



Feelings

Ages 1 year—2 years

Objective: The child will make awareness and try to imitate emotions after seeing pictures of faces.

Materials needed:

Feelings Cards (printable)

Procedures

1. Sit in an open area free of any toys or distractions for your child. Maybe on a soft bed, couch, or chair.
2. Hold your child in your lap while sitting down.
3. Cut up the feelings picture cards individually before teaching. Stack together.
4. Go through each of them one at a time with your child looking at the faces.
5. The goal for this lesson is to teach and look at the different facial emotional responses.
6. As you look at each feelings picture card, point to it and say what kind of emotion your child may see. Ask child to repeat you; I.e. "Can you say sad?" or "Can you make a sad face with mommy?"



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7. Mimic the facial expression on the card by making that same facial reaction shown on the card, with your own face to show your child. Watch to see if they mimic and do the expression with you.

8. **Extension Activity:** Go through a magazine pointing to and telling your child the kinds of emotional facial expressions you are seeing in the pictures. Ask child to try and repeat the words of the facial expressions you may see in the magazine. I.e. "Look she has a happy face. Can you say happy?"

Milestones to meet:

The child can look at and mimic the emotional responses they see in pictures and others. The child builds emotional awareness and feelings. The child tries to repeat words when heard.

Evaluation:

Did this lesson work for your child? Why or why not?