Welcome to the Every Child Ready @ Home Emotions Learning Plan! Here, you will find activities designed for your young learner to continue their practice in specific subjects and skills. This plan will focus on recognizing emotions! Try all of the activities or pick those that work best for your family.

Visit AppleTree’s Distance Learning Page and social media regularly for additional resources and updates.

Getting Started:

Using the Overview
The activities are organized by lesson. You can scroll through the lessons or click directly from the overview page.

Accessing Helpful Resources
Within the lessons, you’ll find helpful links to additional resources, such as activity videos and examples.

Let’s Get Started!
Emotions Learning Plan

Emotions are also called feelings. Children experience different feelings throughout the day, such as happiness, sadness, anger, fear, or surprise. The Emotions Learning Plan has activities to help your child identify and recognize basic emotions. You can teach these activities for several days to give your child extra practice!
Happy

- **Show your child pictures of happy faces**, such as those provided here.
- **Make a happy face** and ask your child to mimic you and the pictures.
- **Share with your child 1 or 2 things that make you happy.** Ask them to share what makes them happy!
- **Later, draw a picture of a happy face** with your child.
- **Use the happy pictures** as a reminder of ways to show happiness throughout the day.
Angry

- Show your child pictures of angry faces, such as those provided here.
- Make an angry face and ask your child to mimic you and the pictures.
- Share with your child 1 or 2 things that make you angry. Ask them to share what makes him or her angry.
- Later, share with your child how your body feels when you are angry. You can say things like, I feel hot. My heart beats quickly. Or, My body feels tight.
- You can set up and use a calming space in your home. Watch to learn more about calming spaces.
Sad

- Show your child pictures of sad faces, such as those provided here.
- Make a sad face and ask your child to mimic you.
- Share with your child 1 or 2 things that make you sad. Ask your child to share what makes them sad!
- Later, have your child draw a picture of a time when they felt sad. Ask questions like, What did you draw about? Why does ___ make you sad? What makes you feel better if you are sad? You can also share what makes you feel better if your child needs help!
Surprised

- **Show your child pictures of surprised faces**, such as those provided here.
- **Make a surprised face** and ask your child to mimic you.
- Share with your child 1 or 2 things that surprise you. Ask your child to share what makes them feel surprised!
- Later, play *(your name)* Says. Give your child silly things to do. *(your name)* says, crawl like a crab! Each time you say *(your name)* says, add, I tried to surprise you!
- Play Freeze Dance. Each time you stop the music, have your child quickly stop dancing. Then say, I tried to surprise you!
Scared

- **Show your child pictures of scared faces**, such as those provided here.
- **Make a scared face** and ask your child to mimic you.
- **Share with your child 1 or 2 things that make you feel scared**. Ask them to share what makes him or her feel scared. Let them know that feeling scared is normal and okay!
- Later, **brainstorm** with your child a list of things they can do or people they can talk to if they get scared. Write or draw the list together.
Name That Emotion

**MATERIALS:** Feelings Chart - show on screen

- Show your child the feelings pictures. Point to each and say, *What kind of feeling do you see in the picture?*
- *If your child has difficulty, that’s ok! You can tell them the correct answer and have them repeat after you.*
- Talk about things that might cause these feelings. For example say, *If someone gives you a new toy, how would you feel?* *If someone says you cannot play with a toy, how would you feel?*
Mirror Emotions

MATERIALS: Feelings Chart - show on screen

- Practice naming feelings by making happy, angry, sad, surprised, and scared faces for your child.
- Have them guess how you are feeling.
- Ask them to mimic your face with their own.
- Provide positive praise when they try to mimic you. Wow, you look so surprised!
Emotions During the Day

MATERIALS: Feelings Chart - show on screen

- When you are feeling an emotion, say it **out loud** for your child to hear, **I am so happy we are all together at dinner!**
- When your child is experiencing a strong feeling, **name**, **describe**, and **mirror** their face. **You look angry. I can tell because your face looks like this.**
Finding Emotions Game

MATERIALS: Feelings Chart

- Print the Feelings Chart or draw emojis to make your own.
- **Name feelings** you see in everyday life, like in books, on TV, and in everyday interactions.
- Each time your child names a feeling they see, put an X by that feeling on the Feeling chart.
- See how many X’s you can get in a day!