

Match the Emotion Faces



HAPPY

HOW TO USE

1) Ask 'Which face looks happy?' before showing the word.



SAD

2) Point to the word and ask the child to find the face.



ANGRY

3) For younger kids, adults can read the words out loud.



SCARED

BENEFITS:

- Helps preschoolers recognize faces
- builds emotional literacy
- turns a quiz into a real conversation about feelings



SURPRISED



KIDS' EMOTIONS
WORKSHOP

Color the Feelings



Happy



Sad



Angry



Scared



Surprised



Curious

Coloring fills that gap.
Color the faces however you like!
There's no correct color here.

Try asking:
What color would you
give a happy face?

What does your face
look like when you're
surprised?



Recognition matters.
A fun conversation is
the real goal!

Cut and Paste the Feelings

- **Learn through Touch:** Not just for looking, hands-on sorting.
- **Simple sorting:** Match emotion faces to scenes.

- **Start with the Basics:** Happy, Sad, Angry, Scared, Surprised.
- **Go Deeper:** Explore complex reactions, like losing a toy.



HAPPY



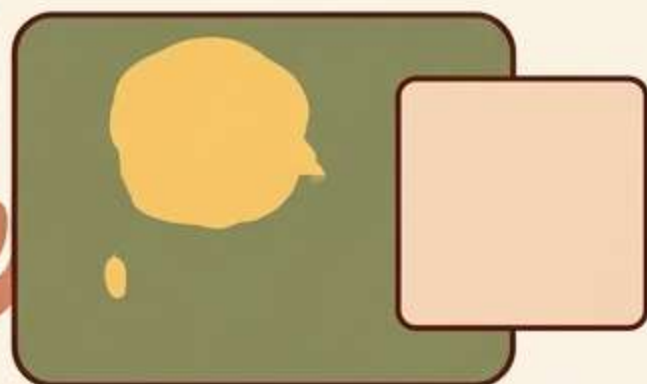
SAD



ANGRY



SCARED



SURPRISED



HOW AM I FEELING TODAY?

CIRCLE THE FACE THAT MATCHES YOUR FEELING!



HAPPY 😊



SAD 😞



ANGRY 😡

FACE THAT MATCHES IT



SURPRISED ?



EXCITED 😄



SCARED 😨

OR, DRAW HOW YOU FEEL BELOW!



FOCUS ON THE HABIT

Not about deep reflection. The habit of checking in is enough!



KEEP A ROUTINE

Before school. After
After coming home.
Right before bed.
The moment matters most.

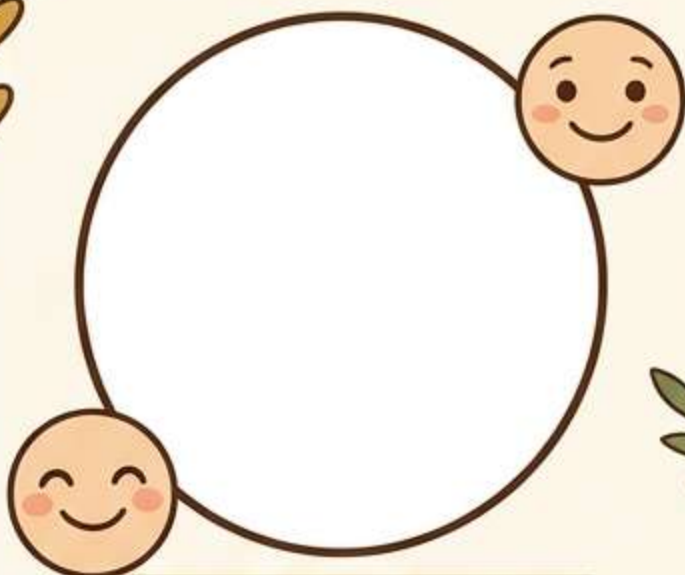


FOLLOW-UP QUESTION

"Do you want to tell me about that feeling?"
If the answer is no, leave it. A simple point or circle is okay.

