



How I'm Feeling Today

Here's What You Get!

- 18 Half-Face Template
- 6 Mirror Template
- 1 Teacher's Activity Guide

Introduction:

Feelings are part of many early childhood discussions as we help children learn how to react and manage different moods. It is so important for children to understand that having feelings is common and most early childhood standards include guidelines on emotions. Recognizing, accepting, and managing feelings are the building blocks of social and emotional learning. As children develop their social and emotional skills, they learn to understand and manage emotions, show empathy, control anger, maintain positive relationships, make responsible decisions, and achieve goals.

Excellerations® How I'm Feeling Today can help children identify emotions in themselves and others. The templates allow the child to see her own emotions, as well as recognizing the emotions and feelings of others. It will also help the child contemplate when it is appropriate to adjust their feelings.

Use Excellerations® How I'm Feeling Today to address these early childhood standards and the Head Start Early Childhood Learning Outcomes:

- Goal P-SE 6 Child expresses a broad range of emotions and recognizes these emotions in self and others.
- Goal P-SE 7 Child expresses care and concern toward others.
- Goal P-SE 8 Child manages emotions with increasing independence.
- Sense of Identity & Belonging
- Goal P-SE 9 Child recognizes self as a unique individual having own abilities, characteristics, emotions, and interests.

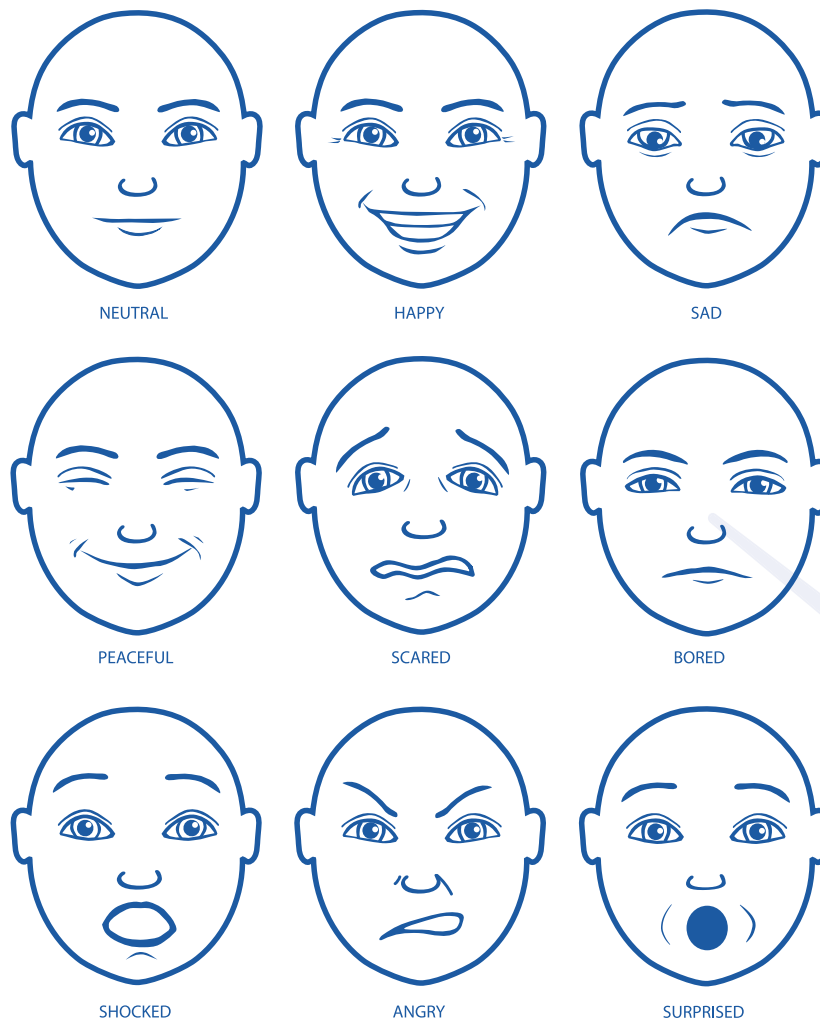
Suggested Activities

Teacher-Initiated:

- The teacher can use the components of How I'm Feeling Today when having classroom discussions about social and emotional strategies.
- The templates could also be used as a display for the teacher to challenge the children to have a good day. Display one of the positive expressions and challenge the children to keep that attitude throughout the day. Say, "If something happens and you are not feeling your best, check up here at our picture to remind you what type of day we are trying to have".
- Using the emotional templates, create a class book of emotions. Take pictures of individual children making the facial expression for each emotion.

How I'm Feeling Today (continued)**Child-Initiated:**

- Have the child look in one of the mirror templates and explain what emotion is showing. Challenge him to try to mimic the other emotions that have been discussed.
- Suggest that the child place two of the emotion templates on a mirror and see if she can imitate the expression on the plastic face.
- After the different emotions have been discussed, have the child explain each emotion and name something that might happen in his life that would cause him to have that emotion.
- Place the templates in a practice center and have the children tell stories using the emotions on the faces.
- Have the child create a 'sad' face with the templates. Have her explain things that would make her own sad face turn into a 'happy' face. Have her change the template to a happy face.

Teacher's Guide to the Emotions:

#HOWUDOIN