

## About This Resource

These activities are designed to help young children recognize and discuss the myriad of emotions they experience.

Children sometimes struggle with identifying and expressing their feelings because they don't always understand what they are feeling.

These activities offer a fun and engaging way to teach children about feelings so they become more comfortable with communicating how they feel.

Research shows that when children understand their feelings, they are better able to regulate their emotions.

You might also like this Emoji Feeling Faces Christmas Tree: Feelings Recognition activity on [Kiddie Matters](#). Perfect for the holidays!



Graphics By:



# Christmas Tree Feelings Match



\_\_\_\_\_'S FEELINGS CHART

# HOW I'M FEELING



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

\_\_\_\_\_'S FEELINGS CHART

HOW I'M FEELING



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

# FEELINGS CHART



**SCARED**



**HAPPY**



**SAD**



**ANGRY**



**EXCITED**



**WORRIED**



**SURPRISED**



**SILLY**



**FRUSTRATED**



# FEELINGS CHART



**SCARED**



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**SURPRISED**



**SILLY**



**FRUSTRATED**

# Feelings Emoji Craft

## Materials Needed:

Feeling Emoji Printable

9 Popsicle Sticks

Scissors

Glue

Sharpie or other marker

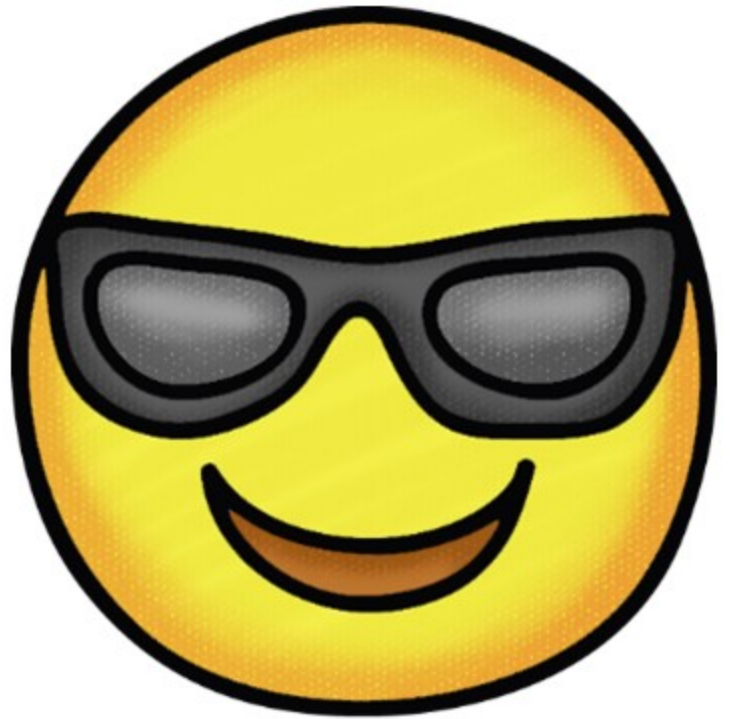
## **Directions:**

1. Print Emoji faces on heavy cardstock
2. Cut out the 9 emoji faces
3. Glue them on to the Popsicle sticks
4. On the Popsicle sticks, write the emotion represented on the emoji feeling face

## **The Finished Product:**

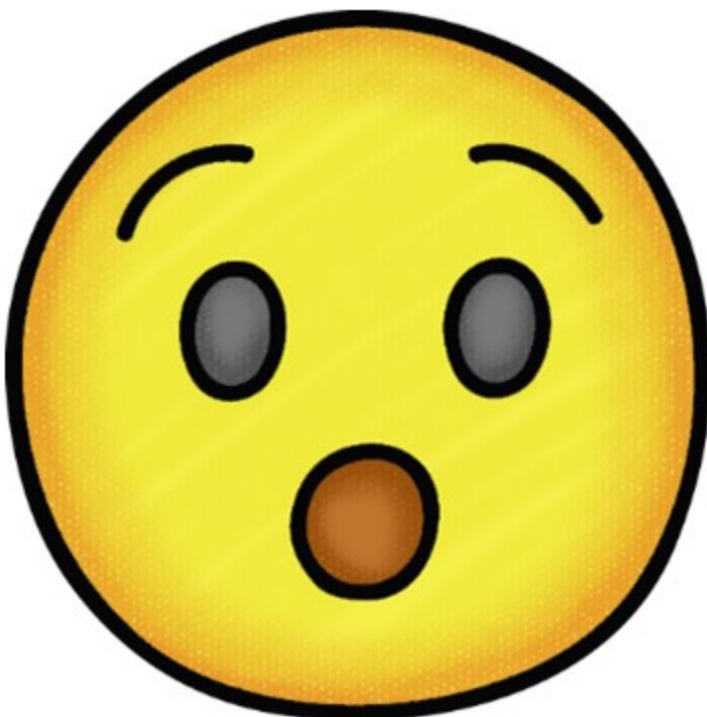
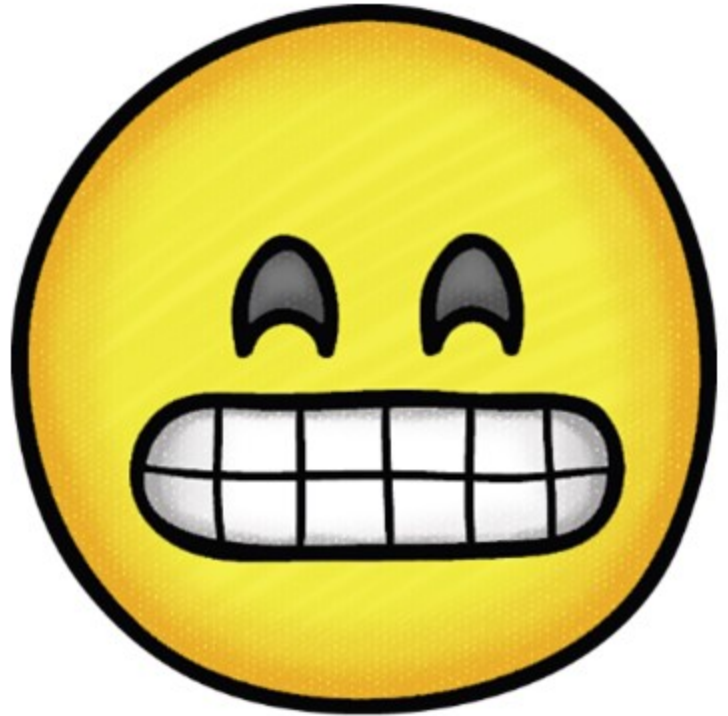


# FEELINGS EMOJIS





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