

How Are You Feeling?



Activity: Children decorate paper plates to create faces that show different feelings/emotions (e.g., happy, sad, mad, excited, angry, silly)

Objective

The children will identify and name several feelings/emotions.

III. Social and Emotion Development

III.B.1.a. Recognizes and names own emotions and manages and exhibits behavioral control with or without adult support.

http://www.floel.org/standardsresource/standards.html#d=III&a=four_year_olds

Lesson (Whole Group)

1. Introduce the lesson by reading the book *How Are You Peeling?* by Saxton Freymann and Joost Elffers.
2. Discuss how everyone has feelings (e.g., happy, sad, mad, scared, excited, angry, silly).
3. Ask the children the following questions:
 - How do you feel when someone takes your favorite toy?
 - How do you feel when you receive a gift?

Lesson (Small Group)

1. Have books available for the children to look through that clearly show a variety of different feelings.
2. Allow the children to decorate several faces (e.g., paper plates) that show the feelings of their choice.
3. When the children are finished creating their faces, ask them to name the feeling/emotion that is expressed on each face and talk about what causes them to feel that specific emotion.

Materials Needed

Popsicle sticks, small paper plates, markers or crayons.
a variety of art materials (e.g., yarn, wiggly eyes, buttons, pom poms, dry pasta)

Book: *How Are You Peeling?*

By Saxton Freymann and Jost Elffers

Checking for Understanding

Children will demonstrate their understanding of the lesson by:

Identifying and naming several feelings/emotions (e.g., happy, sad, mad, scared, excited, angry, silly).

Scaffolding

-Provide mirrors and ask the children to make a variety of faces (e.g., happy, sad, mad, scared, excited, angry, silly).

-Use verbal, visual and physical cues to help children know what to do.

Extensions

-Children can play with their feeling faces during center time.

-Add books about feelings to the classroom centers (e.g., reading corner, dramatic play, art center)