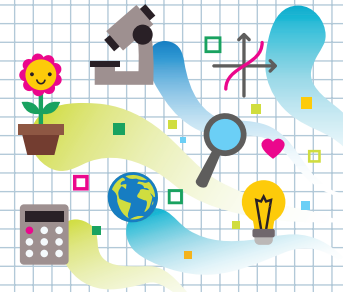




HEADS IN, HEARTS IN

Matching Feelings

Instructions for Set-Up

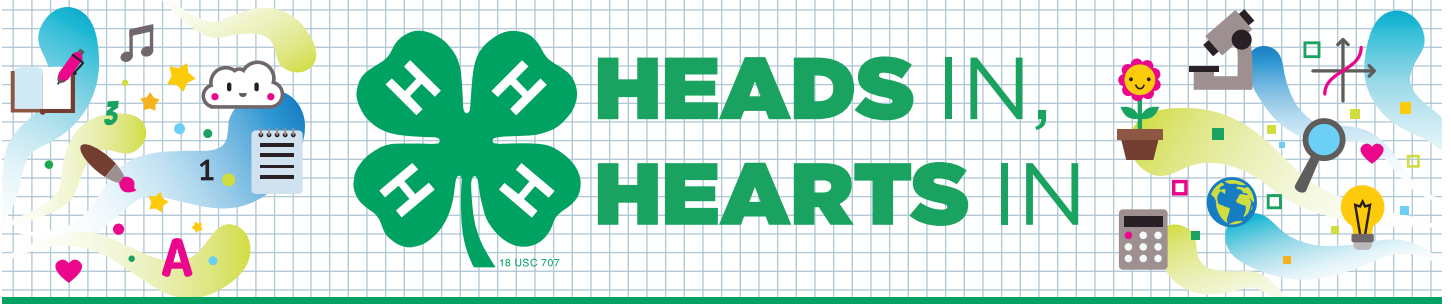


Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Emotion Cards” handout (2 copies)
- Scissors
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print and cut out two sets of the cards from the “Emotion Cards” handout.
- ▶ Take both sets of “Emotion Cards” and mix them up. Place them face down on a table or the floor.



Matching Feelings

Guide for Families

Learning Objectives

What you need to know:

Social emotional health is a critical component of healthy development for young children. Social emotional development includes the ability to identify and label or name emotions, and find appropriate ways to express or manage those emotions. For young children, emotions can be overwhelming. Since they do not have the skills to handle their strong emotions, they might act out, get clingy or withdraw. You can help them manage their emotions by giving them permission for their emotions, helping to identify how they feel, supporting them and teaching them emotion regulation strategies.

Emotional literacy, an important life skill, refers to the ability to understand, identify and respond to your own emotions as well as the emotions of other people. Helping children learn to identify and label different emotions will help them build up their emotional literacy.

What you will do and learn:

In this activity, you will help the child match “Emotion Cards.” This is a great opportunity to talk about feelings and emotions with the young child and to label or name the feelings and emotions that they see. Ask the child to look at what the person’s face looks like and to say the name of the feeling out loud. When the child experiences these emotions throughout their day or you notice these emotions while reading books or on television, talk to the child about what emotions you see.

Instructions

1. Tell the child that you will be playing a matching game together.
2. Ask the child to flip one of the “Emotion Cards” over. Talk about the feeling that you see. For example, say, “This person is feeling angry.”
3. Ask the child to try to find the matching card. As they flip over other cards, name the emotion that you see. Say, “That person is feeling sad. That doesn’t match our angry card.”
4. Keep playing until the child finds a match. Remove those cards from the table or floor.
5. Play again, having the child find all the matching “Emotion Cards.”

Matching Feelings

Emotion Cards Handout

Angry



Sad



Happy



Worried



Surprised



Afraid



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The "Emotion Cards" handout originally appeared in the *Heads In, Hearts In* activity "Feelings Masks" by Michigan State University Extension, 4-H Youth Development, 2017.