

# Foodie Friends Feelings

**Subject:** Emotional Health for Preschoolers

**Ages:** 2–5

**Objective:** To allow young children to identify various feeling and communicate them to others.

**Materials:** Foodie Friends Feelings Worksheet

**Procedures:**

1. Have the children form a circle on the floor for group discussion.
2. Introduce the topic of emotions and feelings. Ask the kids what they already know about feelings and let them share their ideas one by one. Ask questions like: What types of emotions do we have? How do we feel when . . . (give examples, such as “We don’t get our way?” or “We see a friend?”)?
3. Go through these feelings: sad, happy, excited, mad, frustrated, anxious/nervous, scared, bored, silly, and lonely.
4. Have the students return to their tables and pass out the Foodie Friends Feelings Worksheet.
5. They should draw in the missing faces as the teacher reads the emotions. The faces should match the emotion.
6. The students can compare their drawings.

**Assessment:**

1. Circulate through the room and check the children’s progress. Make comments where necessary and add a star to completed work.
2. Have the students place their work into their cubbies to take home.
3. Instruct them to share their work with a family member.

