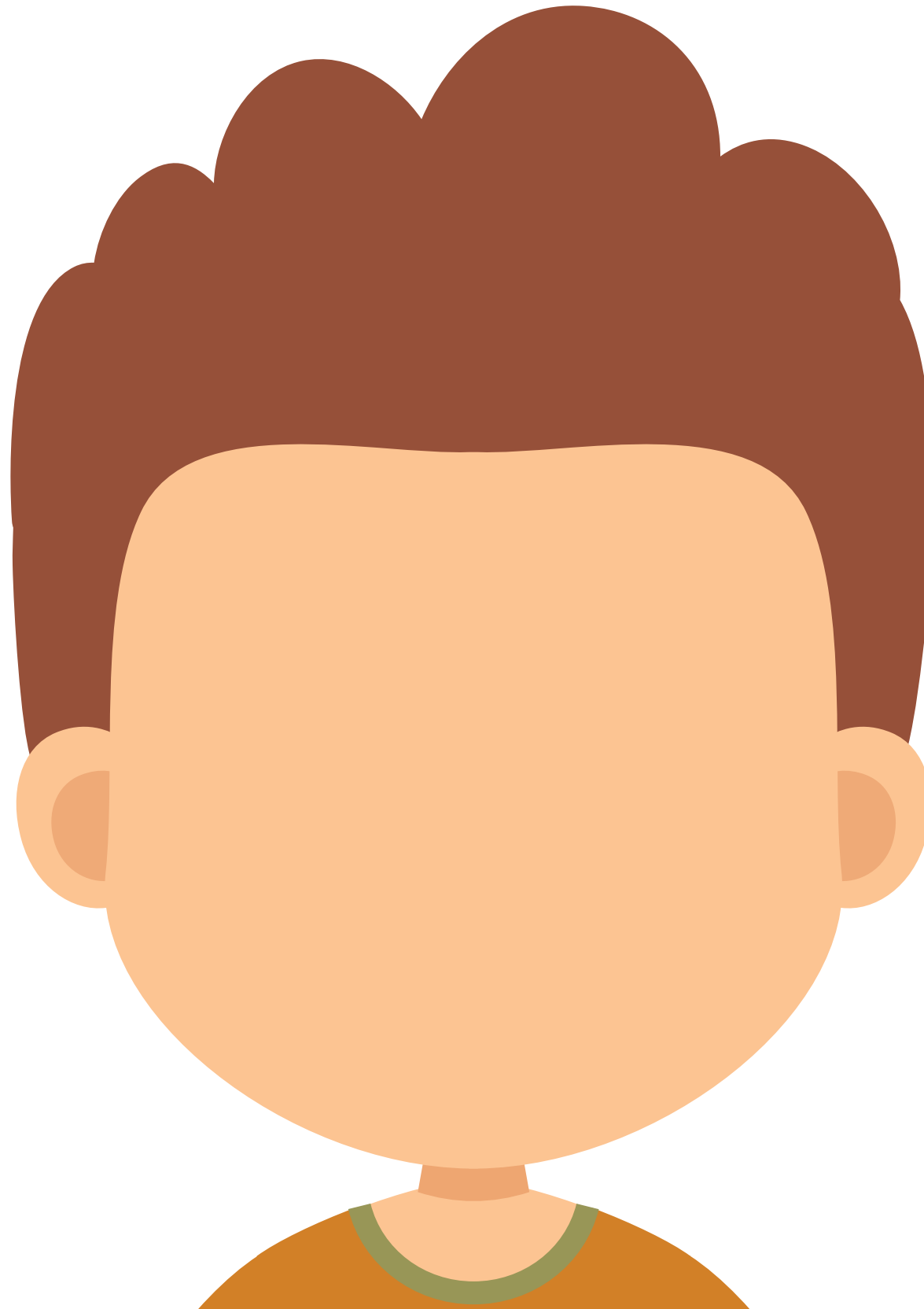
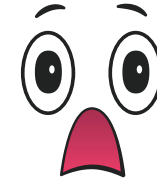
I feel... Surprised 😮



I feel... **Proud** 😊



I feel... Scared



I feel...



