

Emotions Charades

Supplies you'll need



crayons



scissors

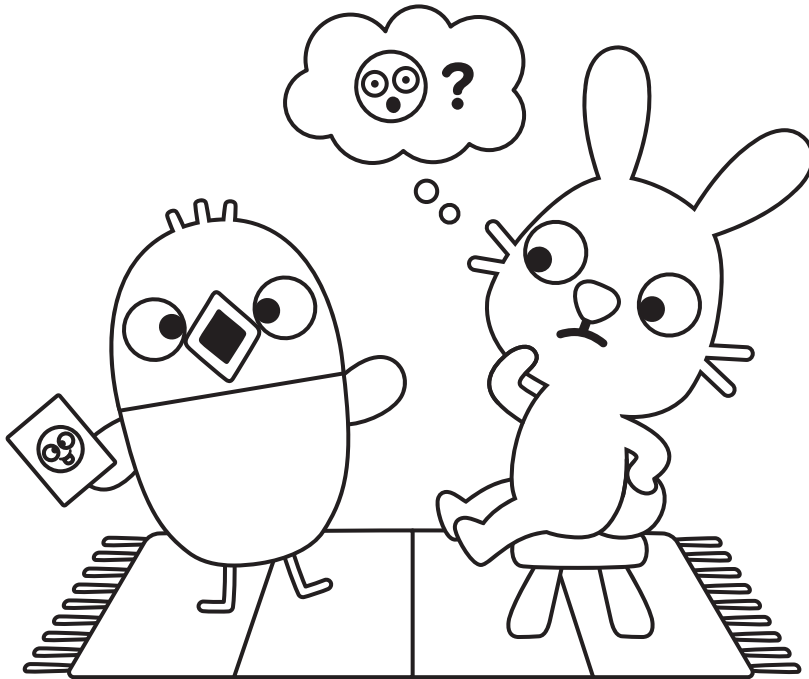


bowl

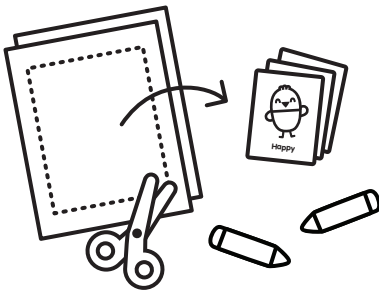
**What do you call
a sad strawberry?**

A blueberry!

Understanding emotions helps little ones develop important social-emotional skills. They'll learn to recognize and manage their feelings, and become more empathetic, too!

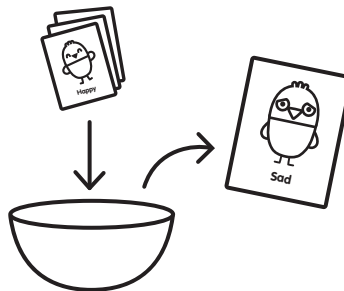


Instructions



1. Print, color, and cut

Print out the activity and color it in. Cut out the charades cards along the dotted lines.



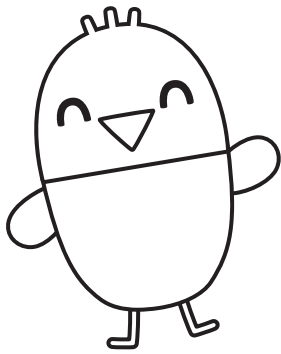
2. Act out emotion

Get a bowl and put the cards inside. Draw a card from it and act out the emotion for the others to guess!

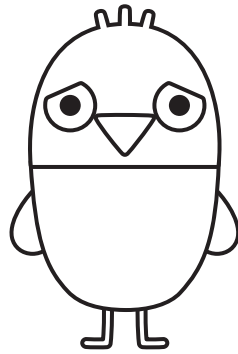


3. Take turns guessing

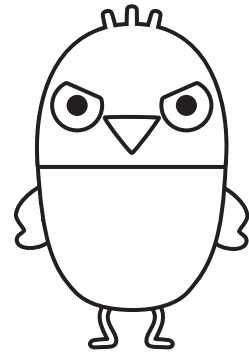
Take turns drawing cards from the bowl until all the emotions are done. BONUS: Recall a time you felt that emotion!



