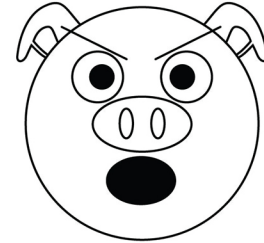
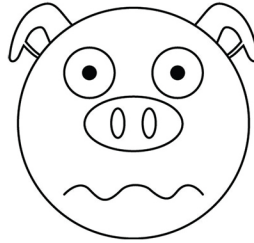
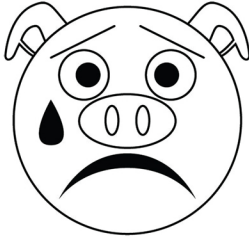


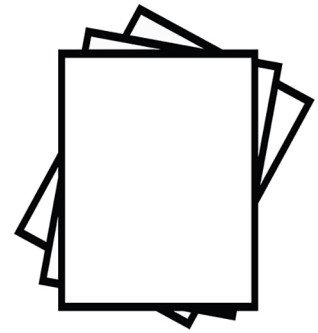
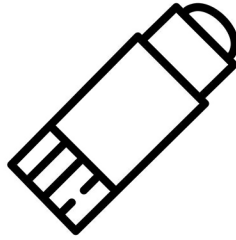
Feelings collage



Learning to identify and express feelings helps kids build social skills. Make a collage with images of people expressing different emotions.

What you'll need

- * Old magazines, catalogs, or paper advertisements
- * Cardboard or poster board
- * Scissors
- * Glue or glue stick
- * Pens or markers



How to do it

- * Talk about different feelings. Think about and describe situations when you have experienced those feelings.
- * Flip through magazines or ads together and find images of people with various expressions. Ask, "What does it look like this person feeling? Have you ever felt this way?"
- * Choose which of the pictures to use, cut them out, and glue them onto the cardboard or poster board to create your feelings collage.
- * Next to each image, label the feeling it shows.

Questions to answer

What are some feelings that feel nice to have?

What are some feelings that don't feel so nice to have?