I feel...





Enseñando emociones: ideas de actividades para compartir con las familias

Si lo desea, copie estas y póngalas en un boletín o en un folleto para enviarles a las familias.

Comparta una historia de una manera nueva.

Lea un libro de cuentos a su hijo que muestre personajes que experimenten una emoción (por ej. tristeza, felicidad, miedo, preocupación, confusión, etc.). Deténgase en una página donde el personaje esté demostrando la expresión. Pregúntele a su hijo “¿Qué crees que está sintiendo?”, “¿Por qué se siente así?”, o “Mira su rostro, ¿cómo sabes que está ____?” Otras preguntas podrían ser “¿Alguna vez te has sentido ____? ¿Qué te hizo sentir así?” o “¿Qué ocurrirá a continuación?” o “¿Qué debería hacer el personaje?”. No haga pausas muy largas en una página y continúe la discusión únicamente mientras su hijo muestre interés.

Elabore un libro de emociones con su hijo.

Un proyecto fácil para realizar con su hijo es elaborar un libro en casa. Todo lo que necesita es papel, crayones o marcadores y una engrapadora. Puede elaborar un libro acerca de una emoción, y hacer que su hijo rellene las páginas con cosas que lo hacen sentir así. Por ejemplo, un “Libro feliz” puede tener imágenes que usted y su hijo dibujen de cosas que lo hacen feliz, o puede incluir fotografías recortadas de revistas y pegadas en las páginas. Otro enfoque puede ser dedicar una página a una emoción, y hacer que el libro se trate de una variedad de sentimientos (feliz, enojado, sorprendido, asustado, irritado, orgulloso, etc.). Para niños que tienen mucho para decir acerca de sus sentimientos, usted puede pedirles que le digan una frase acerca de qué les hace sentir una emoción y escribir la frase en la página. Entonces, su hijo puede recortar una imagen y pegarla en el libro o hacer un dibujo que corresponda a la emoción. Advertencia, esta actividad se disfrutará si usted la realiza con su hijo, pero sería difícil para su hijo realizarla solo.

Juegue a hacer caras con su hijo.

Usted comienza el juego diciendo “voy a hacer una cara, adivina lo que estoy sintiendo con solo mirar mi cara”. Entonces, haga una cara feliz o triste. Cuando su hijo adivine el sentimiento, responda diciendo “Es correcto. ¿Sabes qué me hace sentir de esa manera?”. Continúe describiendo algo sencillo que le haga sentir esa emoción (por ej. un gatito de pelo suave me hace feliz, me siento triste cuando llueve y no podemos ir al parque). Tenga en cuenta, no es el momento de discutir circunstancias de adultos que estén ligadas a las emociones (por ej. “Cuando papá no me llama, me siento triste”). Luego dígame a su hijo, “Es tu turno, haz una cara y yo voy a adivinar lo que estás sintiendo”. No se sorprenda si su hijo escoge la misma emoción que usted acaba de demostrar, tomará tiempo antes de que pueda ser creativo con este juego. Una vez que usted adivine, pregúntele a su hijo qué lo hace sentir esa emoción. Sigán turnándose hasta que su hijo demuestre que ya no está interesado en continuar el juego.

Juegue “Espejito, espejito... ¿qué veo?” con su hijo.

Usando un espejo de mano o un espejo en la pared, juegue este juego con su hijo. Mírese en el espejo y diga “Espejito, espejito, ¿qué veo?”, y luego haga una cara que corresponda a una emoción. Continúe nombrando la emoción diciendo “Veo una mamá triste que me mira”. Gírese a su hijo y dígame “es tu turno”. Ayúdele a su hijo a recordar la frase “Espejito, espejito, ¿qué veo?”, es posible que deba decirla con su hijo. Luego, dígame a su hijo que haga una cara y ayúdele a decir la siguiente frase “Veo a Patrick feliz que me mira”. No se sorprenda si su hijo siempre quiere mostrar la emoción que usted acaba de mostrar. Juegue hasta que su hijo pierda el interés.

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 faces 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!



