



Mirror Face

I N F A N T S

Materials unbreakable, child-safe mirror

- What to do**
1. Sit down with an infant in front of a mirror and make faces that illustrate different emotions, such as happy, sad, scared, and so on.
 2. Tell the child what each facial expression means. "I'm smiling because I'm happy."

Jean Potter, Charleston, WV

Describing Emotions

I N F A N T S A N D T O D D L E R S

Materials magazines and books with many pictures in them

- What to do**
1. Look at books and magazines while holding a baby or younger toddler.
 2. As you turn the pages, describe to the child your emotional response to what is on the page. "Oh, this person is sad because she lost her puppy."

Jean Potter, Charleston, WV

Feelings

Y O U N G E R T O D D L E R S

Materials pictures from magazines showing children crying, laughing, surprised, and so on
cardboard
glue
clear contact paper
hole punch (adult only)
ribbon



- What to do**
1. Mount pictures on the cardboard and cover with clear contact paper.
 2. Punch holes in one end of the cardboard and tie several together to make a book about feelings.
 3. When the children are looking at the book, be sure to name the feeling.
 4. These books can be used when conflicts occur to help children realize what the other child is feeling.

Phyllis Esch, Export, PA

Friendship Chain

OLDER TODDLERS

- Materials**
- light colored construction paper
 - crayons
 - wiggle eyes
 - tacky glue

- What to do**
1. Introduce the activity by saying something like, "I hope everybody in this room becomes friends and learns to respect each other. Friends work and play nicely together. We are going to make a picture to remind us of this."
 2. Give each child a sheet of paper, crayons, and a pair of wiggle eyes.
 3. Invite the children to draw pictures of themselves having fun. Ask them to draw their hands at the very edges of the paper.
 4. After the drawings are completed, help the children glue their wiggle eyes to their drawings, and write the children's names at the bottom of their drawings.

