

EMOTION EXAMPLES - OUR 5 MAJOR EMOTIONS

(20 MINUTES)

HAPPY

- **How to Explain:** "Happiness is when you feel really good, like when you play your favorite game or hug someone you love."
- **Body Sensations:** Smiling, warm cheeks, energy in your body.
- **What It Looks/Feels Like:** Big smile, jumping up and down, laughing.
- **Activity:** Have children make "happy faces" in the mirror and jump like they're excited. Ask them to describe what they feel in their bodies and invite them to tune in.



SAD

- **How to Explain:** "Sadness is when you feel upset or miss something, like when a toy breaks or you say goodbye to a friend."
- **Body Sensations:** Heavy chest, watery eyes, tight throat
- **What It Looks/Feels Like:** Tears, slumped shoulders, quiet voice.
- **Activity:** Use a puppet to act out being sad and ask kids to give the puppet comforting ideas (e.g., hug, kind words). Explain to children that talking about these feelings or body sensations with someone they trust is how we feel better. Praise them for helping the puppet feel better (repeat back the child's contributions or describe what you noticed they did well using details).



ANGRY

- **How to Explain:** "Anger is when something feels unfair, like if someone takes your turn or you don't get what you want."
- **Body Sensations:** Hot face, clenched fists, tight jaw, fast heartbeat.
- **What It Looks/Feels Like:** Frowning, stomping feet, loud voice.
- **Activity:** Have children role play what they do when angry. Offer them common examples like "angry stomping" in place, then talk about how to calm down (e.g., deep breaths, pushing wall, scribbling) and have them practice.



SCARED

- **How to Explain:** "Being scared is when something feels dangerous or surprising, like a loud noise or a dark room."
- **Body Sensations:** Fast heartbeat, shaky hands, tight tummy.
- **What It Looks/Feels Like:** Hiding, wide eyes, small voice.
- **Activity:** Pretend there's a loud sound (like thunder), then talk about ways to feel safe (e.g., hug a toy or a friend).



CALM

- **How to Explain:** "Being calm is when you feel safe and relaxed, like when you cuddle with a blanket or take a nap."
- **Body Sensations:** Soft shoulders, slow breathing, quiet heartbeat.
- **What It Looks/Feels Like:** Sitting still, smiling softly, quiet voice.
- **Activity:** Have kids lie down and pretend they are clouds floating in the sky.

