



**What Is My Face Doing? (🧠 An Emotional Health Story)**  
**(PreK – 4-5 yrs.)**  
**Game: Oh, What A Feeling!**



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

When you feel different emotions, your face gives others clues about what you are feeling. It does it automatically because your BRAIN tells your face what to do. It is so important for others to know how you are feeling that your brain tells your mouth to smile when you are happy, frown when you are sad, crunch your face when you are mad, look like you want to vomit when you are disgusted, makes your eyes get wide when you are afraid, and make your eyes and mouth open wide when you are surprised. Your brain makes your face change with different emotions because it is important to share your emotions with others. Feeling and expressing your emotions makes your brain happy and keeps your brain healthy.

**Materials needed:**

- Emoji emotion cards (included below) or draw on notecards by hand
- Blank notecards or paper (Variation #2)
- Marker, pen, pencil, etc. (Variation #2)

**Preparation needed:**

- Variation #1:
  - Determine how many sets (card pairs) you will need. Print and cut emoji cards  
*\*\*NOTE: There are twelve different cards. Print enough sets so that each student has a card but also there is a match for that card that another student will have. For example, if there are 12 student(s) in the class, print two complete sets. If there are only 10 student(s) in the class, print two sets but only use enough cards to make ten matched pairs. If there are 24 student(s) in the class, print four complete sets. \*\**
- Variation #2: (advanced activity)
  - Print and Cut emoji cards for half of the student(s)
  - Write emotion words (that match the emojis) on notecards for the other half.  
(happy, sad, mad, excited, scared, worried, disgusted, frustrated, surprised, calm, bored, confused)
- Variation #3: (traditional memory card game)
  - Print or create two sets of emoji cards

**Instructions:**

In this story, student(s) learned about how certain emotions can be seen on our faces. This allows others to know how we are feeling. This activity gives student(s) the opportunity to match emotions and facial expressions. There are three variations, but all are matching games. Variation #2 is a more advanced activity. Student(s) will likely need additional support. Variation #3 can be played independently or with a partner/small group. Please select the one that is best for your student(s) and situation. If you are unable to print the emoji cards below, simply draw similar faces on notecards or paper.

### **Variation #1-Faces Only**

1. Begin by explaining the matching game. Hold up the emoji cards so student(s) can see examples.
2. Tell them each student will get an emoji card.
3. On your cue, they will get up and move around the room to find the person with the same card. (You can have them do this silently or not. A timer could also be helpful.)
4. Once they find their match, they will stand with their partner(s).
5. After everyone has found their partner(s), student(s) will share with their partner(s) what they think the emotion is that the emoji is showing.
6. When everyone in the group agrees on the emotion, each student will share something that makes them feel that way. Model for student(s) how to think through and share:  
For example, if my group's emoji looks bored (hold it up), I might say a rainy day makes me feel bored. I can't go to the park or play outside. I don't have any brothers or sisters so not having anyone to play with can feel boring."
7. When the group finishes sharing with each other, they will bring their cards to you and sit down in the designated area.
8. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
9. Mix up all the cards and pass them out. Follow steps 3-7.
10. Repeat this activity as many times as you would like.
11. In closing, choose a few of the cards and have student(s) share what they talked about in their group if they had that emotion card.

### **Variation #2-Faces and Words (advanced activity)**

1. Begin by explaining the matching game. Hold up the emoji cards so student(s) can see examples. Then hold up a word card.
2. Explain that half of the student(s) will have an emoji card and the other half a word card.
3. On your cue, they will get up and move around the room quietly. They are looking for the person that will match their card. If they have a happy emoji face (hold it up), they want to find the student with the card that says the word "HAPPY."
4. Once they find their match, they will stand with their partner(s).
5. Each student will share something that makes them feel like the emoji card/word.  
For example, if my group's emoji looks bored (hold it up), I might say a rainy day makes me feel bored. I can't go to the park or play outside. I don't have any brothers or sisters so not having anyone to play with can feel boring."
6. When the group finishes sharing with each other, they will bring their cards to you and sit down in the designated area.
7. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
8. Mix up all the cards and pass them out. Follow steps 3-6.
9. Repeat this activity as many times as you would like.
10. In closing, choose a few of the cards and have student(s) share what they talked about in their group if they had that emotion card.

