



**What Is My Face Doing? (🧠 An Emotional Health Story)  
(PreK – 4-5 yrs.)**

**Video: Don't Let Your Emotions "Spin" Out of Control**



**STORY CONNECTION-SLIDE 16 (Approx Time: 10-15 mins)**

This activity is a review/culminating activity about how your face is helping your brain by telling others about what you are feeling inside. It is like talking – but with your face instead of with your words. Feeling emotions is a good thing – it helps you learn about the world around you.

**Materials needed:**

- Video Link: <https://www.youtube.com/watch?v=jetoWelJJjk> (4:52)
- Equipment to play online videos

**Preparation needed:**

- Watch the video prior to presenting the activity.
- Pay attention for when to pause the video for student(s).

**Instructions:**

1. In this activity, student(s) will watch and interact with a video about an Emotions Wheel.
2. The emotions covered in this video are happiness, sadness, fear, anger, disgust, and surprise.
3. The host will spin the Emotion Wheel, when it stops spinning but before the emotion is revealed, you can pause the video and make predictions as to what emotion student(s) think it is based on the facial expression of the character.
4. Start the video again and listen to the mini lesson on that emotion.
5. After the host asks, "When do you feel \_\_\_\_\_?" pause the video and have student(s) talk about when they feel that emotion.
6. Proceed with the video repeating steps 3-5 until the video is over.
7. In closing, ask student(s) if there were any other emotions they have learned about that were not on the wheel or if they learned anything new about the emotions highlighted in the video.