



Social and Emotional Development Activity for 48 to 54 Months

Pass the Hat

This activity provides children with the chance to practice different feelings in a safe environment.

Materials:

- Pictures representing various feeling faces
- Hat, basket, or large envelope

What to do:

1. Cut out pictures that represent various feeling faces and place them in a hat, basket or large envelope.
2. Pass the hat among the playmates and play music.
3. Stop the music. The child holding the hat picks a picture designating an emotion.
4. Ask the child to identify it, express how she looks when she feels that way, or describe a time when she felt that way.
5. Continue passing the hat until all children have had a chance.

Variation:

- Have the children look through magazines to find various feeling faces. They can cut them out and make a feeling-face collage. Adults can help the children label the different feeling faces.