Happy
hau'oli

Feeling Wheel: Large Group or Small Group Activities

- ▶ Take turns having children spin the wheel. All children label and model the emotion the spinner lands on.
- ▶ Have one child spin the wheel and “act” out the feeling the spinner landed on. The remaining children “guess” the emotion.
- ▶ Spin the wheel to identify an emotion. Have children take turns discussing a time when they felt or experienced that emotion.

Feeling Wheel

Happy



Scared



Calm



Mad



Excited



Sad



Nervous



Frustrated





Feeling Faces:

This is how I feel today!

(English-Blank)

Emotional Literacy: Using Feeling Faces

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Make your own poster:

Materials needed:

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

Make it your own!

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



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.



Frustrated



Excited



Lonely



Sad



Mad



Nervous

Today, I feel...



Happy



Loved



Scared



Proud

Frustrated	Embarrassed	Lonely	Sad
Today, I feel...			
Mad	Loved	Scared	Proud

Emotional Literacy: Using Feeling Faces

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Happy
hau'oli

Feelings Cube Activity

Use these cards in a ‘Pocket Dice’ to create a Feelings Cube.

Preschool Age Children

- ▶ Have children take turns rolling the dice.
- ▶ Have children label the emotion the dice lands on.
- ▶ Encourage all children to model the emotion the dice lands on.

Infants and Toddlers

- ▶ Young children may enjoy playing with the cube.
- ▶ Keep the cube in a location that encourages play, such as block area or with other manipulative and building toys.





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

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.
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- ▶ 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



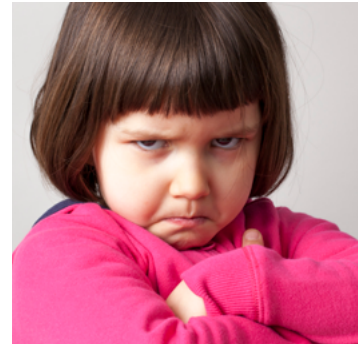
Embarrassed



Fantastic



Fearful



Frustrated



Happy



Jealous



Lonely



Loved



Mad



Nervous



Overwhelmed



Proud



Relaxed



Sad



Safe



Satisfied



Scared



Sensitive



Serious



Shy



Stressed



Strong



Tense



Tired



Worried

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Feeling Wheel: Large Group or Small Group Activities

- ▶ Take turns having children spin the wheel. All children label and model the emotion the spinner lands on.
- ▶ Have one child spin the wheel and “act” out the feeling the spinner landed on. The remaining children “guess” the emotion.
- ▶ Spin the wheel to identify an emotion. Have children take turns discussing a time when they felt or experienced that emotion.

Feeling Wheel

Happy
Feliz



Scared
Asustado(a)



Calm
Calmado(a)



Frustrated
Frustrado(a)



Mad
Enojado(a)



Excited
Emocionado(a)



Sad
Triste



Nervous
Nervioso(a)





Feeling Faces:

This is how I feel today!

(English-Spanish)

Emotional Literacy: Using Feeling Faces

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Make your own poster:

Materials needed:

- ▶ Poster template (attached)
- ▶ Camera
- ▶ A way to print your 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.



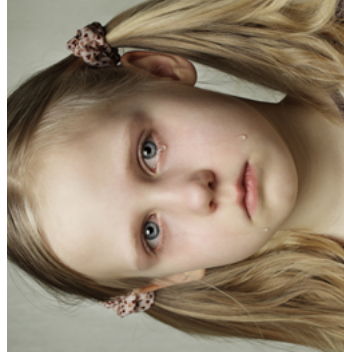
Frustrated
Frustrado(a)



Excited
Emocionado(a)



Lonely
Solitario(a)



Sad
Triste



Mad
Enojado(a)



Nervous
Nervioso(a)



Happy
Feliz



Loved
Amado(a)/Querido(a)

