

Feelings Memory Game



Emotions

T

Toddler
1.5 - 2.5 years

Toddlers will match cards that have different emotions on them to see that we all have different emotions, and that is perfectly okay. This helps normalize the different emotions and introduces them to other emotions besides happy and sad.

Learning Outcomes

Domain:

Emotional

Skills:

Expression of Feelings

Indicator:

Show range of emotions. Identifying self in relation to "feelings cards". Pretend to make face expressions like teacher.



happy



proud



angry



sad



disgusted



excited



Materials

- Copy of "Feelings and Emotions" cards cut and laminated on thick cardstock. Copy two of each emotion for matching
- Books about feelings
- Safe handheld mirror or mirror on wall
- Poster of different emotions that match cards



Instructions

Step 1: Since toddlers may not fully understand all 9 of the emotions on the memory cards, you may want to start with three or four.

Step 2: Hold up one card and make the face/expression that is on the card. (I.e.- angry and make an angry face) Ask toddlers to make an angry face.

Step 3: Lay out two other kinds of emotions in front of the toddler and ask them to point to the one that shows the match. "Which one is angry?" Have the matching card in child's hand to refer to.

Step 4: Repeat this with as many cards as you think toddler can handle, and practice matching.

Step 4: To modify this for older children, have this game at a center with mirrors and books about feelings. You can also keep this game in the "calming corner" to play when they need a break and want to identify what they are feeling.

Playful Questions

- How do you feel right now?
- What are some feelings that you like to feel?
- When do you feel silly? Sad? Afraid? Tired?
- What should you do when you feel angry and do not want to feel that way?
- How many feelings can you name?



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