

meeting Kids' needs™

The Lesson: Feelings Faces Photo Collage

Your child is learning: Basics of an emotional vocabulary

Why it's important: Developing an emotional vocabulary is foundational to emotional health, and emotional intelligence is a greater predictor of success in adulthood than high academic achievement



What you'll need for PART ONE of the lesson...

- camera or smartphone
- printed copy of feelings faces sheet (included on the last page of this document) and blank paper to cover parts of the feelings faces sheet as needed
- printer and paper for printing the feelings faces sheet
- computer or smartphone to access www.collage.com and create the photo collage
- magnet or washi tape for hanging completed project on the refrigerator **OR** painters' tape for hanging completed project on the wall

Lesson directions and ideas for talking with your child...

You are such a special kid! I love you so much, and I am so glad I have you!

We're going to make a photo collage of you showing lots of different feelings! We'll learn some new words to describe some of the different ways you feel.

Let's look at the faces of these kids. *(Look at the feelings faces sheet together. Start by looking at the horizontal row across the top that shows happy, sad, mad, scared, embarrassed, and*

lonely with the rest of the sheet covered with a blank sheet of paper. These six feelings words are enough for younger kids to learn at first. The feelings move from less strong to more strong as you move down the page and are different degrees of happy, sad, mad, scared, embarrassed, and lonely. For example, people sometimes feel a little bit happy, and are **pleased**. People sometimes feel very happy, and are **ecstatic**. With older children, move the blank sheet of paper down one horizontal row at a time as appropriate for your child's age and development. Say the word and make the corresponding face for each feeling.)

These kids are feeling lots of different feelings. Every person feels all of these feelings! Your feelings are special, and it is OK to feel all of these feelings. Let's think about some times that we feel some of these feelings. We can take turns choosing a feeling and saying when we feel it.

(Take turns choosing one feeling at a time with your child saying:

I feel _____ when...

Here are some examples:

I feel happy when it's my birthday.

I feel sad when someone is mean to me.

I feel mad when I have to share something that belongs to me, and I don't want to.

I feel scared when I'm in the dark.

I feel embarrassed when someone laughs at me.

I feel lonely when I don't have anyone to play with.

Take several turns each.)

Your feelings give you information about what is going on with you and the world around you. Feelings can give you really helpful information! When you feel sad, mad, scared, embarrassed, or lonely, it is a way your body tells you that you may need to do something. Maybe there is something you would like to do differently. Maybe you need to tell someone how you are feeling. Maybe you need to get help. Remember, all of your feelings are special; and it is OK to feel every feeling that you have.

Now let's choose four feelings that you would like to use in your photo collage! I'm going to take your photo when you make a face for each feeling.

(Find a background that your child enjoys. Take a photo of her in front of that background as she makes a face for each of the four feelings she has chosen—for a total of four photos.

With either your computer or smartphone, create the photo collage using these easy numbered directions. Before getting started, make sure the feelings photos are stored on the device (smartphone or computer) that you will use.

Visit www.collage.com and follow these steps. Creating the photo collage should take no more than ten minutes, and your photo collage will later ship to your home.

- 1. Click on "Shop" at the top of your screen. Under "Customer Favorites" click on "Poster Prints."*
- 2. Select "Unframed" under "Framing."
Select "12 x 12" under "Size."
Click the green "Start Your Poster" button.*

3. You'll see "Start by adding photos" with an arrow to a blue "Photos" button. Once you click the blue "Photos" button, you'll be able to select your four feelings photos from your smartphone or computer using the green "Upload Photos" button.

Your four photos will automatically fill in using a set template that you'll change.

Click on "Layout."

Click on "Template."

Scroll down and select "2x2 Square."

4. Your photo collage should appear on your screen.
5. Click the green "Next" button, click the green "Add to Cart" button, and proceed to check out.
6. Use coupon code **SAVE60** for 60% off of your order.

OPTIONAL

Extra ideas for this lesson...

- Each family member, adult and child alike, can make a feelings faces photo collage to display in your home.
- Share this idea with your child's classroom. Volunteer to make a feelings photo collage for each child; please be sure to secure the appropriate permission to take children's photos. The completed feelings photo collages make a beautiful learning tool and classroom display.

Additional resources to learn more...

- Dr. Daniel Goleman is a foremost researcher in the field of Emotional Intelligence. His classic books, *Emotional Intelligence* and *Social Intelligence*, are excellent resources.
- Many adults experience difficulty in processing challenging or unpleasant emotions. As most of us did not grow up learning what to do with our own challenging or unpleasant emotions, we are not as equipped as we could be for helping our children to process their own emotions. Dr. Shefali Tsabary's books, *Conscious Parenting* and *The Awakened Family*, are outstanding resources in assisting parents to examine their own histories and ways of being in order to then nurture our children into becoming the fullness of who they truly are rather than an extension of who we think they should be.

