

How do you feel today?



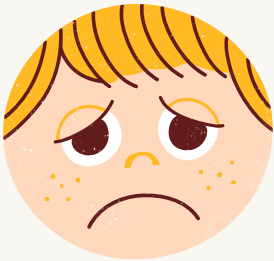
calm



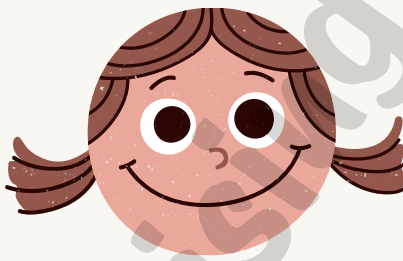
angry



sleepy



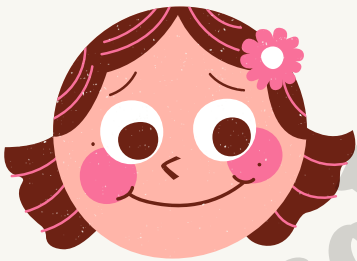
sad



happy



worried



shy



tired



shocked



proud



hurt



afraid

Feelings ID

This activity is a great starting point for teaching young children about emotions. Here's what to do:

- **Generate a list of feelings:** Begin with simple emotions, such as happy and sad, and explain that these are feelings. Give a second example demonstrating a more complicated emotion, such as enthusiasm or surprise. Ask children to think of more feelings, add them to the list, and show the list to the children on chart paper.
- **Identify feelings as good or not so good.** Return to the beginning of your feelings list and ask the kids to give you a thumbs up for feelings that make them feel good and a thumbs down for feelings that make them feel bad.
- **Conduct a follow-up discussion.** Ask children whether they have ever had feelings that made it difficult to figure out whether they felt nice or bad on the inside. Ask them to explain the situation with an example.

How Would You Feel If...

Think about some frequent events that may evoke different emotions.

Some examples:

"Your grandma picked you up after school and took you get to ice cream."

"Your classmate spilled paint on your drawing."

"Your mum yelled at you."

"Your brother wouldn't let you have a turn on the swings."

Place the scenarios in a hat and pass it around between you and your children while playing music. When the music stops, whoever holds the hat should choose a scenario (you can help the child to read it if they can't). Then, have the child describe how they would feel if the situation happened to them.

Source: [Sleeponitkids.com](https://sleeponitkids.com)

<https://sleeponitkids.com/blogs/blog1/creative-ways-to-teach-kids-about-emotions-and-self-expression>