

Social Emotional Learning: Emotions Match

Learning Value:

This activity promotes development and learning by encouraging children to express, understand, and regulate emotions

Materials Needed:

- ▶ Emotions Cards (attached)
- ▶ Emotions Match Board (attached)
- ▶ Printer and paper or cardstock (cardboard optional)

Participants:

This activity can be done independently or with a partner

Directions:

Step 1: Print and then cut out the emotions cards. To make them sturdier, print on cardstock or print and then glue to cardboard.

Step 2: Read the emotion listed in each square. Find the facial expression that belongs in each square. There is no right answer. If playing with a partner, print out two or more Emotions Match Boards and sets of Emotions Cards. Compare your choices.

Step 3: Make your own Emotions Match Board with new emotions words.

Bonus: Do your own photo shoot and make your own emotion expressions!



Emotions Match Board

Sad	Happy	Worried
Excited	Shy	Silly
Curious	Nervous	Frustrated
Embarrassed	Joyful	Surprised
Disappointed	Curious	Worried

Emotions Cards

