

## Explore Emotions

Thomas is very good at expressing his emotions- happy, sad or mad. Here are some activities that you and your child can do together to learn about different emotions.

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### Emotion Cutouts

Look through old magazines and help your child cut out pictures of people showing many different emotions. Paste the pictures on construction paper. Ask your child to describe why the people may feel the way they feel. Ask your child to tell about a time she felt some of the emotions shown.

### Emotion Drawings

Draw pictures of people expressing emotions such as happy, sad, or angry. Play a game by drawing a picture and letting your child guess which emotion the person may be feeling.