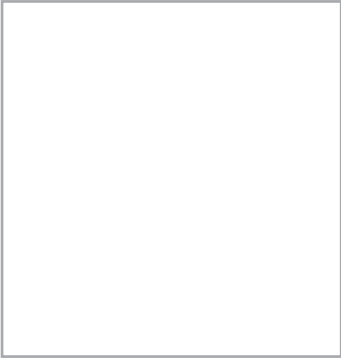
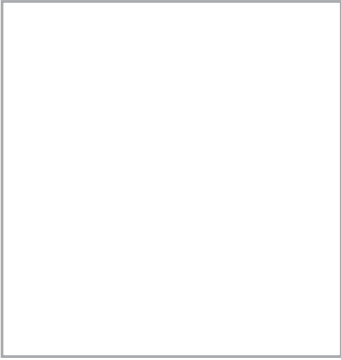
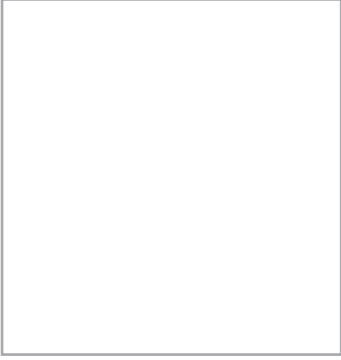
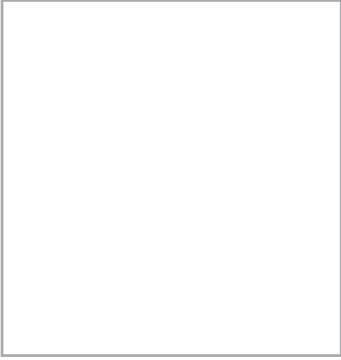
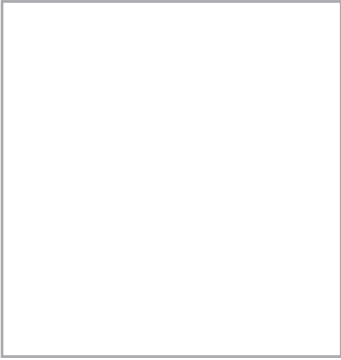
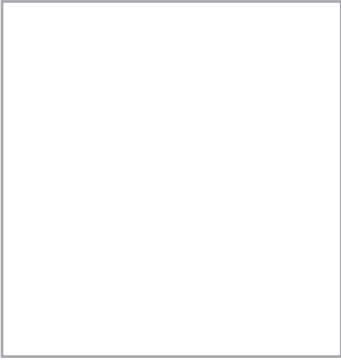
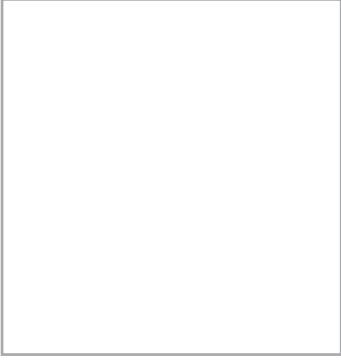


Scared
Asustado(a)



Proud
Orgullosa(a)

Today, I feel...
Hoy me siento...

			
Frustrated Frustrado(a)	Excited Emocionado(a)	Lonely Solitario(a)	Sad Triste
	Today, I feel... Hoy me siento...		
Mad Enojado(a)			
Happy Feliz	Loved Amado(a)/Querido(a)	Scared Asustado(a)	Proud Orgulloso(a)

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Feelings Cube Activity

Use these cards in a ‘Pocket Dice’ to create a Feelings Cube.

Preschool Age Children

- ▶ Have children take turns rolling the dice.
- ▶ Have children label the emotion the dice lands on.
- ▶ Encourage all children to model the emotion the dice lands on.

Infants and Toddlers

- ▶ Young children may enjoy playing with the cube.
- ▶ Keep the cube in a location that encourages play, such as block area or with other manipulative and building toys.





