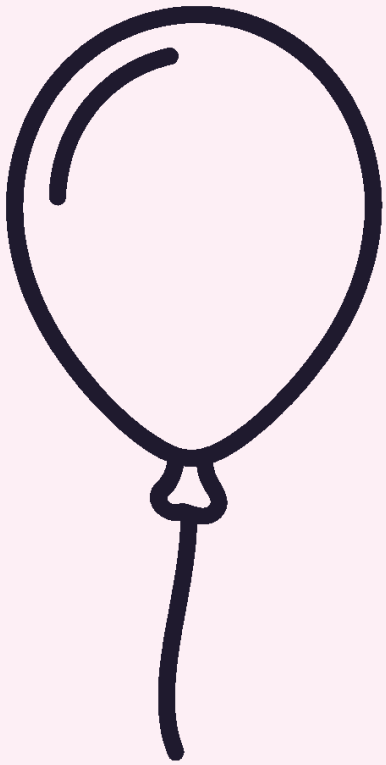
PSED · EMOTION FACES · BOOK 2 OF 2

Emotion Faces 2

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

Children feel many feelings besides happy and sad. This book adds excited, proud, scared and cross, and helps your child match faces to feelings and say how they would help a friend.

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

- "What does this face feel?"
- "When did you feel like this?"
- "How can we help?"

What to look for

- Names a wider range of feelings
- Matches a face to a feeling
- Suggests how to help someone

If it is too hard

Practise making each face in a mirror and naming it together.

If it is too easy

Ask them to act out a feeling for you to guess.

You will need

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

EYFS link

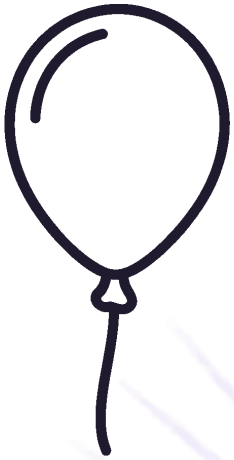
PSED (Self-Regulation / Managing Self / Building Relationships): talk about their own and others' feelings, follow routines, take turns and look after themselves.

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About: Emotion Faces 2

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

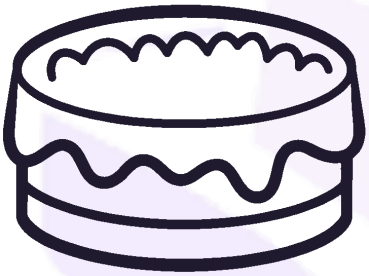
Name _____ Date _____



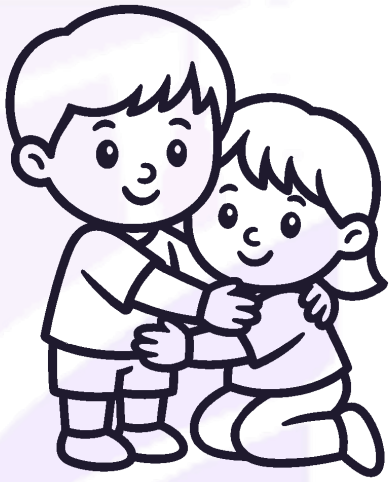
balloon



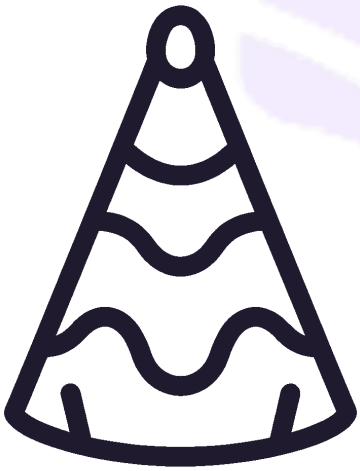
gift



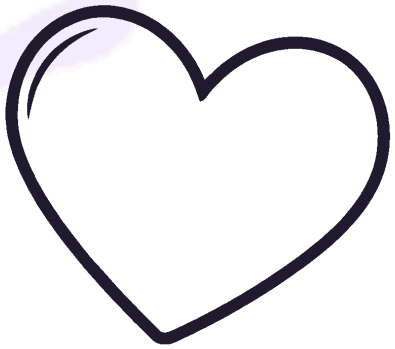
cake



hug



party hat



heart

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Key words to trace

Adult: Read each word together, then trace it.

Name _____ Date _____

balloon balloon

gift gift

cake cake

hug hug

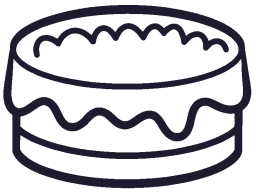
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Match word to picture

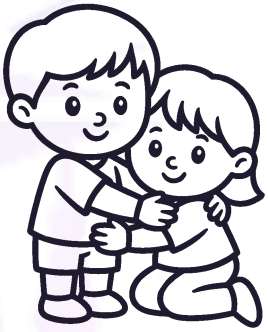
Adult: Draw a line from each word to its picture.

