



What Is My Face Doing? (🌈 An Emotional Health Story)
(PreK – 4-5 yrs.)
Physical Activity: Catch a Feeling
Group Activity



STORY CONNECTION-SLIDES 3, 5, 7, 9, 11, 13 (Approx Time: 10-15 mins)

Students learned in the story that we use facial expressions so others around us can tell how we are feeling. The emotions highlighted in the story include happiness, sadness, anger, disgust, fear, and surprise.

Materials needed:

- Beach ball or other lightweight ball that can be tossed around (a balloon or an empty cardboard box can be used if a ball is not available)
- Sharpie or another permanent marker
- Adequate space to toss the ball

Preparation needed:

- Decide on and secure ball/balloon/box to use for activity.
- On the object, use the marker to draw different faces/emotions learned in the story. (If you do not want to ruin your ball, then draw faces on a piece of paper and tape the pieces of paper on the ball.)

Instructions:

1. Have the students stand in a circle.
2. Explain that the group will be tossing around the “ball” to one another. Before tossing it, make sure to say the student’s name you are tossing it to so they can be ready to catch it.
3. If you are catching the “ball” will need to catch the it with both hands.
4. Once the ball is caught, look at the pictures under each hand and choose one to share a time you felt that emotion.
For example: (Toss the “ball” up and catch with both hands.) My hand is covering an angry face and a surprised face. I am going to tell you about a time I felt surprised. When I was 10 years old, my parents surprised me with a birthday party. They took me bowling but when we arrived, five of my friends were there with cake and ice cream! It was so much fun!”
5. Once you have shared, name another student who you will toss the “ball” too.
6. Ask students if they have any questions or need any clarification. Clear up any misunderstandings.
7. Say the name of a student and toss the “ball” to start the activity,
8. Repeat this process until everyone has had a turn.
8. In closing, review the emotions on the ball/balloon (happiness, sadness, anger, disgust, fear, surprise).



Anger



Disgust – Yuck



Happy



Fear



Sad



Surprise