Affectionate
Cariñoso(a)



Bored
Aburrido(a)



Brave
Valiente



Calm
Calmado(a)



Cheerful
Alegre



Comfortable
CÓmodo(a)



Creative
Creativo(a)



Curious
Curioso(a)



Disappointed
Decepcionado(a)



Disgusted
Asqueado(a)



Excited
Emocionado(a)



Embarrassed
Avergonzado(a)



Fantastic
Fantástico(a)



Fearful
Miedoso(a)



Frustrated
Frustrado(a)



Happy
Feliz



Jealous
Celoso(a)



Lonely
Solitario(a)



Loved
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Mad
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Nervous
Nervioso(a)



Overwhelmed
Abrumado(a)



Proud
Orgullosa(a)



Relaxed
Relajado(a)



Sad
Triste



Safe
Seguro(a)



Satisfied
Satisfecho(a)



Scared
Asustado(a)



Sensitive
Sensible



Serious
Serio(a)



Shy
Tímido(a)



Stressed
Estresado(a)



Strong
Fuerte



Tense
Tenso(a)



Tired
Cansado(a)



Worried
Preocupado(a)



Feeling Faces: Cards (English-Spanish)

Emotional Literacy: Using Feeling Faces

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Cariñoso(a)



Bored
Aburrido(a)



Brave
Valiente



Calm
Calmado(a)



Cheerful
Alegre



Comfortable
CÓmodo(a)



Creative
Creativo(a)



Curious
Curioso(a)



Disappointed
Decepcionado(a)



Disgusted
Asqueado(a)



Excited
Emocionado(a)



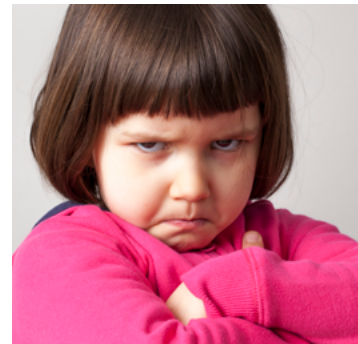
Embarrassed
Avergonzado(a)



Fantastic
Fantástico(a)



Fearful
Miedoso(a)



Frustrated
Frustrado(a)



Happy
Feliz



Jealous
Celoso(a)



Lonely
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Relaxed
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Sad
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Sensitive
Sensible



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Shy
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Stressed
Estresado(a)



Strong
Fuerte



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Tired
Cansado(a)



Worried
Preocupado(a)



NCPMI Feelings Sign-In Chart

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Using a Sign-In or Check-in Chart

Children can use the sign-in chart to “check-in” and let you know how they are feeling throughout the day or to learn feeling vocabulary words.

- ▶ Use a balance of emotions (positive/comfortable and negative/uncomfortable)
- ▶ Add additional feeling cards to the sign-in chart as they are introduced.

Check-in using a variety of options:

- ▶ Place child’s name or photograph on Velcro or magnet for checking-in
- ▶ Laminate this sign-in chart and have older children write their name or initials under the feeling using a dry erase marker. Wipe off at the end of each day.
- ▶ Enlarge the Sign-in Chart for hanging in the classroom as a poster.



Happy
Feliz



Sad
Triste



Mad
Enojado(a)



Tired
Cansado(a)



Feeling Faces: This is how I feel today!

Emotional Literacy: Using Feeling Faces

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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.



