

## DO THIS AT HOME

# Feelings Quilt

Try this activity at home to reinforce what your child learned about recognizing emotions in himself and others.

### What Your Child Will Learn

Concepts such as “feelings” that you can’t hold or touch are very difficult for young children to understand. Adding facial expressions to match the labels we give to emotions is a helpful way for your child to start making connections between abstract concepts and what the feeling really looks like. As your child begins to recognize emotions on his own face, he will be more prepared to notice and understand how others are feeling.

### Materials Needed

camera	crayons	yarn or ribbon
construction paper	scissors	

### What to Do

- ▶ Start by photographing your child displaying a variety of feelings. You can ask your child to “pose” for you and try to capture feelings such as: happy, excited, sad, angry, worried, frustrated, confused, and so on.
- ▶ Place the photographs on individual squares of construction paper. Your child can help you do this. If you choose, you can use fabric scraps and hot glue the photos to the fabric scraps (adult step only).
- ▶ Next, ask your child how he was feeling in each picture. Point out facial expression/body language or any other clues from the photo, and then write down what your child says. “In this picture, Sam, you have a frown on your face. How were you feeling?”
- ▶ Consider adding other family members and their facial expressions, as well.
- ▶ Show your child how you can “read” the quilt. Point out body expressions (smiles, frowns, clenched hands, flushed faces, and so on).
- ▶ Call attention to the quilt regularly and add new photos when possible. Use the quilt as a reference when you are reading a story or talking about feelings, in order to help attach a visual with “feeling” words, such as “frustrated,” “angry,” “disappointed,” “excited,” “worried,” and so on. Have the quilt available for your child to look at by himself, with an adult, or with a friend.

\*You can download this activity and the other at-home activities in this book at [www.centerforresilientchildren.org/SSES](http://www.centerforresilientchildren.org/SSES).