

Activity: Feeling Faces

- **Author** - Custom Resource by the Eluna Team

Objective: Every day we have many different emotions and feelings. When you score a goal in soccer, you might feel happy, excited, or proud. if you forget to turn in your homework at school, you might feel nervous or worried. The emotions you feel inside are important. It's really important for us to talk and share about all of our feelings even when we experience harder feelings like anger, sadness or worry.

Supplies:

- Print this [Feeling Faces Worksheet](#)
- Pencils, pens, or markers

Instructions:

- On the [Feeling Faces Worksheet](#), trace the words and draw a face for each emotion.
- With someone who supports you, pick a few different feelings faces to talk about. You can share about what that feeling is and when you have experienced it.

Additional Ideas: Continue to expand emotional vocabulary by identifying new feeling words and drawing those feeling faces on another sheet of paper.

[Download Printable Activity](#)