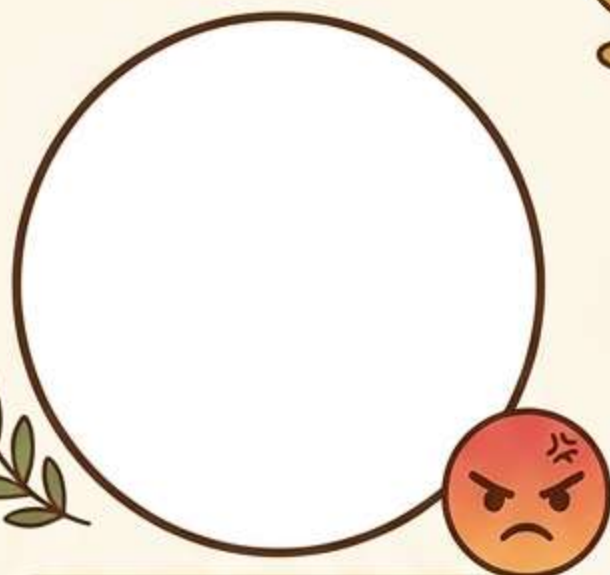


DRAW THE EMOTION



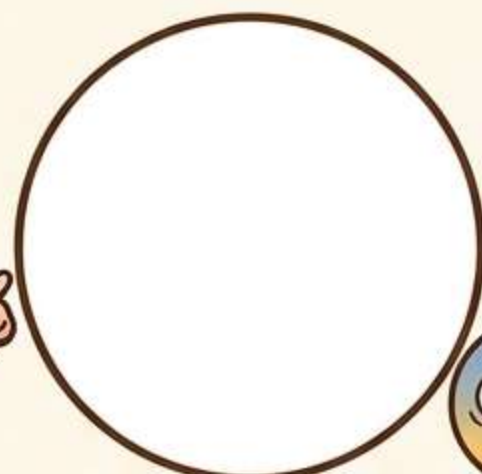
I feel HAPPY when...

.....



I feel ANGRY when...

.....



I feel SCARED when...

.....

- Start with one emotion. Happy, then Angry, then Scared.
- Optional: A small space for writing "I feel happy when..."
- Handwriting doesn't need to be perfect!



What Made Me Feel This Way?

Draw a line from each scene to how you feel!
(Two kids can feel differently about the same scene!)



Event Scenes



Your Feelings



Sad/Unhappy



Happy/Excited



Nervous/Anxious



Angry/Annoyed



Proud/Satisfied



WHERE DO I FEEL IT IN MY BODY?

A Body Awareness Worksheet for Preschoolers



Does your TUMMY feel funny?

☐ Yes ☐ No



Are your HANDS still or wiggly?



☐ Still ☐ Wiggly



Does your HANDS feel funny it in my body?

☐ Yes ☐ No



Does your FACE feel hot?

☐ Yes ☐ No

Do you want to HIDE, MOVE, CRY, or STAY CLOSE to someone?



Find teen/adult version in main guide

Feelings and Emotions Matching

WORD

FACE

SCENE

HAPPY



SAD



FRUSTRATED



SCARED



PUSH THE CONVERSATION:
What do you think this child feels?
Would you feel the same way?



BIG FEELINGS, SMALL CHOICES



Angry

A small idea for big feelings.
Feel, name, and choose a helpful move!



Sad

HELPFUL MOVES

1

BREATHE
with an adult



2

**ASK FOR
HELP**



3

**QUIET
SPACE**



4

USE WORDS



5

**GET A
HUG**
or
comfort



6

WAIT!

Pause
before
hitting or
shouting



FOR THE CALM ADULT:

Kids don't do this alone. They need an adult present for support and co-regulation.



MY FEELINGS MINI BOOK

TEN-PAGE MINI BOOKET

Covers
several
skills

Color a
face

Draw what
triggers it

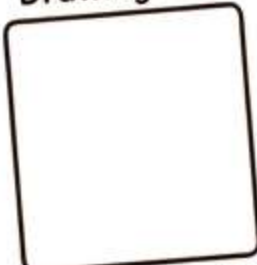
Point to
where it
lives

Dictate a
sentence

Spread 1: Happy



Drawing Box



Where I feel it

Drawing Box
What made me happy?



Heart
Location

Spread 2: Sad



Drawing Box



Tummy Location

Drawing Box
What made me sad?



Adults can
help with
dictation!

Spread 1: Happy

Spread 2: Sad

- Perfect for Classrooms!
(Revisit past feelings)
- Great for Home!
(Build emotion words quietly)

