



HEADS IN, HEARTS IN

Feelings Masks

Instructions for Set-Up



Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Emotion Cards” handout
- One 9-inch paper plate (1 per participant)
- Large craft stick (1 per participant)
- Masking tape
- “Feeling Faces” handout (1 per participant)
- 4-5 pairs of child-safe scissors
- Glue sticks
- Display table

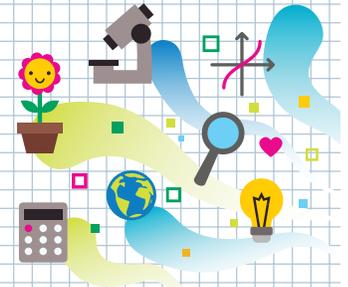
Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print a copy of the “Emotion Cards” handout on durable paper. Laminate if desired. Place on the table.
- ▶ Depending on time and space, you may want to prepare masks ahead of time. To do this, attach one large craft stick to the back of each paper plate using masking tape.
- ▶ Set up the display table and arrange needed supplies.





HEADS IN, HEARTS IN



Feelings Masks Guide for Families

Learning Objectives

What you need to know:

Children who have strong **social emotional** skills tend to do well in school because they are prepared to express their emotions in healthy ways, deal with conflict, form friendships and solve problems. One way to support children's development of these skills is to teach them to identify and express different emotions. To do this, they need to understand what different emotions are, know "feeling words" such as "mad," "sad" or "excited," and be able to express them by saying things like "I feel mad because you took my book."

What you will do and learn:

You will explore emotions with the child by creating a mask that represents a feeling or emotion.

Instructions

1. Take a paper plate and attach a large craft stick to the back of the plate using masking tape.
2. Encourage the child to choose an emotion for the mask. Use the "Emotion Cards" to help pick the emotion.
3. Take a "Feeling Faces" handout. Allow the child to select the eyes to use on the mask and cut them out. Repeat for eyebrows and mouth.
4. Using the glue stick, glue the eyes, eyebrows and mouth on to the paper plate.
5. Hold up the mask and talk with the child about what the mask expresses.
6. Encourage them to show what it looks like to express that emotion. (They might stomp if pretending to be mad or laugh if pretending to be happy.) Ask, "What would your body look like? What about your words? What do you say when you feel that emotion?"
7. Use the rest of your "Feeling Faces" handout to make more feelings masks at home.
8. Additionally, try playing feelings charades by having the child act out an emotion and you try to guess what it is.

Feelings Masks

Feeling Faces Handout

Eyebrows



Feelings Masks

Feeling Faces Handout, continued

Eyes



Feelings Masks

Feeling Faces Handout, continued

Mouth



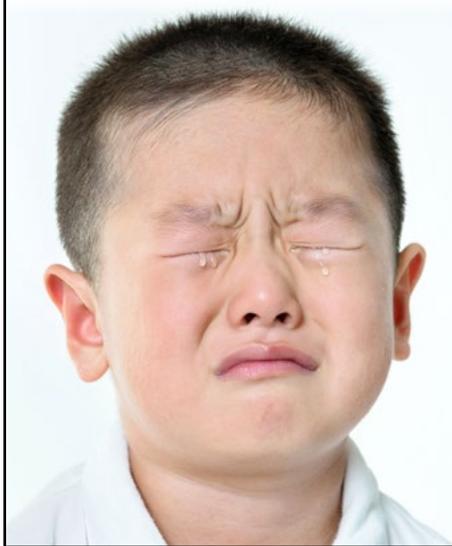
Feelings Masks

Emotion Cards Handout

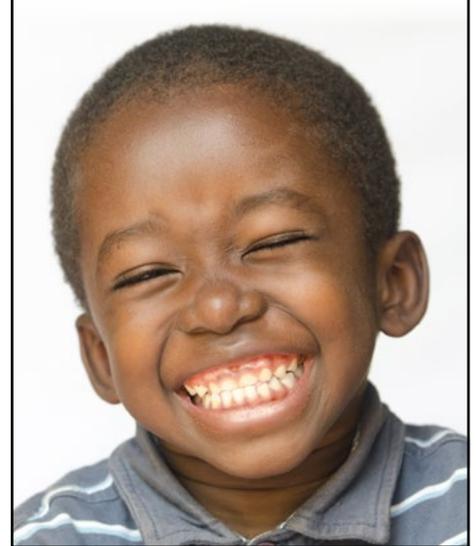
Angry



Sad



Happy



Worried



Surprised



Afraid



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