



# My Feelings Talk

## 1 year to 2 years

**Objective:** The child begins to recognize what a feeling is after shown pictures of emotional reactions, and they show imitation of seen emotion.

### Materials needed:

Emotion Cards (printable)

Brown paper bag OR Ziploc bag

### Procedures:

1. Cut the emotion cards out individually. Place them all in a brown paper bag, or Ziploc bag.
2. While sitting on the floor with your child, pull one emotional face card out of the bag at a time.
3. Say the emotion the face is making, while showing the picture to your child.
4. Use expression yourself. Do the emotion so your child understands that emotion first hand, seeing your reaction. Such as, if the emotional picture card shows a face "crying",



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then you start crying to show your child what it is expressing.

5. Watch to see if your child tries to mimic that emotion with you. If not, ask them to.
6. Continue through all cards the same way, pulling out of the bag, showing the picture, saying the emotion, and imitating it to your child.
7. Continue until all cards have been gone through or your child no longer shows interest.

### **Milestones to meet:**

The child understands emotions and shows a reaction when they are expressed. The child tries to mimic emotional reactions after seen.

### **Evaluation:**

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