



**What Is My Face Doing? (🧠 An Emotional Health Story)  
(PreK – 4-5 yrs.)  
Demonstration: How Am I Feeling Today?**

 **STORY CONNECTION-SLIDE 2 (Approx Time: 10-15 mins)**

The title of this story is “What is Your Face Doing?” We have lots of “feelings” inside of us, these are called **emotions**. People have LOTS of emotions, but there are some emotions that show on your face. Why does your face show what emotions that you are feeling? It is so others will know how you are feeling. It is a way of telling people what is going on inside you without having to talk. This is important for both people and animals. Let us see how our face looks when we are “feeling” different emotions.

**Materials needed:**

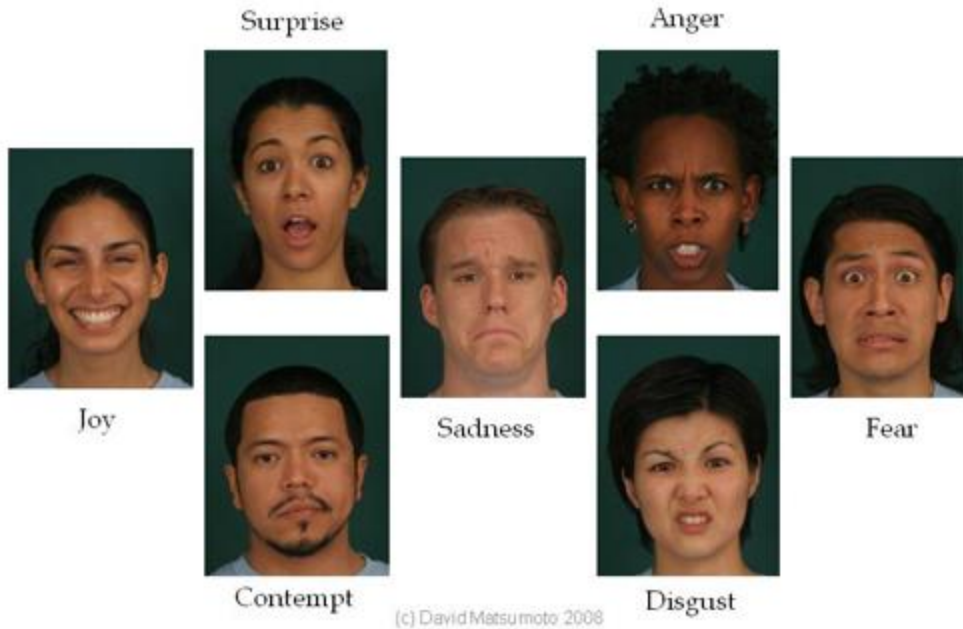
- Chart paper
- Markers
- Whiteboard

**Preparation needed:**

- Determine where you will make the group emotions list (board/chart paper/digital document).
- Determine which emotions you will show (below are 7 basic emotions and their universal expressions)

**Instructions:**

1. To begin the activity, ask student(s) to brainstorm (or think) of different emotions.
2. After a few moments, ask student(s) to respond out loud. Responses might include confused, happy, sad, surprised, mad, annoyed, disgusted, etc. Create a list for the group by writing their responses for all student(s) to see.
3. Remind the student(s) that some emotions can be seen on our faces to let others know how we are feeling.
4. Tell them that you are going to be making a face and it is their job to try to figure out which emotion goes with the facial expression you are making.
5. Demonstrate for student(s) by showing a big grin. Say: If I show this face, how am I feeling?
6. Ask student(s) to respond. They should say “happy/excited.”
7. Now ask student(s), what are situations or times you feel happy? Have student(s) share their responses out loud.
8. Proceed to make different facial expressions while the student(s) guess the emotion. You can also have a student make facial expressions and have the other student(s) guess the emotion if that would work with your group of student(s).



<https://www.apa.org/science/about/psa/2011/05/facial-expressions>