



**What Is My Face Doing? (🧠 An Emotional Health Story)
(PreK – 4-5 yrs.)
Craft: Don't Mask Your Emotions**



STORY CONNECTION-SLIDE 15 (Approx Time: 15-20 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:

- Plain white paper plates cut in half-if not available can cut half circles out of white paper
- Popsicle sticks, tongue depressors, straws, sticks-anything to attach to the mask as a holder
- Markers, crayons, colored pencils
- Tape

Preparation needed:

- If using plates, cut them in half.
- Write an emotion on the back of each ½ plate. Write it small on the curved edge of the plate/paper.
NOTE: It is okay if some of the emotions are repeated. Use emotions discussed throughout the story and from other activities. If student(s) cannot read the word, you can make a face depicting that emotion so they can figure it out.
- Create a list of relevant scenarios that provoke different emotions.
- Determine and gather material for mask (plate/paper) and “stick” of choice.
- Create an example to model and use with student(s)

Instructions:

1. Pass out a plate to each student.
2. Have the student(s) look at the back of the plate for an emotion word or face drawing.
3. Ask them to share with their neighbor what emotion is there. Help any student(s) confirm their assigned emotion, if needed.
4. Explain that on the front of the plate, student(s) should draw the bottom half of a face (nose/mouth/cheeks) showing their assigned emotion. (Show your mask to student(s).)
NOTE: When using the mask, the student(s)' eyes will be visible.
5. Once they are finished drawing and coloring, tape the stick/depressor/straw etc. to the back of the mask.

6. Lastly, you will give brief stories/scenarios and the student(s) who have that emotion mask will hold it up if it fits how they would feel.
For example, the scenario is that it is a rainy day, they cannot go outside, and no one can come over to play. Student(s) who are sad or bored would hold their mask up to their face.
7. Present a couple of scenarios and then have student(s) trade masks with classmates and then proceed again.
8. As an extension, you can also have them turn their masks around so no one can see the bottom part of the face. This will allow them to see that our eyes and the top half of our faces also show a lot of emotion as well.

Activity Credit: <https://www.notimeforflashcards.com/2011/05/paper-plate-emotion-masks.html>