Frustrated



Embarrassed



Lonely



Sad



Mad

**This is how I
feel today!**



Nervous



Happy



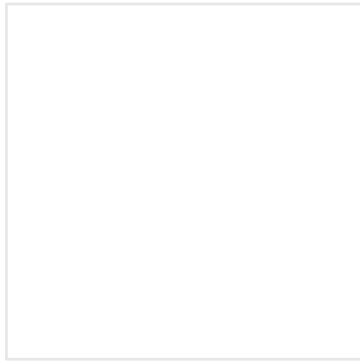
Loved



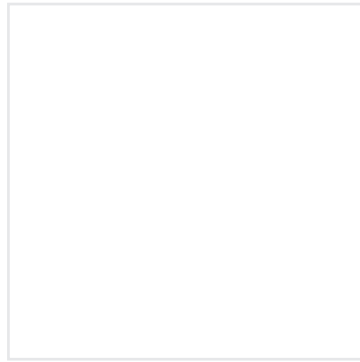
Scared



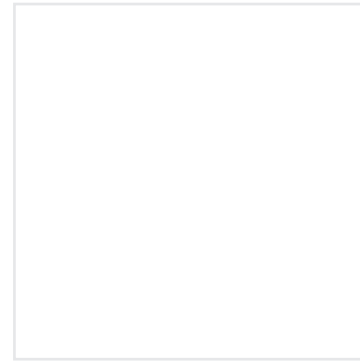
Proud



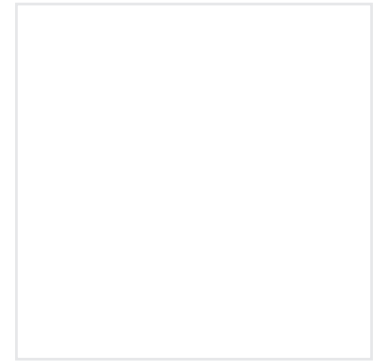
Frustrated



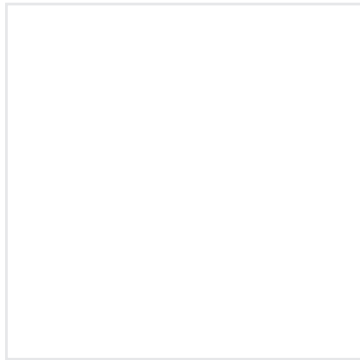
Embarrassed



Lonely

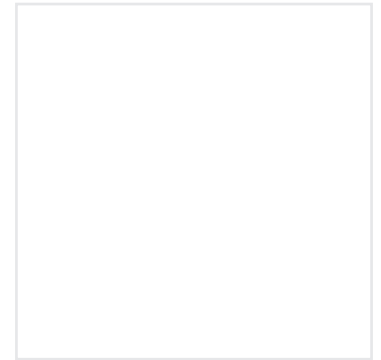


Sad

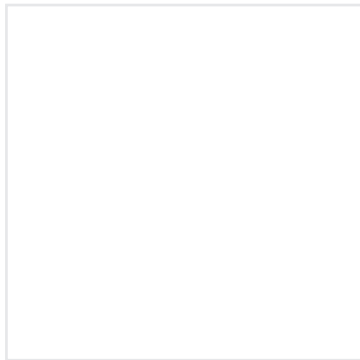


Mad

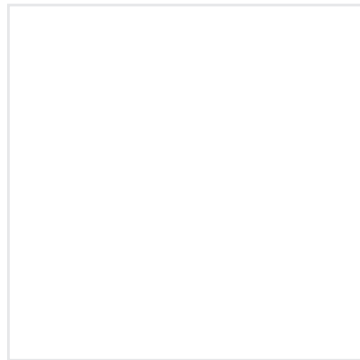
**This is how I
feel today!**



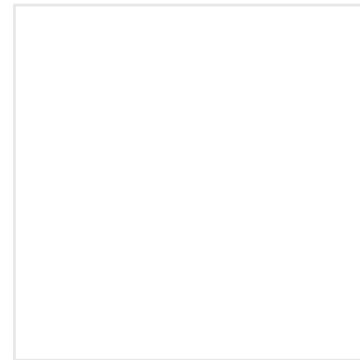
Nervous



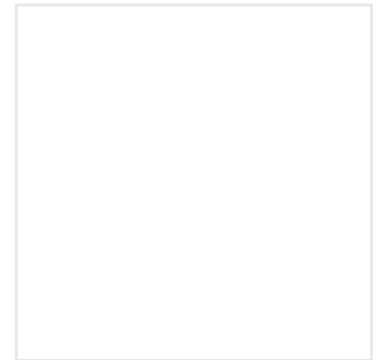
Happy



Loved



Scared



Proud



Teaching Emotions: Activity Ideas to Share with Families

Feel free to copy these and put in a newsletter or on a handout to send home to your families.

Share a story in a new way.

Read a story book to your child that shows characters who experience an emotion (e.g., sad, happy, scared, worried, confused, etc.). Stop on a page where the character is showing the expression. Ask your child “What do you think he is feeling?”, “Why is he feeling that way?”, or “Look at her face, how can you tell that he is ___?” Other questions could be “Have you ever felt___.” What make you feel that way?” or “What will happen next?” or “What should he do?” Do not pause too long on one page and only continue the discussion as long as your child shows an interest.

