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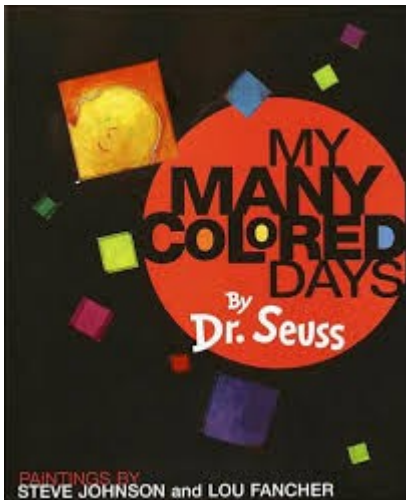
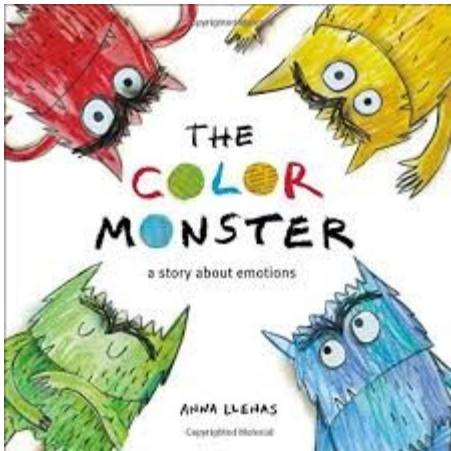
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Emotional Activity Cards - Instructions



Suggested Books

When reading the books and before working with the cards, talk about the emotion's definitions. Give your own example: "I feel disappointed when I thought I was going to be able to take my dogs to the park and couldn't". Child then gives her example. I used this activity to target one emotion. I plan to use this activity to explore the basic emotions for toddler/preschoolers.





Emotional Activity Cards (B)

1. Read an Emotion Book
2. Cards that are printed in black and white can be colored. Or the cards can be printed in color
3. Lay out all the cards for the children. Then pass a jar card out to each child. (pass the jar card out LAST, or they will have a hard time waiting to choose the cards)
4. The child chooses 1 card for each emotion you name. Name 5 emotions. Parker chose a card for: happy, sad, calm, angry, scared.
5. Parker colored his cards with markers and then he glued them into his jar as a collage.



