

# Paper plate emotion masks



Getting children to talk about feelings is not always easy, one way to do it is to make it into play. These emotion masks can be elaborate with colours or simple and black and white. The goal of this activity isn't to have award winning art work, instead it's to play with and open up a dialogue about feelings with your children.

1. Gather your materials. You will need 1/2 a paper plate per mask. One mask per emotion. This can be any emotions you choose such as: - happy, sad, angry and silly. You will also need lollypop sticks, crayons or markers, scissors and tape.
2. Start by cutting the plates in half.
3. Write the emotion on the back, if your child is beginning to read have them help you read it, if not make your face look like the emotion and ask your child if they can guess. Talk about each emotion and situations where you may feel this way.
4. Model drawing the emotion on the front and encourage your child to do the same.
5. Tape the sticks on the back.
6. Play with the emotions!