

Objective

By the end of this lesson, Children will be able to recognize and express different feelings through facial expressions. They will learn to identify emotions such as happiness, sadness, anger, and surprise by using their own faces and observing others.

Materials and Prep

- No specific materials are needed for this lesson.
- Be prepared to demonstrate different facial expressions and emotions using your own face.
- Know some simple words to describe feelings: happy, sad, angry, surprised.

Activities

- **Face Mirror Game:**

Children will look in a mirror (or pretend to look in one) and imitate different facial expressions that you make. Start with a big smile for happy, a frown for sad, and a scrunched face for angry.

- **Emotion Charades:**

Take turns acting out different emotions without using words. You can show happy by jumping up and down, sad by slumping your shoulders, and surprised by widening your eyes. Let Children guess what emotion you are showing!

- **Feelings Song:**

Sing a simple song about feelings. Use the words happy, sad, and angry, and encourage Children to make the matching faces while singing. For example, you can sing "If you're happy and you know it, show your face!"

Talking Points

- "Look at my happy face! Can you show me your happy face?"
- "Oh no, my face is sad! Can you make a sad face too?"
- "I feel angry! My face looks like this! Can you show me an angry face?"
- "Wow! I'm surprised! Look at my big eyes! Can you make surprised eyes?"
- "Feelings are fun! We can show them with our faces!"