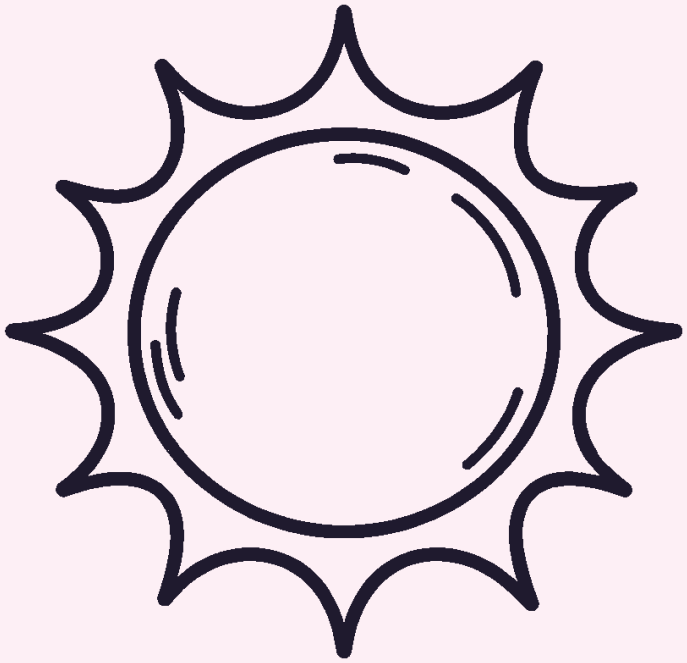
PSED · EMOTION FACES · BOOK 1 OF 2

Emotion Faces 1

Feelings, friends and looking after me.



Ages 3-5 | 13 pages | 15 min a page | Print at 100%

Talk | Vocabulary | Reading

This book belongs to:

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Notes for grown-ups

Why this matters

Naming feelings is the first step to managing them. This book uses faces and weather pictures to help your child name feelings, notice them in others and talk about why they happen.

How to use this book

1. Do one or two pages a day, not the whole book at once.
2. Talk about the pictures before you start each page.
3. Let your child take their time; there is no rush.
4. Praise trying and noticing, not neatness.

Things to say

- "How do you feel?"
- "What does a happy face look like?"
- "What makes you feel sad?"

What to look for

- Names happy, sad and cross faces
- Says how they feel
- Talks about what caused a feeling

If it is too hard

Look at two faces only, happy and sad, and name them together.

If it is too easy

Ask them to draw a face for a feeling and tell you a story about it.

You will need

pencil, crayons, scissors (adult-led), glue (optional)

EYFS link

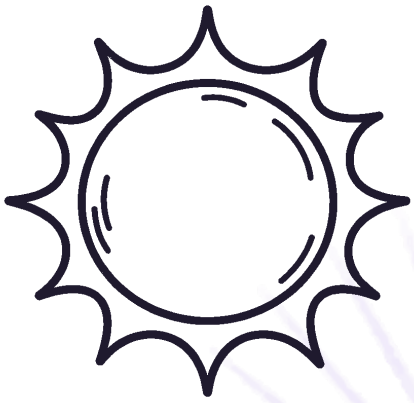
PSED (Self-Regulation / Managing Self / Building Relationships): talk about their own and others' feelings, follow routines, take turns and look after themselves.

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About: Emotion Faces 1

Adult: Look at the pictures and talk about them together.

Name _____ Date _____



sun



rain



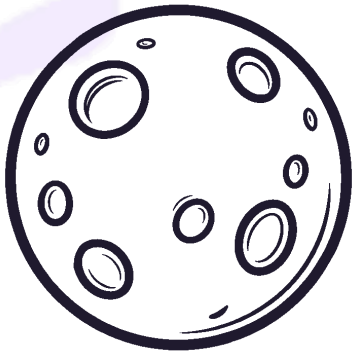
cloud



heart



storm



moon

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Key words to trace

Adult: Read each word together, then trace it.

Name _____ Date _____

sun sun

rain rain

cloud cloud

heart heart

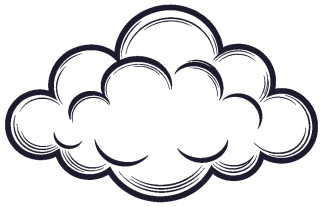
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Match word to picture

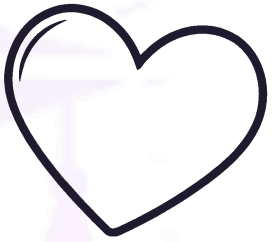
Adult: Draw a line from each word to its picture.

Name _____ Date _____

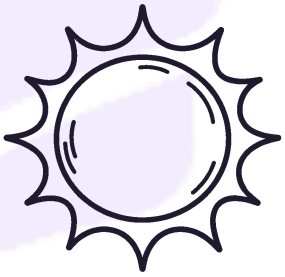
sun



rain



cloud



heart



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Kind or unkind?

Adult: Cut and sort the cards. Talk about each one.

