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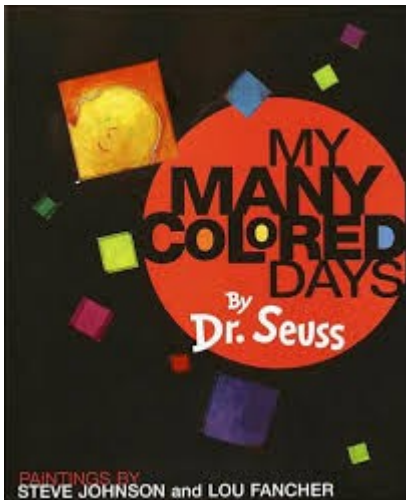
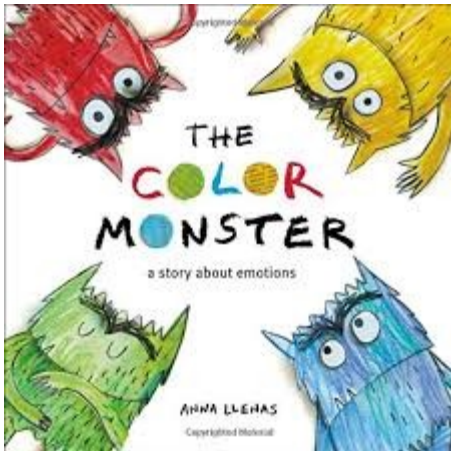
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Emotional Activity Cards - Instructions



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 –

- 1.** Print cards out in black and white.
- 2.** Choose an Emotion based on Age. I chose **DISAPPOINTMENT** for Parker , because disappointment is frequently his root emotion before anger.
- 3.** Choose a color to express the emotion. I chose purple to be the color for disappointment.
- 4.**
Parker chose 5 cards to represent **DISAPPOINTMENT**.
I gave the 17mo old a card also.
- 5.** The kids mixed red and blue food coloring in water. I poured the drops, but I let Parker choose how many of each color.
The kids then, “painted” their Emotion cards.
Let cards dry.

