

Feeling Song - Family Art Activity

Feeling Face Chart



Crying doesn't always mean sad.

Sometimes it means tired! This project gives a visual tool to help communicate better what your child, and you, are feeling.

Directions:

1. Have kids color pages feeling colors. What color is mad? What color is happy? Hungry? Sad? Lonely?
2. Cut out circles from those colors.
3. Draw faces on each circle. Ask kids what each face looks like.
4. Glue onto a larger sheet of paper for your Feeling Face chart.
5. When feelings happen, you can point to the Feeling Faces!

Curious Questions

~ What does sad look like? Mad? Happy? What about tired? Hungry? Frustrated? Overdone?

~ What other feelings can you think of?

~ Do you cry when you are tired? Do you scream? How can you use words or the feeling chart to express your feelings better?