

Foodie Friends Dramatic Play

Subject: Emotional Health for Preschoolers

Ages: 2–5

Objective: To learn to identify various emotions and express them to others effectively through dramatic play.

Materials: Children and a guide. That's it!

Length of Time: approximately 30 minutes

Procedures:

1. Have the children form a circle on the floor and prepare for group discussion.
2. Discuss and reiterate key components of the previous lesson in which the children identified various feelings.
3. Tell the kids to make faces that match the feeling you describe. For example, teacher says, "sad," the children should frown. Go through these feelings: sad, happy, excited, mad, frustrated, anxious/nervous, scared, bored, silly, and lonely.
4. Explain to the children the importance to communicating their feelings to help people understand their needs.
5. Demonstrate the next activity, done in pairs in the center of the circle, in which each child asks the other for help. The guide will give one child an emotional state, such as angry, then the child is to ask the other, "What should I do when I am angry?" The other child will make a suggestion. Together the group will arrive at the most effective way of communicating that feeling.
6. Each child should have a chance to practice this activity.

Assessment:

1. The guide will listen and offer suggestions to the children during their dramatic play activity.
2. The children should then be instructed to practice this activity with a family member at home.

