Fun Ways to Practice Naming Emotions at Home

When you practice naming emotions with your child, you can help your child learn to identify emotions in others, as well as how to name emotions they might be feeling themselves. See how many different emotions you and your child can identify!

1. Play Charades
Charades can be played by miming an emotion such as *angry* or *excited*, or by miming activities that make you feel that emotion. For example, you might act out *things that make you feel proud*.

2. Play "What Makes you Feel…?"
Take turns repeating what the other person has said, then adding something to the list. For example, your child might say, *"Playing soccer makes me happy."* You might add your item to the list by saying, *"Playing soccer makes you happy and baking cookies makes me happy."* Then your child might say, *"Playing soccer makes me happy, baking cookies makes you happy, and eating pizza makes me happy."* See you how long you can go without forgetting items in the list.

3. Make faces in a mirror together
Practice making faces and acting out different emotions. See if you can make your faces match and you both agree on the emotion you are showing.

4. Read picture books together
As you read, focus on the characters' faces and bodies. See if you can guess what they are feeling by reading their facial expression and body language. Talk about how the events of the story might be making them feel, and whether you might feel the same way in the same situation.

5. Watch a video together
Pause often to interpret facial expressions, body language, words, and tone of voice. Talk about how actors pretend to feel a certain way as part of their job, and the ways in which they portray the emotions needed.

6. Notice emotions in your family or community
Have discussions about how people might be feeling, and why. Sometimes it can be fun to guess where passing strangers are going, and how they feel today. This can be a good activity to do in the car, where the person you are talking about can't hear you!