

What Is This Person Feeling?

Purpose:

- To develop an understanding of people's feelings through observation
- To foster empathic responses in young children

Materials:

- Photographs or magazines

Activity:

Show the children pictures of people involved in various situations in which they express diverse emotions, such as fear, anger, or disappointment. Magazines, photographs, newspapers and books are all good sources of such pictures.

Ask the children,

- "What do you think is happening here?"
- "How are these people feeling?"
- "How do you know?"
- "When have *you* felt this way?"

Encourage the children to discuss various situations which bring out particular feelings: holiday excitement and later disappointment, fear of coming to school for the first time, staying over at a friend's house, etc. These discussions may help children realize that many people share the same type of feelings.