



Emotions are tricky to master even for grown-ups. Here are some games you can play with the dice provided to help explore emotions, why people feel the way they do - and how their facial expressions may be giving us a clue to how they are feeling. The first link is a PowerPoint with photos of real emotions, which will be a good starting point.

<https://www.twinkl.co.uk/resource/t-t-7097-feelings-powerpoint>

Dice:-

[https://content.twinkl.co.uk/resource/85/9e/t-s-3035-emotions-dice-nets-ver\\_1.pdf?token\\_exp=1591782874~acl=%2Fresource%2F85%2F9e%2Ft-s-3035-emotions-dice-nets-ver\\_1.pdf%2A~hmac=f091306430890c8737ccb8596132c044631e4a9c72dd295241c6f2128adf40f4](https://content.twinkl.co.uk/resource/85/9e/t-s-3035-emotions-dice-nets-ver_1.pdf?token_exp=1591782874~acl=%2Fresource%2F85%2F9e%2Ft-s-3035-emotions-dice-nets-ver_1.pdf%2A~hmac=f091306430890c8737ccb8596132c044631e4a9c72dd295241c6f2128adf40f4)

Print off the dice and use it to

- Act out an emotion - role-play and use different words - 'I am bored (yawn!) I have nothing to do. I don't want to go on a walk or watch TV.'
- Find a solution - 'Grrrr...I am angry!! I can.....'
- Use facial expressions - google 'sad faces' and talk about why that face looks sad. Make your face sad.
- What do you do if someone else is sad? 'My sister is sad so will give her a cuddle, draw her a picture.'
- Name the emotion and discuss why someone might be feeling that way - e.g. 'Tom is happy, he is smiling because he is in the paddling pool'.