



Flying Colours

Educational Psychology Service

Promoting Growth, Wellbeing & Achievement

www.flyingcoloureducationalpsychology.co.uk

Emotion Match Game

This activity is designed to develop the young person's ability to recognise emotion displayed by facial expression.

This activity can be adjusted to suit where your child currently is in their development of these skills. It is suggested that you start with the faces that display basic emotions (Set 1), if your child can do these then you can use the more complex emotions (Set 2) too.

An extension for this activity is also provided in the instructions below to develop your child's skills further once they are ready.

Instructions

Cut out two set of the cards (words and pictures) provided overleaf. The young person has one set and the adult has the other. Then begin a game of 'snap'.

After each 'snap' the adult asks:

'How is this emoji feeling?' (Explain if needed)

You can match them with the word cards if your child can read and you think this would help them.

Extension

'When do you feel like that?' (Give an example of when you feel that way if needed)

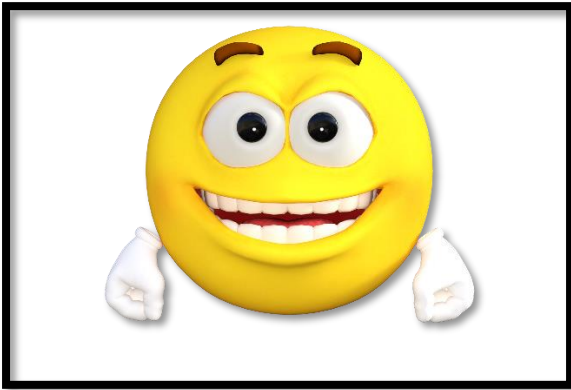
If the emotion is a negative one, ask:

'What helps you to feel happy (show happy emoji) again?' (if needed explain what you have noticed make your child feel happier again)

Note

The ability of the young person to access this activity depends on their 'Blank Level', refer to the 'Blank Level' activity sheet for further information.

Set 1



Happy



Sad

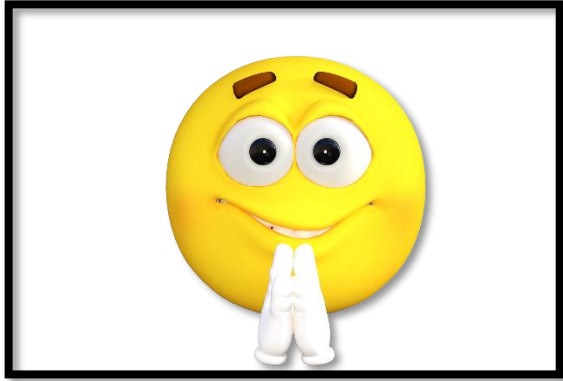


**Worried /
Anxious**



Angry / Cross

Set 2



Hopeful



**Scared /
Frightened**



**Bored /
Disappointed**



**Surprised /
Shocked**