

Emotion Recognition Cards

SOCIAL INTERACTION | Ages 24-36 months | 12 minutes

About This Activity

Teach emotional intelligence by identifying and naming feelings using faces and situations.

Materials Needed

- emotion cards
- feelings book

Step-by-Step Instructions

Use emotion cards or make faces showing different emotions: happy, sad, angry, scared, surprised. Name them: 'This is a happy face,' 'This is a sad face.' Ask 'How do you think they feel?' Talk about situations: 'How would you feel if someone took your toy?' This builds emotional intelligence and empathy. 10-15 minutes.

Developmental Benefits

SOCIAL EMOTIONAL, LANGUAGE, COGNITIVE