Name _____ Date _____

happy feelings	sad or cross feelings

Winning a game	Losing a toy
Getting a hug	A broken toy
A birthday party	Falling over

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SEQUENCING

In order

Adult: Draw (or cut and stick) what happens first, next, then and last.

Name _____ Date _____

First

Next

Then

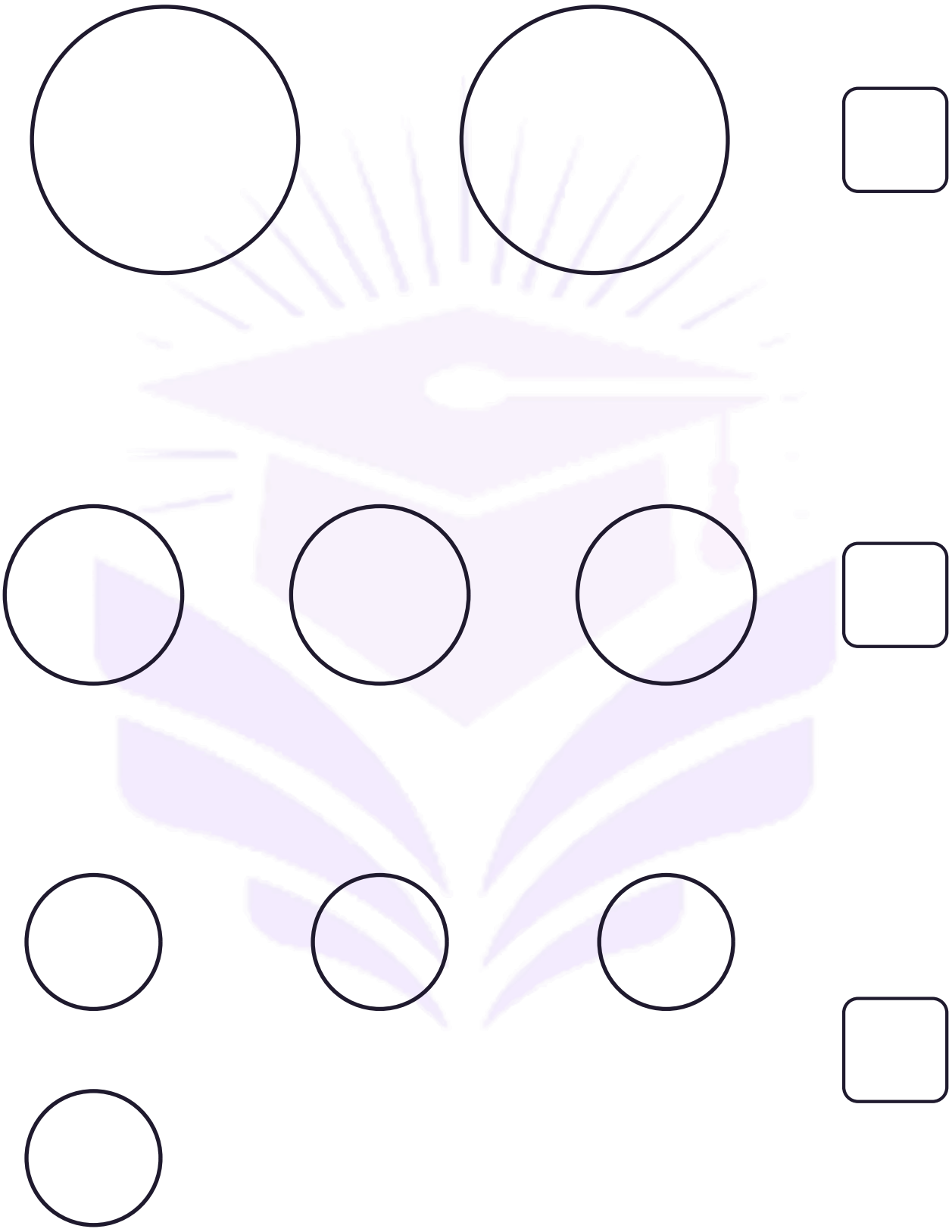
Last

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Count and write

Adult: Count each group and write the number.

Name _____ Date _____



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SPEAKING

Talk and write

Adult: Ask the question. Help your child write or draw their answer.

Name _____ Date _____

Draw your own here

How do you feel today?

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Draw it

Adult: Draw your own picture about emotion faces 1.

Name _____ Date _____

Draw your own here

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Calm breathing

Adult: Trace the star slowly: breathe in going up, out going down.

Name _____ Date _____



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ASSESSMENT

I can...

Adult: Tick what your child can do.

Name _____ Date _____

- [ ] I can name a happy face
- [ ] I can name a sad face
- [ ] I can say how I feel
- [ ] I can say why I feel it

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Well done!

This certificate is awarded to

_____

for finishing

Emotion Faces 1



Signed _____ Date _____

What's next?

Emotion Faces 2

Find it free at eduarchivesworksheetsandprintables.com

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