



YMW3



15-20 minutes

OUR EMOTIONS



To develop the ability to recognise another person's emotions through their gestures and facial expressions

To develop empathy for others

To develop the ability to relate symbolic representations of emotional states to the real emotions



❖ Emotion Picture Cards



❖ Emotion Symbol Cards



❖ Situation Cards



❖ Any story in which the characters show all the different emotions in this session – happy, sad, angry and scared. For example, 'The Wolf and the Seven Little Goats'.

❖ A hand-held mirror or child-height wall mirror

❖ A teddy or doll



Picture cards and emotions: Show your child all the Picture Cards, and ask how the person/character in each picture feels. Help them to identify **happy, sad, angry** and **scared**, and to think of times when they have seen someone with those feelings. Then ask your child what might have made the boy or the ball character feel like that. Share with your child short stories of occasions when you have experienced those feelings too.

Symbol card match: Then ask your child to look at the Symbol Cards and match them to the Picture Cards, according to the feelings shown and represented. Pretend that a teddy or doll doesn't know why the face symbols look like that and have your child explain the symbols to them.

How does the character feel? Talk to your child about characters that they have seen in books, cartoons or films who have demonstrated these four emotions. Ask your child to pretend to be each of the characters at the moment in the story that they felt a certain way, using their voices and expression to show how that character felt. Ask them to choose the symbol card that matches the emotion of the character at that moment in the story.

Read any story in which the characters show all the different emotions above. Ask your child to pretend to be different characters at appropriate points in the story, showing with their facial expression and voice how the character is feeling. For example in 'The Wolf and the Seven Little Goats', the wolf is angry when he cannot get into the house, the goats are scared when they hear the wolf, the mummy goat is sad when she finds her kids missing and at the end of the story the goats and the mummy goat are happy. Make sure that your child can name the feelings they are trying to show.

Showing empathy: Talk to your child about showing empathy towards the characters in the story or people in real life when they see an expression of one of those feelings. For example, they can show sad faces when the mummy goat finds her kids missing, and smile when the mummy goat and the kids are happy in the end.



Ask your child to choose one of the Picture Cards and put on that expression. Give your child a mirror and ask them to compare their facial expression with that of the picture. Have fun taking it in turns to make a facial expression, telling the other what it is and have the other copy it.

Lastly, show your child the Situation Cards and show empathy for the character together, helping your child to verbalise what they think has happened in each one.



Your child can name four basic emotional states – happy, sad, angry and scared.

Your child can identify the four emotional states depicted on the Picture Cards and Symbol Cards.

Your child can demonstrate four emotional expressions – happy, sad, angry and scared.

