The objective of this game is to get the children engaged in more emotional conversation with their peers as they learn to understand and how to read their reactions.

Learning Outcomes

- **Domain:** Social
- **Indicator:** Identifying their emotions.
- **Skills:** Recognizing and expressing emotions

Materials

- A few hand held mirrors
  OR
- A large mirror

Instructions

- **Step 1:** Prepare a list of emotions and reason for their emotions (for example - sad, happy, mad, confused, excited etc.).
- **Step 2:** If incorporating a book, set it aside (a recommendation for this would be: The Feelings Book By Todd Parr)
- **Step 3:** Have the children gathered on the carpet or at a table and start by asking ‘who knows what a happy face looks like?’
- **Step 4:** Hand out any handheld mirrors or have a large one ready.
- **Step 5:** Get ready for some laughs!

Playful Questions

- What does this emotion look like?
- How does it make you feel when you see a friend who is sad?
- What should you do if a friend is sad? (or happy, scared, ect.)
- When was the last time you felt happy? (sad, mad, scared ect.)
- Why would someone else feel this way?
Emotions List

- proud
- angry
- happy
- sad
- disgusted
- excited
- worried
- upset
- confused
- surprised