

Masked Emotions



Learning Value:

It can be much more difficult for children to identify how someone is feeling when their face is partially covered (such as while wearing a mask). This activity promotes development and learning by encouraging children to recognize, express, and regulate emotions.

Materials Needed:

- ▶ Face mask

Participants:

This activity is intended for adult/child interaction.

Directions:

- ▶ **Step 1:** While wearing your mask, display different emotions using your eyes and exaggerated body language.
- ▶ **Step 2:** Encourage your child to guess which emotion you are trying to display. After guessing correctly, ask them to make the expression themselves. Ask your child questions such as, "How did you know that was the expression I was making?" "What made you think so?"
- ▶ **Step 3:** Discuss other ways to show others how we are feeling in appropriate ways. Help your child identify ways that they can handle big emotions.