

Emotional Literacy: Using Feeling Faces

The Feeling Faces assist children with understanding their feelings and the feelings of others. It is important to teach children words to use to express feelings in place of the use of challenging behavior. The feeling cards that follow can be used in a variety of ways to help children learn social emotional skills around use of emotional literacy and vocabulary.

- ▶ Use the pictures to talk about, identify, and describe different emotions when you or children feel this way.
- ▶ The feeling faces can be used as part of an “emotion check in.” Children can use the feeling faces to let you know how they are feeling throughout the day.
- ▶ Teach new feeling vocabulary words. Start with a few emotions then move to the more complex emotions. Teach a balance of “positive, comfortable” and “negative/uncomfortable” feelings.
- ▶ Discuss how people can tell how you are feeling by looking at the expression on your face. Talk about how to tell the different feelings apart by looking at the eyes, the mouth or body position of a person. Use the feeling faces to help you point out and explain the different facial expressions.

Feelings Cube Activity

Use these cards in a ‘Pocket Dice’ to create a Feelings Cube.

Preschool Age Children

- ▶ Have children take turns rolling the dice.
- ▶ Have children label the emotion the dice lands on.
- ▶ Encourage all children to model the emotion the dice lands on.

Infants and Toddlers

- ▶ Young children may enjoy playing with the cube.
- ▶ Keep the cube in a location that encourages play, such as block area or with other manipulative and building toys.





Affectionate
Cariñoso(a)



Bored
Aburrido(a)



Brave
Valiente



Calm
Calmado(a)



Cheerful
Alegre



Comfortable
CÓmodo(a)



Creative
Creativo(a)



Curious
Curioso(a)



Disappointed
Decepcionado(a)



Disgusted
Asqueado(a)



Excited
Emocionado(a)



Embarrassed
Avergonzado(a)



Fantastic
Fantástico(a)



Fearful
Miedoso(a)



Frustrated
Frustrado(a)



Happy
Feliz



Jealous
Celoso(a)



Lonely
Solitario(a)



Loved
Amado(a)/Querido(a)



Mad
Enojado(a)



Nervous
Nervioso(a)



Overwhelmed
Abrumado(a)



Proud
Orgullosos(a)



Relaxed
Relajado(a)



Sad
Triste



Safe
Seguro(a)



Satisfied
Satisfecho(a)



Scared
Asustado(a)



Sensitive
Sensible



Serious
Serio(a)



Shy
Tímido(a)



Stressed
Estresado(a)



Strong
Fuerte



Tense
Tenso(a)



Tired
Cansado(a)



Worried
Preocupado(a)