



# Feeling Faces:

## This is how I feel today!

(English-Spanish)

### Emotional Literacy: Using Feeling Faces

The Feeling Faces assist children with understanding their feelings and the feelings of others. It is important to teach children words to use to express feelings in replace of the use of challenging behavior. The feeling poster that follows can be used in a variety of ways to help children learn social emotional skills around use of emotional literacy and vocabulary.

- ▶ Use the pictures to talk about, identify, and describe different emotions when you or children feel this way.
- ▶ The feeling faces can be used as part of an “emotion check in.” Children can use the feeling faces to let you know how they are feeling throughout the day.
- ▶ Teach new feeling vocabulary words. Start with a few emotions then move to the more complex emotions. Teach a balance of “positive, comfortable” and “negative/uncomfortable” feelings.
- ▶ Discuss how people can tell how you are feeling by looking at the expression on your face. Talk about how to tell the different feelings apart by looking at the eyes, the mouth or body position of a person. Use the feeling faces to help you point out and explain the different facial expressions.

### Make your own poster:

#### Materials needed:

- ▶ Poster template (attached)
- ▶ Camera
- ▶ A way to print your pictures once taken
- ▶ Children to make facial expressions for each feeling
- ▶ Tape/glue to attach pictures

#### Process:

- ▶ Discuss how people can tell how you are feeling by looking at the expression on your face. Talk about how to tell the different feelings apart by looking at the eyes, the mouth or body position of a person.
- ▶ Take pictures of each feeling. Select one emotion at a time and take pictures of children making the facial expression that matches the feeling.
- ▶ Print/Develop the pictures and attach to the poster template.
- ▶ Add different pictures of other emotions as children learn to identify and express the different feelings.



**Frustrated**  
Frustrado(a)



**Excited**  
Emocionado(a)



**Lonely**  
Solitario(a)



**Sad**  
Triste



**Mad**  
Enojado(a)

**Today, I feel...**  
**Hoy me siento...**



**Nervous**  
Nervioso(a)



**Happy**  
Feliz



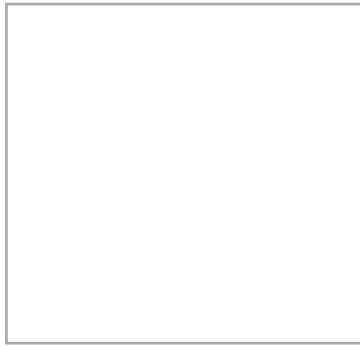
**Loved**  
Amado(a)/Querido(a)



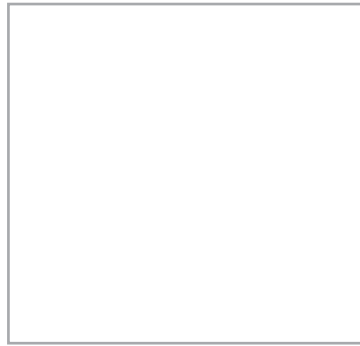
**Scared**  
Asustado(a)



**Proud**  
Orgulloso(a)



**Frustrated**  
Frustrado(a)



**Embarrassed**  
Avergonzado(a)



**Lonely**  
Solitario(a)



**Sad**  
Triste

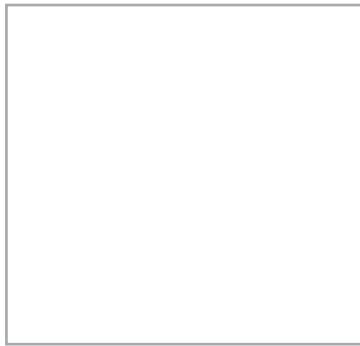


**Mad**  
Enojado(a)

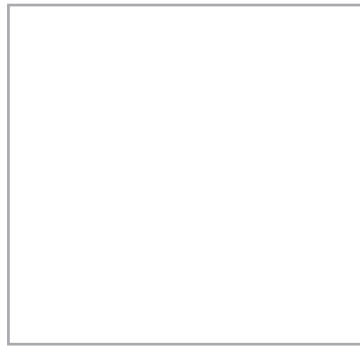
**Today, I feel...**  
**Hoy me siento...**



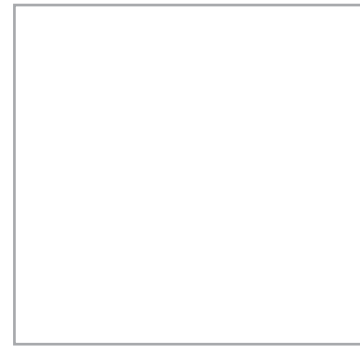
**Nervous**  
Nervioso(a)



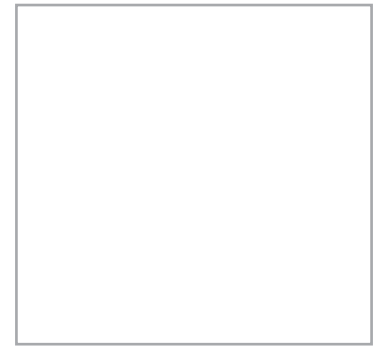
**Happy**  
Feliz



**Loved**  
Amado(a)/Querido(a)



**Scared**  
Asustado(a)



**Proud**  
Orgullosa(a)