

Emotions Journal

Instructions:

1. Parents and children make faces, showing a variety of expressions
2. Cut out of tear pictures showing a variety of facial expressions (See Materials #2)
3. Discuss expressions, and describe the feelings that match the expressions
4. Write the name of the expression and feeling (e.g. Frown-Sad), and post them.

Materials

1. Facial Expressions
2. Magazines/Newspapers/
Paper or a Box
3. Scissors
4. Glue



Why is this activity important? Allowing children to express their emotions helps to develop vocabulary that will allow them to talk openly about their feelings, identify other's feelings, and express their own feelings in an appropriate way.