

# Emotion Face Mats Activity Guide

Support children in recognising and understanding different emotions through a range of fun activities.

## 1

### Emotion Bingo

This activity is perfect for small groups of 2-4 children. Randomly divide the 16 mats between each child equally. Each child places their mats in front of them so they can see them clearly. As the adult reads out each emotion children need to flip their mats over if they match the emotion read out. The first child to flip all their mats can shout 'bingo!'

#### Challenges:

- Children can take turns swapping with the adult and leading the activity by calling out emotions themselves. It might be useful to have a written list of emotion names or emotion pictures for the child calling out to tick off as they go along.
- For encouraging reading, get children to start with the mats the written emotion way up, this way they need to read the written emotion rather than the picture.



## 2

### Match the Emotions

This activity works best with one child (adult supporting) or two children working together (adult supporting). Lay half of the emotion faces spaced around on the floor, emotion face up, one of each emotion. Place the other half in front of the children in a line with emotion faces down. Ask children to match the emotion faces with the emotion names. Children will need to recognise what each emotion is, read the emotion names and match the names with the faces.

#### Challenges:

- A more knowledgeable or older child can support the other child with recognising the emotion or reading the name and matching
- Encourage children to read the emotion first and then look for the face. This will ensure children practice reading rather than guessing with an emotion face in mind already!
- This activity can be timed to see who matches all the emotions the quickest. A leader board can be kept with the challenge of beating each other to the top!



happy

Match the emotion name with the face



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## 3 Jump on that Emotion!

This activity works best in pairs. Place all the emotion mats, emotion faces up, well spread out on the floor. The adult calls out an emotion and the children need to run to the correct emotion and jump on it. The challenge is who gets to the emotion quicker.

### Challenges:

- Take away one of each emotion so this only leaves one winner each time. You can tally who wins the most each time to calculate the overall winner.
- Place the emotions face down to encourage reading the emotion names as quick as possible!



## 4 Guess the Emotion you're Standing on

This activity works best in pairs. Child 1 (or adult) chooses an emotion for child 2 to stand on, making sure they can't see what it is (get them to close their eyes, place the mat in front of them and get them to stand right on top of it before they open their eyes).

### Challenges:

- A group of 3 will add more challenge and a competitive element. 1 child gives clues about the emotion, the other two children are staying on the same emotion as each other and need to guess correctly first.

