

# LET'S TALK FEELINGS

## For this activity you will need:

- Paper
- A cup/glass to trace around
- A marker pen
- Pencils/crayons for colouring
- Scissors



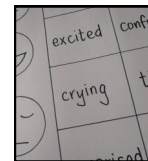
## What is the learning in this activity?

**Ages:** 3 + years

**Purpose:** A game that creates opportunity for children to recognise and talk about emotions and their expression. This is called emotional literacy and supports children to develop empathy and to regulate their emotional states.

## Let's play!

1. Use the glass to trace out circles and draw a range of expressions—one onto each face. Children can help with the drawing, cutting out and colouring faces.
2. Write out the corresponding word for each emotion or feeling on a paper. Cut these out too.
3. Lay the face cards facedown and play a sorting game - aiming to match the faces with the words. Have your child describe what they can see and what they think the emotion is. Then find the matching word.
4. Talk about each feeling, relating your own examples and experiences and asking the child about times they've felt this way.



## Let's talk..

**Qs** - Ask children how they might tell how others are feeling? Talk about the signs and visual cues. And about how they might respond if someone else was feeling sad, lonely or angry.

**Extension** - Provide children with other words to describe their feelings, and extend their emotional vocabulary. Eg. Angry: mad, grumpy, furious. Excited: thrilled, eager, enthusiastic.

*We'd love to see your creations and home based play.*

*Share with us at: @YarraRangesFamilies #YarraRangesPlay*

You can contact the YRC Family & Children's Services team on 1300 368 333 or by email at [earlyyears@yarraranges.vic.gov.au](mailto:earlyyears@yarraranges.vic.gov.au)