### **Variation #3: (Independent/Partner)**

1. Shuffle or mix up two sets of emoji cards (combine them together).
2. Place the cards face down on a flat surface.
3. Take turns flipping two over at a time, trying to find a match.

4. When you find a match, share something that makes you feel like the emoji card.
5. Repeat until all matches have been completed.
6. If partner-play, count matches to see who won.
7. Play as many times as desired.



Happy



Excited



Sad



Scared



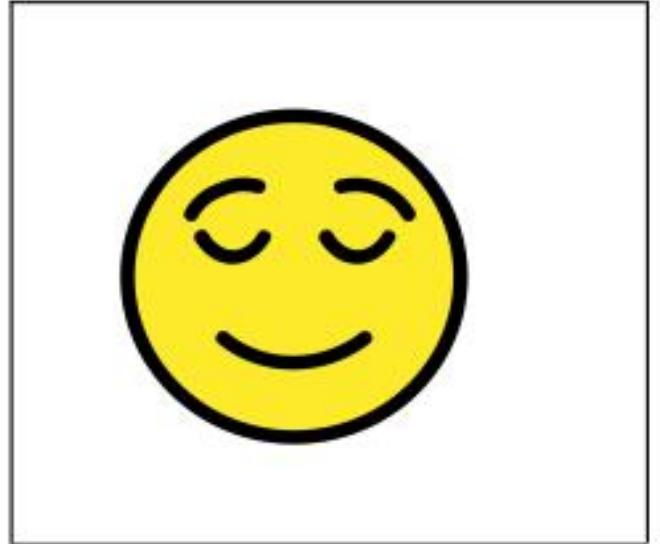
Mad



Worried



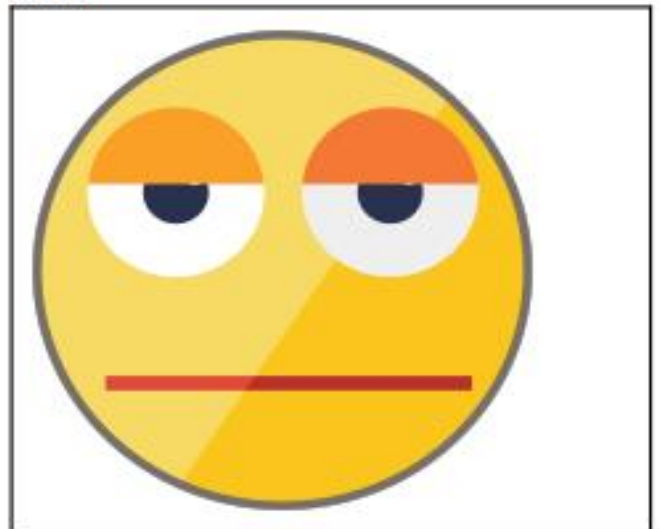
Disgusted



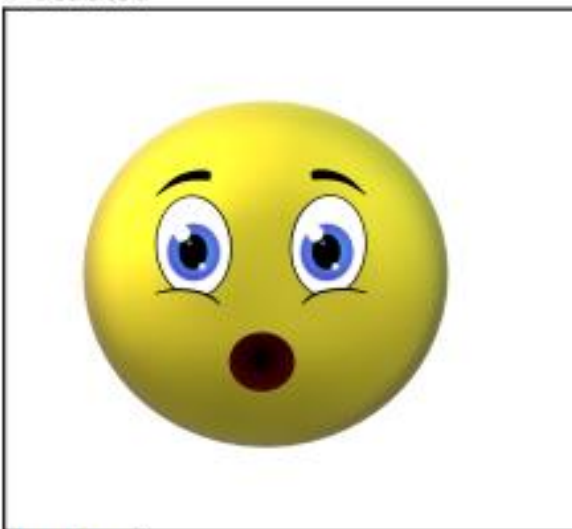
Calm



Frustrated



Bored



Surprised



Confused