Make an Emotion Book with your child.

An easy project to do with your child is to make a homemade book. All you need is paper, crayons or markers, and a stapler. You can make a book about one emotion and have your child fill the pages with things that make him feel that way. For example, a “Happy Book” may have pictures that you and your child draw of things that make him happy or it may include pictures cut out of magazines that are glued on the pages. Another approach may be to devote a page to an emotion and have the book be about a variety of feeling words (happy, mad, surprised, scared, irritated, proud, etc.). For children who have a lot to say about their feelings, you might want them to tell you a sentence about what makes them feel an emotion and you write the sentence on the page. Then, your child can cut out a picture and glue on the book or draw a picture to go with the emotion. Warning, this activity will be enjoyable if you do it with your child, but would be difficult for your child to do alone.

Play Make a Face with your child.

You start the game by saying, “I am going to make a face, guess what I am feeling by looking at my face.” Then, make a happy or sad face. When your child guesses the feeling word, respond by saying “That’s right. Do you know what makes me feel that way?” Follow by describing something simple that makes you feel the emotion (e.g., a fluffy kitten makes me happy, I feel sad when it rains and we can’t go to the park). Please note, this is not the time to discuss adult circumstances that are linked to your emotions (e.g., “When your Daddy doesn’t call me, I feel sad”). Then say to your child, “Your turn, you make a face and I will guess what you are feeling.” Don’t be surprised if your child picks the same emotion that you just displayed, it will take time before they can be creative with this game. Once you guess, ask your child to name what makes him have that emotion. Keep taking turns until your child shows you that he or she is not interested in continuing the game.

Play “Mirror, Mirror...what do I see?” with your child.

Using a hand mirror or a mirror on the wall, play this game with your child. Look in the mirror and say “mirror, mirror, what do I see?” Then make an emotion face. Follow by naming the emotion by saying “I see a sad Mommy looking at me”. Turn to your child and say “your turn”. Help your child remember the phrase “mirror, mirror what do I see?” You may have to say it with your child. Then, tell your child to make a face and help them say the next sentence “I see a happy Patrick looking at me.” Don’t be surprised if your child always wants to do the emotion that you just demonstrated. Play the game until your child loses interest.

Teacher's Guide: Labeling Emotions



What is This?

This resource will provide families with helpful tips for teaching their infants and toddlers about emotions.



How Do I Use This?

1. Review the resource:

Read the handout and understand the topic of the handout.



2. Help families reflect and try:

Send the handout home with families (via newsletter, daily note, email, text, or an app). The handout will help families reflect on how they talk about emotions at home and try new strategies.



3. Engage:

Using the poll (attached to this resource), create and post a large visual (e.g., bar graph on a chart paper; using dot markers or stickers to indicate practices) at the entrance of your classroom. Encourage families to participate in the poll during drop-off/pick-up. As families participate in the poll, check in with families about emotions children are familiar with and those they can learn.



4. Share:

Take a picture of the completed poll and share the poll results with families through the preferred way of communication! Share with families what emotion words you are going to practice in the classroom based on the poll result!



5. Reflect and adjust:

Based on the families' answers to the poll, think about the emotion words that you can try labeling more often in class and specific routines in which you can label and model emotions.

Family Handout: Labeling Emotions



Temperament is a child's unique way of experiencing and reacting to their environment. Understanding your child's emotional patterns can help you better understand why they act the way they do. There are many ways that you can help your child learn about their feelings. We will introduce strategies you can practice at home during everyday interactions and routines.

Try this with your child!

Observe

First, observe your child's facial expressions and gestures (e.g., frowning, pouting, smiling).



Example 1: Your child is having fun at the neighborhood playground. You tell your child that it is time to leave the playground. How does your child react?

Example 2: You bring your child to a child's birthday party. You notice that it is quite crowded with many new faces. What is your child's reaction to this?

Label

Next, you can describe the child's reaction and label the emotion they may feel.



Example 1: "I see your face is getting red. Are you feeling angry? I know--it is frustrating because you don't want to leave yet."

