



## Express Yourself

### Funny Faces!

**Beginner:** Talk about emotions and describe how you feel.

**[Tip]:** Use faces to show emotions: silly, happy, tired, sad, mad, and surprised.

**Intermediate:** Talk about emotions and look at pictures to identify how others feel.

**[Tip]:** Look at facial expressions in pictures, story books, emojis, and magazines.

**Experienced:** Talk about emotions in different situations and why people may experience those feelings.

**[Tip]:** How would you feel: when you find money, forget your lunch, or open a present?

**Why is this important?** Understanding emotions is important for social skills and communication.

**References:** Harper, L. J. (2016). Using picture books to promote social-emotional literacy. *YC Young Children*, 71(3), 80.

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