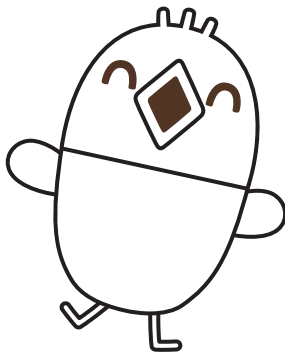
Happy



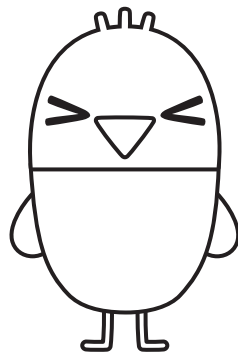
Sad



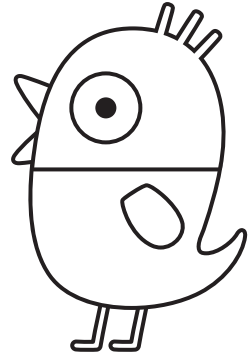
Mad



Excited



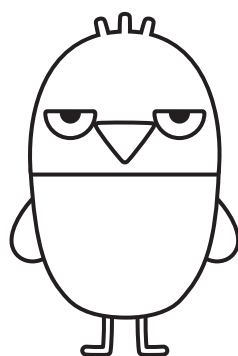
Uncomfortable



Scared



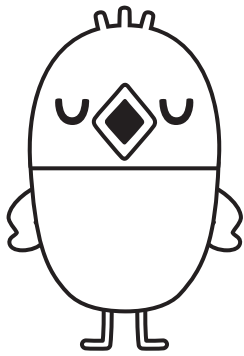
Relieved



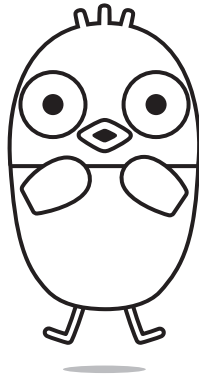
Bored



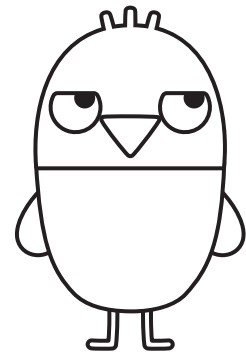
Worried



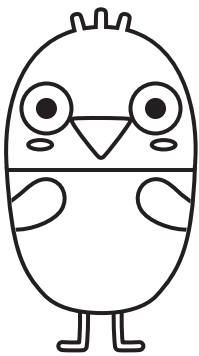
Proud



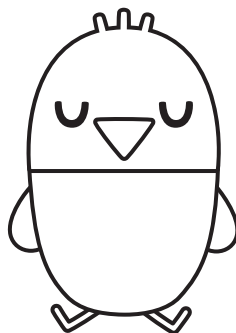
Surprised



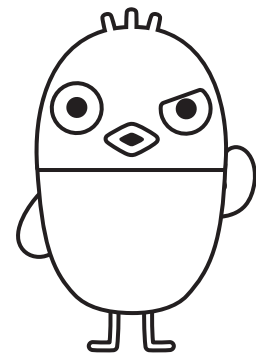
Annoyed



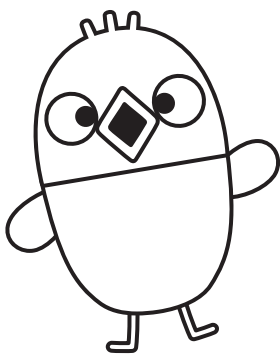
Embarrassed



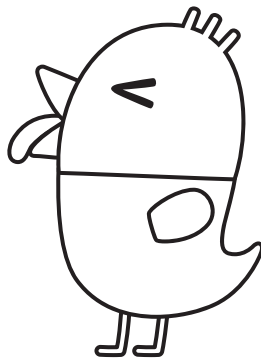
Calm



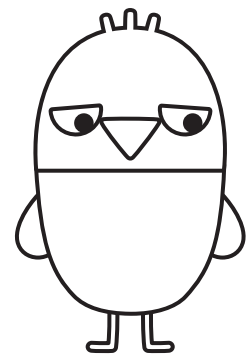
Confused



Silly



Disgusted



Disappointed