

Recognising Emotions

During this pandemic, children may be feeling a range of uncomfortable emotions, including anxiety, worry or anger. It is important that children can recognise these emotions, understand that it is OK to feel them and that, as adults, we are also feeling them. Children need strategies and support to help them deal with these emotions.

Emotions Bag

- Print and place the [Emotions and Expressions Display Posters](#) in a bag and ask your child to take one out of the bag.
- Ask your child if they can identify the emotion and then make the expression with their face. If you have a mirror, they could look at themselves in it.
- Ask your child, how does it feel in your body when you have that emotion?
- Ask your child to talk about a time when they have felt this emotion.
- Repeat until all of the [Emotions and Expressions Display Posters](#) have been used.

Other Ideas to Try:

- Pass the Smile – Play 'Pass the Smile' around the dinner table by smiling at the person next to you. The person you have smiled at then passes a smile to the next person and so on, until the smile returns to the first person.
- Emotions Chart – Use this [Emotions Chart](#) and each day, ask your child to describe how they are feeling.
- [Emotions Matching Cards](#) - Use these matching cards to help your child recognise the facial expressions that match with each emotion. Why not play a game of snap or place all of the cards face down and try turning over two at a time to match the same emotions?
- [Feelings Bingo](#) - Play a game of bingo with the bingo boards and word cards included in this pack.
- Using playdough and laminated [Blank Face Templates](#), children can make different emotions by moulding the playdough onto the faces. Alternatively, this activity can also be completed using a range of different materials such as pasta or arts and crafts items.