

Feelings Book

Help your child to create a feelings book. Support them to cut out pictures of different faces displaying different emotions and help them create a story based on the faces they choose.

Remember to get your child to show what each feeling looks like on theirs and your face as you create your book together.

Recommended for ages 6+

Feelings Book Activity

Create a "feelings book", cut out pictures from old newspapers and magazines of lots of people's faces with different expressions and feelings on them. Practice the feelings faces/expressions as you find them.

It is important that we can name our feelings and recognise these feelings on people's faces.

Remember ALL feelings are ok!

Materials needed:

- Paper
- Old News Papers and/or magazines
- Glue
- Scissors
- Markers
- Stapler

Instructions:

1. Gather together some old newspapers or magazines that might be around your house.
2. Have a look through them and pick out people's faces, choosing a mixture of different expressions and feelings
3. Cut out the faces and group them into feelings categories e.g. Happy/smiling/laughing or Sad/crying/frowning
4. Take your paper and staple some pages together or punch a hole in the middle and use some string to hold them together
5. Start to create your feelings story, make up a story based on the feelings faces you have cut out.
6. Call or FaceTime some of your family and read them the story you have created.