

Healthy Alternatives for Little Ones In-Class Activities

Lessons 5 & 6: I Feel (Happy, Mad, Sad, and Scared)

This week we are learning **how to recognize and express feelings**. Here are some activities you can do with your class to reinforce this week's HALO lesson!

Feelings Charades

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

Materials: Index cards or paper, crayons/markers, and space for children to sit in a circle.

Directions: First, give each child a card or sheet of paper. Have children draw a happy, sad, mad, or scared face on their card (alternatively, the teacher can create the feelings cards). Then, during circle time, have each child select a card and act out the feeling. Have the other children guess which feeling the child is expressing.

Feelings Puppets

Puppets can be used in many ways, including circle-time demonstrations, acting out stories, and exploring solutions to pretend problems. These activities will allow children opportunities to practice expressing emotions and responding to others' emotions.

Materials: Paper lunch bags or socks, markers, other items to decorate puppets.

Directions: Have each 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, children 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! Children can also play with the puppets in pairs to role play scenarios that elicit different feelings and refine communication skills.



How Are You Feeling?

This activity will allow children to identify their own feelings, describe what makes them feel that way, and describe what they can do when they have an uncomfortable emotion.

Materials: Poster board or large sheet of paper, markers.

Directions: In advance, make a chart with different emotion faces going across the top row (one emotion for each column). Ask each child which emotion they feel today and tally or write the child's name under that emotion. Ask each child to describe what made them feel that emotion and if it is an unpleasant emotion, ask what they can do to make themselves feel better. The completed chart can also be used for counting exercises (e.g., how many children feel happy... mad... sad today?)

Simon Says "Feelings"

This game will allow children to practice expressing their feelings and describing what they can do when they feel sad, mad, or scared.

Materials: Nothing!

Directions: Play Simon Says, using feelings statements. For example, "Simon says, look happy... act angry...etc. " In between commands, ask questions about those feelings, such as "What makes you feel angry? What can you do to feel better when you're angry? Is it okay to be mean to others when you're angry?"

