

7 Playful Emotion Activities for Toddlers and Preschoolers

★ "I'm Your Mirror" Game



Sit across from each other and "make feeling faces" and try to mirror and imitate them while guessing which feeling face.

Bonus: You can play the same game with an actual mirror so they can practice seeing their face too.

★ "Act it Out" Game



Take turns acting out emotions and guessing which one. Being dramatic with your body language and facial expressions. This helps kids tune into the cues in identifying emotions in others.

★ Emotion Puppets or Stuffed Animals



Buy or make emotion puppets/stuffed animals and use them in pretend play, puppet shows and games.

★ Read Books Together about Emotions



Books are a simple and great way to introduce emotional vocabulary and practice identifying feelings in pictures.

For kids under 3, I love books with real kid faces.

★ Put Up a Feelings Visual



Create or print out a visual of basic emotions to put up in their room or in your home. This creates daily opportunities to point out feelings through pictures.

★ Be a Detective



When you watch shows, read books or are out in public be a "detective" and try to guess emotions you see in other's around you.

★ Sing Songs



Listen to, learn to sing, or watch simple animation songs about emotions.