



Labeling Facial Expressions

Connecting Facial Expressions to Emotions

Goal: Label other people's emotions on TV, in books, or real life! How is this person feeling?

What can you guess from their facial expressions? Can you copy their facial expression?

[Tip]: Begin with common emotions such as happy, sad, angry, and work toward more complex emotions such as surprised, scared, disgusted, etc.

Why is this important? Verbally labeling emotions helps teach children about empathy and how to talk about their feelings.

References: Widen, S. C., & Russell, J. A. (2003). A Closer Look at Preschoolers' Freely Produced Labels for Facial Expressions. *Developmental Psychology*, 39(1), 114–128.