

FEELINGS AND FACES

Sometimes our faces show the way we feel. You can do this activity to make masks that match your feelings. You can also use these masks to match the feelings you see in your favorite books, TV shows, movies or videos.

You will need:

- paper plates or pieces of paper
- something to write with like, markers, crayons or colored pencils
- popsicle sticks, glue and tape (optional)

Directions:

1. If using paper, cut the paper into circles. They should be big enough to cover your face like a mask.
2. Draw and color faces that match different feelings on the paper plates or circular pieces of paper. You could make faces that look happy, sad, angry, surprised, silly, tired, scared or proud.

Here are some examples:



3. Write the name of each feeling on the back of the face.
4. You can tape or glue a popsicle stick on the back of each face so you can hold it up.
5. Use your feelings masks while reading books or watching movies and TV shows to match the feelings of the characters.



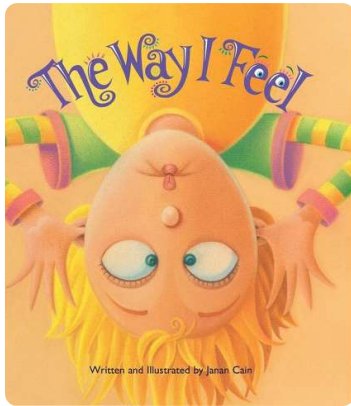
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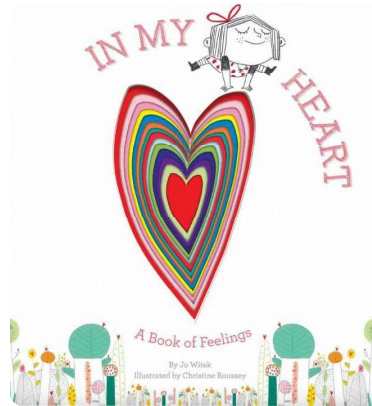
Parent Tips:

- Ask your child to show you what they are feeling by picking out one of the feelings masks.
- Have your child's feelings masks nearby while they read books or watch shows and movies. Ask them to pick a face that shows how the characters are feeling. This can be good practice for identifying feelings, including body language and facial expressions.

Here are some books and movies that talk about feelings:



The Way I Feel by Janan Cain



In My Heart by Jo Witek



Inside Out



Scan this QR code or visit cmkc.link/feelings-and-faces to see a video tutorial for this activity.

