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?

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

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