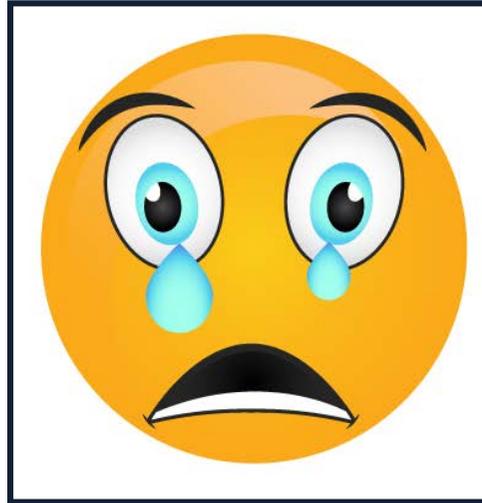


KEY TO LEARNING
@HOME

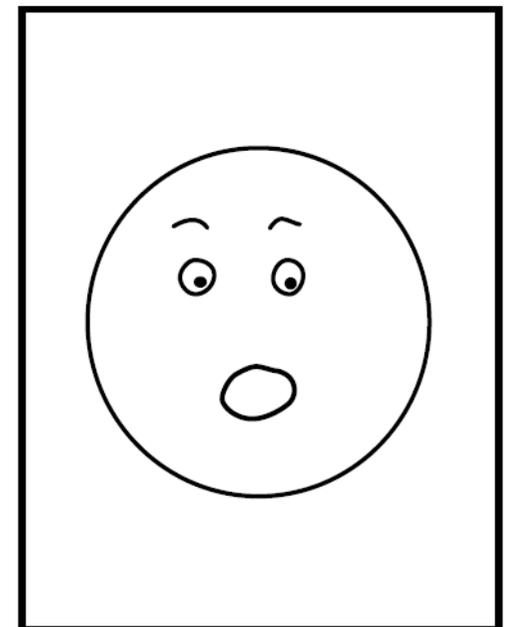
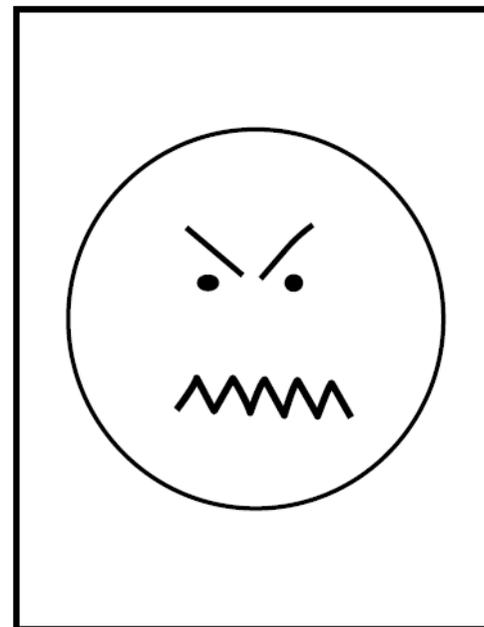
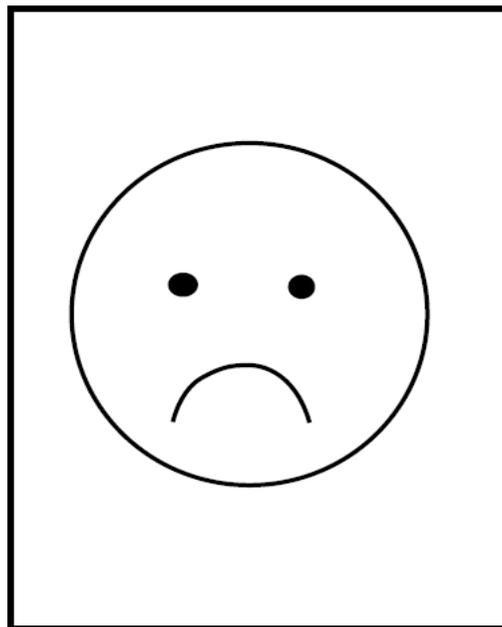
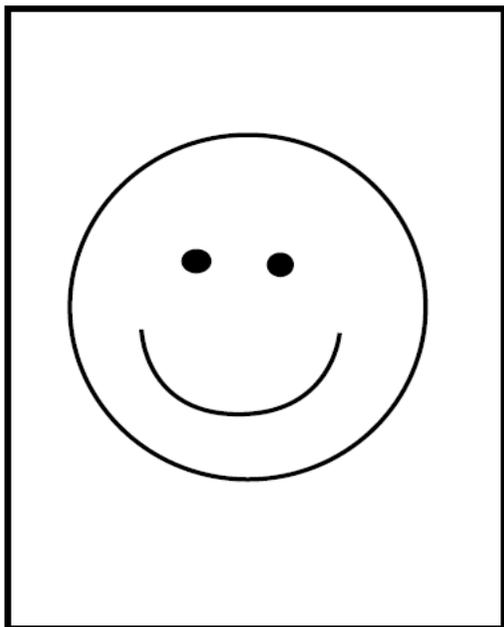
Cut out each boy Picture Card separately - some white showing is fine.



Cut out each Picture Card separately.



Cut out each Symbol Card separately.



Cut out each Situation Card separately.

