







Activities Summary


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

-  **#1-Demonstration: How Am I Feeling Today?**
 - Students will observe different facial expressions, name the emotion, and discuss what makes them feel that emotion
 - Approx Time: 10-15 mins
 - Story Connection: Slide 2

-  **#2-Physical Activity: Catch a Feeling**
 - Students toss a ball to classmates to identify emotions and share about them
 - Approx Time: 10-15 mins
 - Story Connection: Slide 3, 5, 7, 9, 11, 13
 - Group Activity

-  **#3-Game: Oh, What a Feeling!**
 - Students match emojis and emotions and talk about what makes them feel certain ways
 - Approx Time: 10-15 mins
 - Story Connection: Slide 15

-  **#4-Craft: Don't Mask Your Emotions**
 - Students create emotion masks and then use them to check their understanding of various feelings
 - Approx Time: 15-20 mins
 - Story Connection: Slide 15

-  **#5-Video: Don't Let Your Emotions 'Spin' Out of Control**
 - Students watch and interact with a video featuring an Emotions Wheel
 - Approx Time: 10-15 mins
 - Story Connection: Slide 16