

# emotion expressions tips & tricks

- During circle or group time, have each student identify how he or she is feeling each day. Some may just point to the expression that is appropriate, others may say the emotion, and give a short explanation why they chose that emotion. Older or more advanced students could use the emotion word(s) in daily journal writing.
- Throughout the day, refer to the poster as conflicts arise to help children recognize each others feelings as well as their own.
- Place a mirror near the poster, encourage children to look at their expressions and decide if it communicates the corresponding emotion. For those with low affect, have them practice expressions.
- Make an expression, see if students can identify the emotion, and have students take turns making the expression. Describe a situation and discuss what feelings might follow, or have caused the situation. Have students describe scenarios and others guess the emotion that goes along with it. Play charades, having students act out a feeling.
- Discuss or list emotions that are similar, or opposite. Talk about the emotions that have positive and negative meanings.
- Use the chart when reading a story to talk about how a character may feel, or predict how they will feel.