Name _____ Date _____

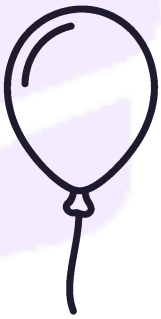
balloon



gift



cake



hug



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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

Getting a present	Losing my teddy
Doing it by myself	Hearing a loud noise
A friend says hello	Being left out

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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

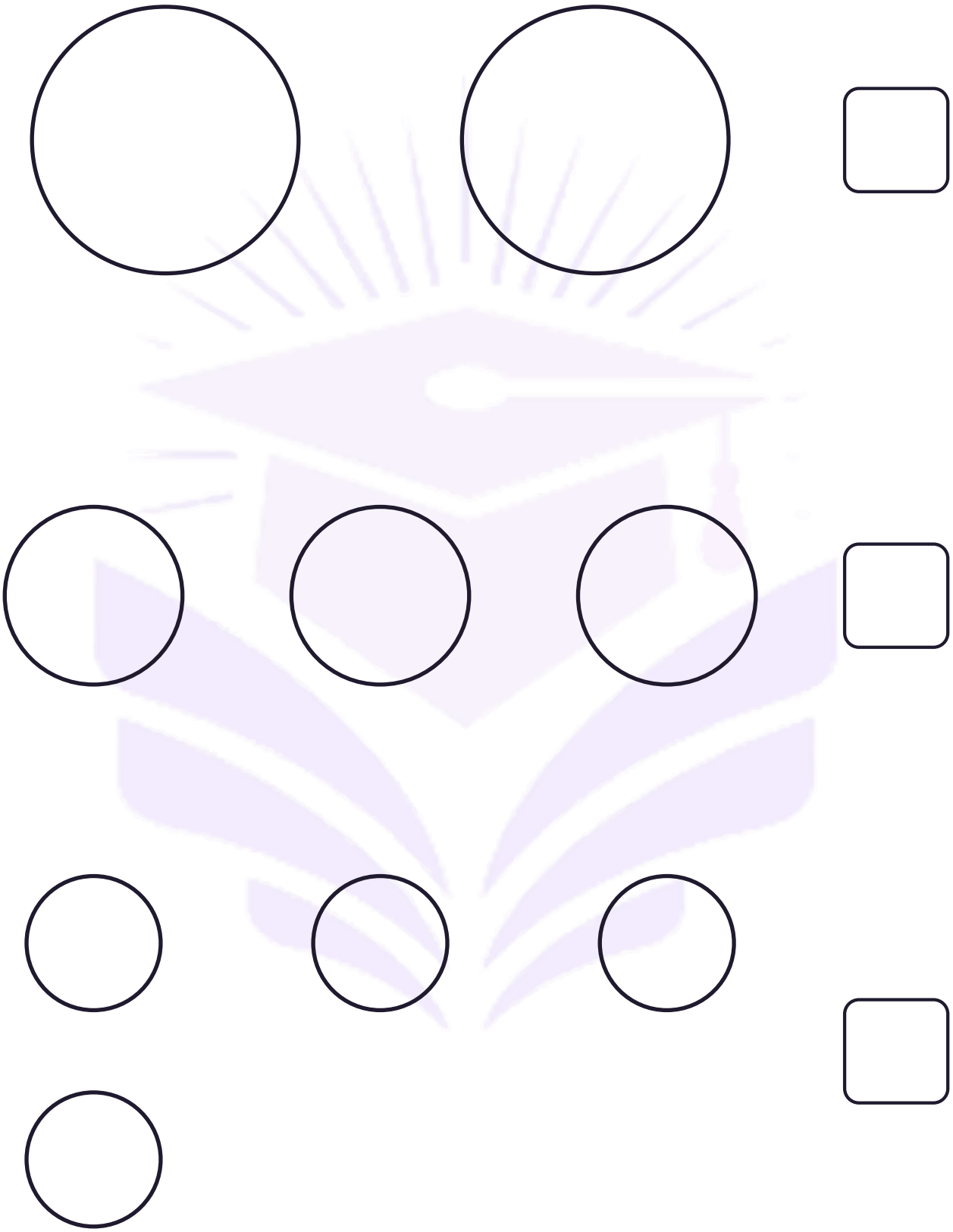
Last

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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 can you help a friend who is sad?

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Draw it

Adult: Draw your own picture about emotion faces 2.

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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I can...

Adult: Tick what your child can do.

Name _____ Date _____

☐ I can name excited and proud

☐ I can name scared and cross

☐ I can show a feeling with my face

☐ I can help a friend feel better

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Well done!

This certificate is awarded to

_____

for finishing

Emotion Faces 2



Signed _____ Date _____

What's next?

Feelings Thermometer & Check-In

Find it free at eduarchivesworksheetsandprintables.com

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