

Paper Plate Emotion Faces

Outcome: Parents and caregivers play an important role in building children's ability to identify, understand, and express emotions in a healthy way. This activity helps children learn about feelings and label them, which leads to developing the ability to clearly communicate their own emotional status. Children build their confidence and self-esteem while experimenting with a variety of emotions.

Materials Needed:

Paper plates or cut-out paper circles; markers, crayons.

Optional: playdough, pre-cut parts of the face for different emotions (mouths, noses, eyes, eyebrows).

For younger children: bigger foam plates or a laminated/taped cut out circle from paper (a little bigger), bigger pre-cut parts of the face (eyes, lips, nose, eyebrows...).

How:

- Use foam plates and washable markers and playdough if you have it **or** cut out paper circles and use markers, crayons, pencils, etc.
- Put the materials on the table or floor depending on your child's preference. Start drawing the eyes on a plate or paper circle and invite your child to do the same on theirs. (Or use playdough to create the faces).
- Describe the face you are creating using emotions—for example, "my face is going to look happy." Then ask your child, "can you tell me about the face you are making?"
- Keep changing the emotions on your plate or paper circles, and continue to label them ("now my face looks sad," "my face looks surprised," and so on).
- Ask your child again about the face they are drawing. It might happen that your child describes the emotions that they are creating and even makes a comparison between emotions on two or more faces.
- For younger children, pre-cut parts of the face (eyes, lips, nose, eyebrows...) and create a face with the emotions that you want them to learn. Label them so that they can repeat. Recreate the same emotions again with them and say, for example, "this face is feeling ...," so they can finish the sentence. If they pick up even one or two emotions, it is good progress. They might keep repeating some of the emotions that they have learned, create their own faces on the plates or paper or even be silly with their own faces.