Example 2: "You're quiet and holding onto me tight. Are you feeling overwhelmed?" OR "I see you looking around and smiling! It is exciting to meet new people, isn't it?"

Model

You may also talk about your own emotion and model how to express the emotion.



Example 1: "I get frustrated when I have to leave fun, too. I see you are angry that we have to leave. It is OK to feel angry. When I feel angry, I take a deep breath to calm down."

Example 2: "I get overwhelmed when it is too crowded and noisy too. When I am overwhelmed, I find a quiet space to calm down."

Reflecting on these scenarios, how has your child responded to the similar situations? Understanding your child's temperament (or emotional pattern) can help you respond to your child better!

Feelings Check-in



During daily routines, such as meal times or bed time, try asking your child how they feel ("How are you feeling today?"). Help them identify an emotion word if they cannot express their emotions. You can also ask what they could do to help with the feeling.

It is okay if children do not answer your questions. Try filling in with what you think the answer might be for toddlers and infants!

In which routine can you practice this activity? Circle one and give it a try today!

Mealtime

Playtime

Bedtime

Bath time

Morning routine

Family Engagement Activity: “Emotion Words” Poll

How Many Emotion Words Does Your Child Know?

Place a ★ on the emotion word that your child knows.

You can also place a ● on the word that your child needs to learn!



Disappointed



Excited



Frustrated



Tired



Sad



Overwhelmed



Disgusted



Relaxed



Proud

For the virtually shared poll, you may text,email, or use a communication app to respond.



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Read a story book to your child that shows characters who experience an emotion (e.g., sad, happy, scared, worried, confused, etc.). Stop on a page where the character is showing the expression. Ask your child “What do you think he is feeling?”, “Why is he feeling that way?”, or “Look at her face, how can you tell that he is ___?” Other questions could be “Have you ever felt___.” What make you feel that way?” or “What will happen next?” or “What should he do?” Do not pause too long on one page and only continue the discussion as long as your child shows an interest.

Make an Emotion Book with your child.

An easy project to do with your child is to make a homemade book. All you need is paper, crayons or markers, and a stapler. You can make a book about one emotion and have your child fill the pages with things that make him feel that way. For example, a “Happy Book” may have pictures that you and your child draw of things that make him happy or it may include pictures cut out of magazines that are glued on the pages. Another approach may be to devote a page to an emotion and have the book be about a variety of feeling words (happy, mad, surprised, scared, irritated, proud, etc.). For children who have a lot to say about their feelings, you might want them to tell you a sentence about what makes them feel an emotion and you write the sentence on the page. Then, your child can cut out a picture and glue on the book or draw a picture to go with the emotion. Warning, this activity will be enjoyable if you do it with your child, but would be difficult for your child to do alone.

Play Make a Face with your child.

You start the game by saying, “I am going to make a face, guess what I am feeling by looking at my face.” Then, make a happy or sad face. When your child guesses the feeling word, respond by saying “That’s right. Do you know what makes me feel that way?” Follow by describing something simple that makes you feel the emotion (e.g., a fluffy kitten makes me happy, I feel sad when it rains and we can’t go to the park). Please note, this is not the time to discuss adult circumstances that are linked to your emotions (e.g., “When your Daddy doesn’t call me, I feel sad”). Then say to your child, “Your turn, you make a face and I will guess what you are feeling.” Don’t be surprised if your child picks the same emotion that you just displayed, it will take time before they can be creative with this game. Once you guess, ask your child to name what makes him have that emotion. Keep taking turns until your child shows you that he or she is not interested in continuing the game.

Play “Mirror, Mirror...what do I see?” with your child.

Using a hand mirror or a mirror on the wall, play this game with your child. Look in the mirror and say “mirror, mirror, what do I see?” Then make an emotion face. Follow by naming the emotion by saying “I see a sad Mommy looking at me”. Turn to your child and say “your turn”. Help your child remember the phrase “mirror, mirror what do I see?” You may have to say it with your child. Then, tell your child to make a face and help them say the next sentence “I see a happy Patrick looking at me.” Don’t be surprised if your child always wants to do the emotion that you just demonstrated. Play the game until your child loses interest.