

Simon Says Feelings

LEARNING DOMAIN:
Social Emotional Skills



This activity will help your child understand the connection between emotions and behaviors and build an awareness of feelings. Your child will also have the opportunity to practice listening skills.

Let's Play!

Play “Simon Says” with your child, substituting feeling phrases for the usual directions.

You can introduce this activity to your child by saying: **“Let’s play Simon Says Feelings.”**

Directions:

“Simon says ... make a happy face.”

“Simon says ... make an angry face.”

“Simon says ... look scared.”

Remember, if you do not say “Simon says”, your child should not make a face.

Example: **“Make a happy face.”**

Materials

- Book about feelings (optional)
- Small mirror

Tips

- Use a small mirror to watch as your child makes the faces.
- To add variety:
 - Have your child to draw a picture to express the feelings that you name.
 - Have child talk about times that they have experienced different feelings.
- In between commands, you could ask questions about those feelings, such as: “What makes you feel happy?”, “What do you do when you are angry?”

