



Mirror, Mirror

Have children look into a mirror (or camera) and make faces showing different emotions. As they make faces point out features of their face that let you know how they might be feeling. If children need additional support you can place the feelings chart near the mirror to provide a visual.

Narrate and Label

Recognize and Describe Emotions:

“You were making a face with a big frown and eyebrows that were scrunched up. You were making an angry face!”

“You are smiling really big. You must be showing me what it looks like when you are happy.”