



# What Are You Feeling Today?

*Children learn how to identify, talk about, and understand their feelings.*

## START

- The goal of this activity is for children to explore their feelings, use feelings vocabulary, and create an imaginative Feelings Collage using magazine cutouts.
- Set up the table with the magazines, glue sticks, and scissors. Depending on the size of your table, put paper out at places for children to sit and work.
- Introduce the activity by asking Who would like to do an art project about feelings? You're going to cut pictures out of these magazines that show how you're feeling today and glue them however you'd like onto your paper. This is called a "Feelings Collage"!
- For younger children, you can use the puppets to welcome them to the activity.

## NEXT STEPS

- For younger children, ask them how they are feeling today and guide them to a few concrete words like happy, sad, or tired. Offer them a magazine and tell them to find some people or animals that look like they feel.
- For older children, ask them to talk about how they are feeling today and see if they can come up with some concrete ideas. Let them choose a magazine to look through, and tell them to cut out whatever picture (or even printed words) seems to match how they are feeling.
- If the children aren't ready to articulate specific feelings words to start out, show them the Feelings Face Chart and brainstorm together about the feelings shown in each face. You can also create a word list on a whiteboard or flip chart so that there is something concrete to reference throughout the project.
- This is an important activity for the adults to participate in as well. They can do their own project (modeling that it's important to know what you're feeling), work with their children, or take part in the group brainstorm activity.
- When the children feel ready, they can glue down their pictures and create their Feelings Collage.

## MATERIALS

- \* Magazines
- \* Images of human and animal faces or symbols that evoke a feeling, such as the sun or a birthday cake
- \* Scissors
- \* Glue sticks
- \* 8½ x 11" paper
- \* Feelings Face Chart (see attached)
- \* Mirrors (handheld or stand-alone)
- \* Puppets

## Learning Guideline:

Social/Emotional:  
Recognize or represent emotions such as happiness, surprise, anger, fear, and sadness through creating drawings, paintings, or collages.

## Tip Sheets:

Be Healthy, Cut

(continued on side 2)



(continued from side 1)

## FINISH UP

- As the children are finishing up their projects, you can walk around and encourage them to tell you about their work. You can ask questions such as Tell me about your pictures. What is this feeling? They may have real or made up stories to tell you, which is an important way for them to integrate their emotions with the words and to practice communicating them.
- You can ask the children if they would like to write captions for their pictures; the adults can help by writing them down.

## EXPAND YOUR ACTIVITY

- Any of the adults or the group leader can read one of the selected books at the beginning or end of the activity. At the beginning, it could help to jump start the children to think about emotion words. At the end, the children could use the skills that they've just exercised to engage more fully with the story.
- You can have a puppet show with the puppets acting out a feelings scenario or you can encourage the children to create their own puppet shows.

## TAKE IT HOME

- Children can create a feelings book out of paper folded in half and then stapled for a binding. They can write their name and the title on the cover and personalize it as they like. Each page can contain one or more emotions.
- Look for children's books that have great illustrations depicting emotions and feelings. Animal characters are just as effective as people. Read the books together in a quiet, calm setting; encourage the child to share her or his thoughts, fears, and experiences by asking questions such as Have you ever felt the way the bunny feels? What would you like to say to the little girl/boy if you could talk with her/him?

## BOOKS

- *Duck, Duck, Goose* by Tad Hills
- *Lots of Feelings* by Shelley Rotner
- *When Sophie Gets Angry—Really, Really Angry . . .* by Molly Bang

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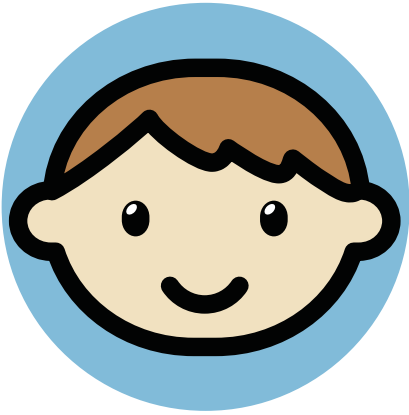
Be Healthy, Cut



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# FEELINGS FACE CHART



HAPPY



SAD



SURPRISED



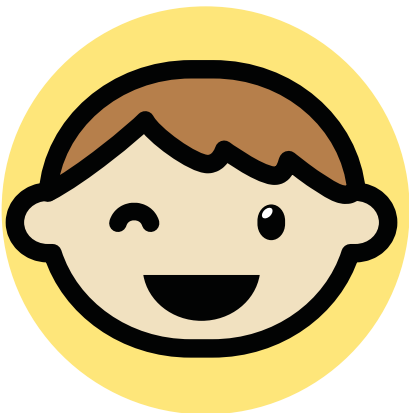
MAD



PROUD



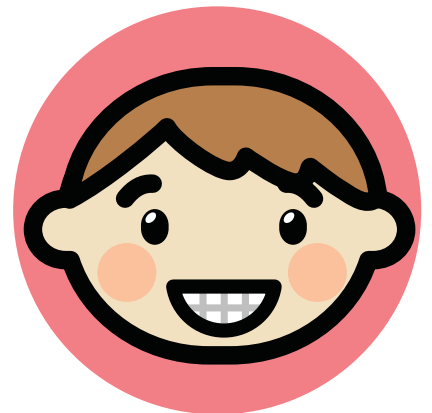
WORRIED



PLAYFUL



UNHAPPY



EMBARRASSED