

Diving Deeper into Emotions: How Our Bodies Feel

Emotions and How our Body Feels:

*Show your child how your body feels with the emotion and have them do it with you! *

HAPPY: When we are happy, we have a smile on our face, our bodies are loose

SAD: When we are sad, we may have a sad face, our bodies move slow, we may be crying

ANGRY: When we are angry, our fist might be clenched, heart may be beating fast, face and our muscles tight or scrunched up

SURPRISED: When we are surprised, our mouth may be open, eyes may be open wide, and our heart may be beating fast

SCARED: When we are scared, our bodies might be tight, and our heart might be beating fast

WORRIED: When we are worried, our bodies might be tight, we may move quickly, and our tummies may hurt.

Activity #1: Outside and Inside Feelings

Materials: find objects from around the house that feel different to touch (sponge, blanket, pillow, tissues).

←The list of how our bodies feel.

Instructions: Start by moving around the house asking about each object and how it feels to touch (*is the sponge soft or squishy?*). Then discuss the emotions and how the child feels in their body. End with asking your child how they feel today!



Activity #2: Feelings March

Materials: big open space to move around with your child.

Instructions: Assign different animals to each emotion and call out each emotion as you are marching around. For example:

HAPPY: Puppy (wagging tail and wiggling around)

SAD: Snail (slow moving)

ANGRY: Elephant (stomping on the ground)

SURPRISED: Bunny (jumping around)

SCARED: Turtle (Hiding in shell)

WORRIED: Monkey (moving around quickly)

