



Feelings

Ages 2 years—3 years

Objective: The child will make awareness and 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. Cut up the feelings picture cards individually before teaching. Stack together.
3. Go through each of them one at a time with your child looking at the faces.
4. The goal for this lesson is to teach and look at the different facial emotional responses and encourage child to imitate what they see.
5. As you look at each feelings picture card, point to it and ask child what kind of emotion they may see. Ask child to tell you. I.e. "Do you see a sad face?" or "Can you make a sad face with mommy?"



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7. Mimic the facial expression on the picture card with your face and encourage child to do it with you.

8. Go through each feeling word, saying and pointing to each letter with your child. Help child match the word to the correct facial picture card it shows.

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 say 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?" OR asking child, "how does this person feel?"

Milestones to meet:

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

Evaluation:

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