



All About Me | Expressing Emotions

Hello, families!

We are partners in education. As your child explores at school and at home, they are better prepared for success in school and in life. In class, we are learning about different emotions- like happy, sad, and scared.

As we explore different emotions, your child will be better able to:

- Begin to recognize their own facial expressions.
- Practice labeling different emotions.
- Describe how facial expressions change when people express different emotions.

Did You Know?

- Children feel different emotions but sometimes do not know the words for those emotions.
- Helping children to name and talk about their feelings can help make those emotions easier to understand and cope with.
- Sometimes children feel confused by what they are feeling. When children are encouraged to show how they are feeling, grownups can validate those feelings by letting them know it is okay to feel that way, to talk about the feelings, and name them.
- Before we had cameras, artists painted pictures of people and their families. These pictures are called portraits.
- Portraits can be paintings, photos, drawings, or sculptures (like Rodin's *Pierre de Wissant* sculpture). Portraits sometimes tell us about the person. If the person in the picture is smiling, we might think the person is happy.

We are learning new vocabulary words!

- **expression** – the way someone's face looks at a particular moment that shows how they feel
- **emotion** – a strong feeling, such as love, sadness, or fear
- **examine** – to look at in a close, thorough way
- **facial feature** – a quality of the part of the head containing the eyes, nose, and mouth
- **portrait** – a descriptive representation of a person or animal, especially a painting
- **sculpture** – the art of making statues by carving, chiseling, or molding

Happy learning,
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All About Me | Expressing Emotions: Part 1

Hello, families!

Today, we learned about how to name and identify emotions. We also spoke about how a facial expression can share clues about how they are feeling.

As your child learns about emotions and facial expressions, they will be better able to:

- Recognize emotions like happy, sad, or scared.
- Practice labeling different emotions.
- Describe how facial expressions change to express different emotions.

Check for understanding.

Continue the learning at home. Ask questions and talk with your child about what we explored at school.

- Ask them, “Show me a happy face, sad face, tired face (name other emotions).” Model for them what the different facial expressions look like and talk about how their face and body language changes when they practice express different emotions.
- Model how your face changes (i.e., eyes, mouth, or cheeks) when you express different emotions.

Try these activities.

- Talk about emotions and how people express them. Practice “making faces” and naming the emotions your child is imitating.
- Work together and create a list or art project of things that bring your child joy. Then, send it to school so your child can share with the class.

Discover even more PBS KIDS resources!

- Article: [Use Your Words: Learning to Express Emotions Without Tantrums](#)
- Craft: [Understanding Emotions With a Feelings Faces Chart](#)
- Game: [Guess the Feeling | Daniel Tiger](#)
- Activity: [Simple Games that Explore Feelings](#)

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