



## Additional Activities - Unit 5: Feelings

In this lesson, children learn **how to recognize and express feelings**. The goal of this lesson is for your child to be able to name their feelings, state an appropriate way to express those feelings, and state something they can do when they feel happy, sad, mad, or scared. Here are some activities you can do with your little one to strengthen the HALO at Home lesson!

### Feelings Charades

This activity will help children understand non-verbal communication cues and how others express feelings.

#### Materials:

- Paper or index cards
- Markers, crayons, or something else to color with

**Directions:** Give your child and each family member a piece of paper or index card. Have participants draw a happy, sad, mad, or scared face on their card. Then, have participants select a card and act out the feeling while others guess the feeling being expressed.

### Feelings Puppets

This fun activity will allow children opportunities to practice expressing emotions and responding to others' emotions.

#### Materials:

- Paper lunch bags or sock
- Markers, other items to decorate puppets

**Directions:** Have your child decorate their own puppets using a paper bag or sock. Demonstrate how to use a puppet to share an emotion, ask for help, etc. Then, your child can use their own puppet as a friend that they can talk to or hug when they feel sad, mad, or scared, or even happy! Your child can also play with their puppet with other family members in the household to role play scenarios that elicit different feelings and refine communication skills.

