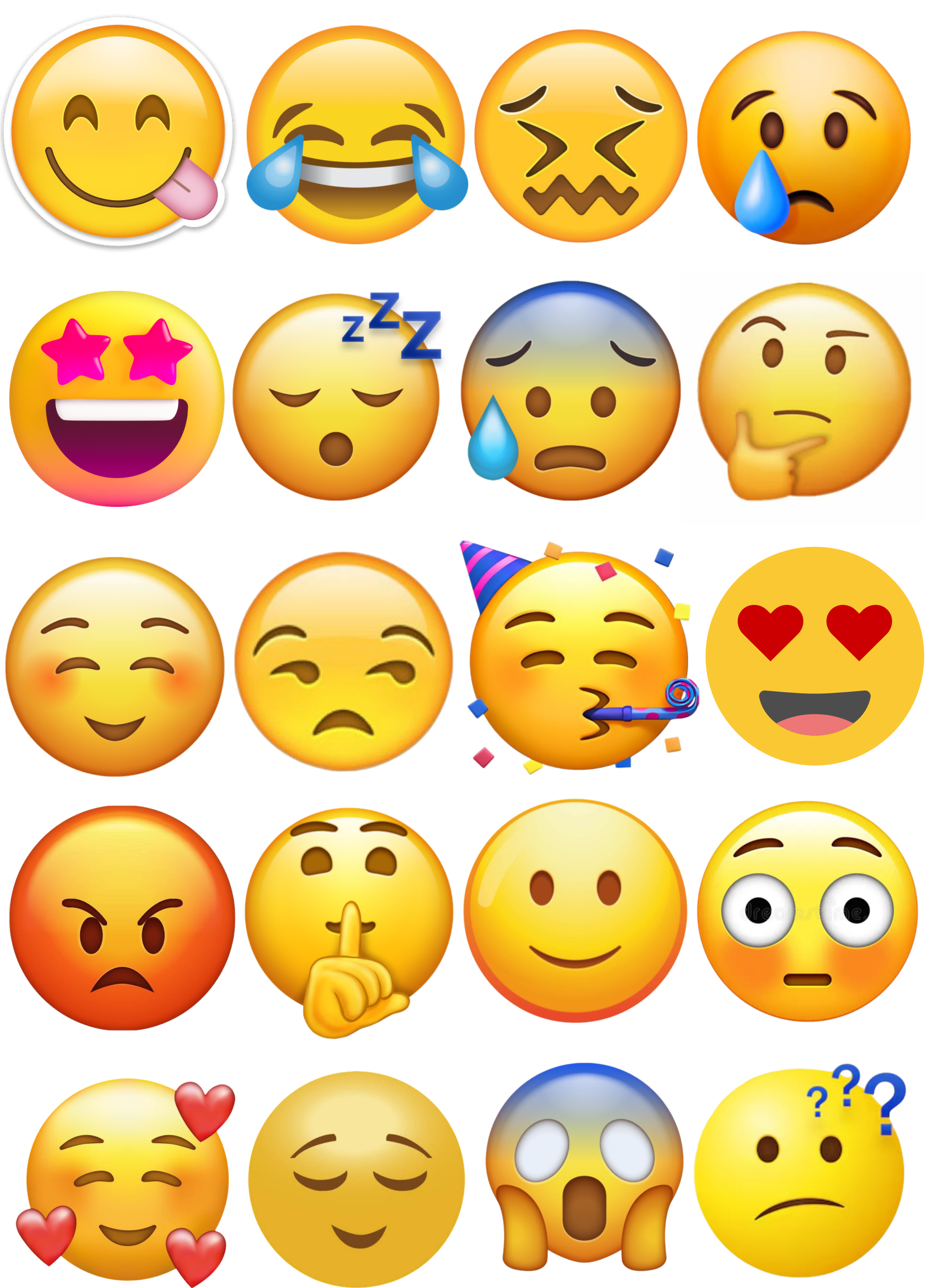








Emoji Jar

This activity is an easy way to check in with one another as a family. Once a week at meal time, or during a time you set aside to gather to talk and pray together as a family use your emoji jar to check in with one another.

- 1. Just print out the emoji sheets and cut out each individual emoji. Place your emojis into a jar, bowl or basket.**
- 2. During your family time, draw one emoji per child out of the jar and show it to your first child.**
- 3. Ask them to tell about a time they felt that emotion during the day/week.**
- 4. There is not a right or wrong way to interpret the emotion that each emoji represents. It is only important that they have a chance to express their feelings and emotions.**
- 5. Take turns drawing and emoji giving space to each child, and to the adults to share about when they felt a specific emotion during the week.**
- 6. This is a simple activity to learn to recognize emotions and to give space to one another to share how they are feeling.**
- 7. Conclude your family time praying for one another.**