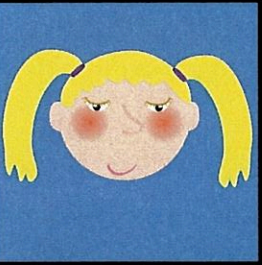




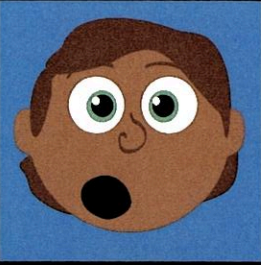
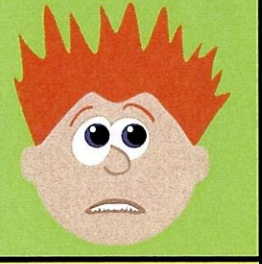

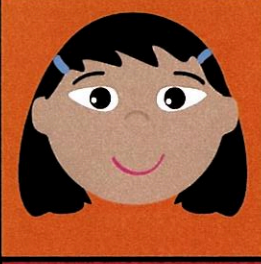

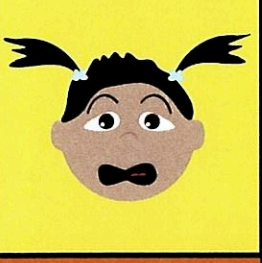
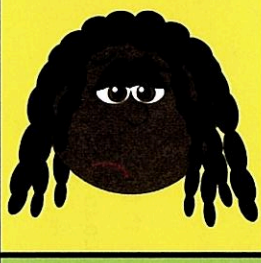



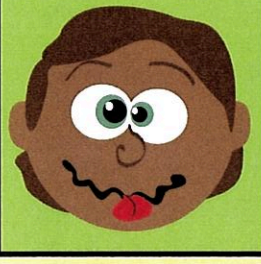






Faces Show Feelings

| | | | | | | |
|---|---|---|--|---|---|---|
|  | <p>You're excited!</p>  <p>Move ahead one space!</p> |  | |  |  |  |
|  | SILLY |  | |  | SHY |  |
|  | MAD |  | | <p>You're scared!</p>  <p>Tip toe back one space</p> | SAD |  |
|  | SCARED |  | <p>Cool down</p>   <p>Wait 1 turn</p> |  | SURPRISED |  |
| START | | | | | | FINISH |

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Faces Show Feelings Game

Emotional Development is the process of learning about and coping with emotions and feelings. It is important for young children to learn about their feelings, and how to control and express them in healthy ways.

Successfully dealing with emotions helps the growing child learn to feel good about himself and get along with others. Emotionally healthy children are much more able to focus, learn, and solve problems, and find ways to cope with life's difficult times-both today and in the future.

If you would like more information on emotional development or help in teaching your child about it, please contact the Foothills Children's Wellness Network at www.foothillsnetwork.ca.

This game is a fun way to introduce the idea of emotions to your child.

How to Play the Game:

For younger children:

- Roll a dice or pick a number to count forward on the board.
- Ask the child to make a face like the one on the board; they may need you to show the face too.
- Talk about how a person/child might feel inside when making that face.
- Think of words to describe the face; is it happy, crying, sad or mad?

For older children:

- Ask the child to describe a time when they felt the same as the face.
- What name would they give that face?
- Can they make up a story about the face-- what happened, how did the child feel, how could they change the way they feel?
- Could the child ask for help with the emotions that are causing the face?
- What things could the adult do to help the child who is feeling that way?
- What things could they do to help a friend who is feeling that way?



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