







HEART-MIND QUALITIES:

 Secure and Calm

 Gets Along With Others

 Alert and Engaged

 Compassionate and Kind

 Solves Problems Peacefully

AGE: Early Years

LEARNING OUTCOMES

Children, parents and caregivers will:

- Create a tool which can be used to identify and talk about emotions
- Learn new games to strengthening Heart-Mind well-being
- Increase emotion words used in conversation and in play

MATERIALS REQUIRED

- 6 pieces of different coloured felt cut into circles (one set per child)
- Permanent markers
- small pillow (ideally made from felt)
- A zippered bag to hold felt pieces
- Optional: A Pillow Full of Feelings handouts for each family describing the games

TEACHING AND LEARNING ACTIVITIES

1. Welcome participants and let them know they'll be strengthening Heart-Mind Well-Being through this activity. Families will create six faces from felt pieces showing different emotions which they can use to engage in a wide range of activities.
2. Instruct children to choose a piece of felt which could convey the emotion "happy." Adults can help children by asking them which colour makes them happy - there are no right answers. Have the children or assisting adults draw a happy face on the first piece of felt with a permanent marker.
3. Repeat this process with the emotions sad, scared, surprised, angry, and sleepy. Encourage discussion between caregivers and children about how each emotion looks, feels and sounds. When the activity is finished, each child should have a set of six different emotion faces. Families can store the faces in a pillow, zippered bag or Ziploc bag.
4. Introduce and play one or more of the following games with the faces. You may choose to provide a Pillow Full of Feelings handout with game ideas to use at home for ongoing opportunities to strengthen their child's Heart-Mind well-being.

Guessing Game

- Take a pillow and place it in your or your child's lap.
- Pull a face from a bag and while still holding it in your hand and have the child guess what the emotion it represents.
- After a few guesses, put the face on the pillow and talk about the emotion.
- Enhance the learning moment by expressing the emotion with your own face and inviting the child to do the same.

*Adapted From | Emily Vance
University of British Columbia Teacher Education Program*



Create Your Own Emotion Story

- Give names to all the face cut-outs (use your own name, family, friends or made-up names).
- Make up a story or use a real-life situation to talk about how you (or your child) felt and use the faces to talk about the corresponding emotions.
- Try changing the “end” of a story – for example, does every situation invite the same emotional response?

Emotion Stories through Songs

- Sing a song such as “5 Little Ducks went Swimming One Day”
- Use the pillow and faces to represent the characters in the song. For example talk about what mother duck felt when her little ducks did not come back and why mother duck’s last “Quack” was so loud.

Emotion Stories through Books

- Read a story to your child and then repeat the story using the faces as characters.
- Ask: What did the characters feel? How did they express their emotions?