



PLANIT
TEACHERS

Exploring Emotions in Babies: A 4-Day Journey of Discovery for 3-Year-Olds

Student Name: _____

Class: _____

Due Date: _____

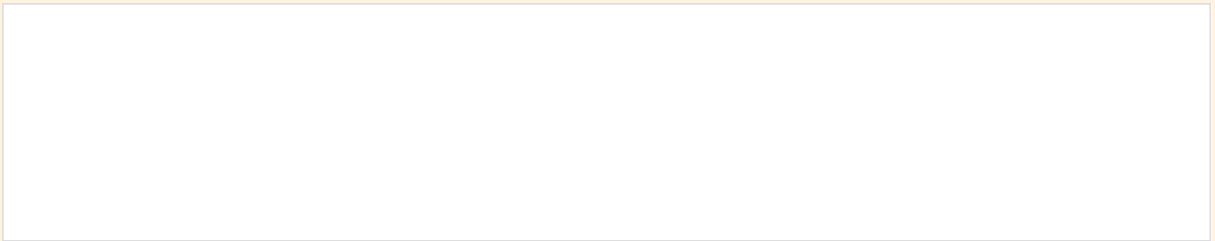
Essential Understanding:

- Introduction to emotions
- Recognizing and identifying emotions
- Expressing and managing emotions
- Empathy and self-regulation

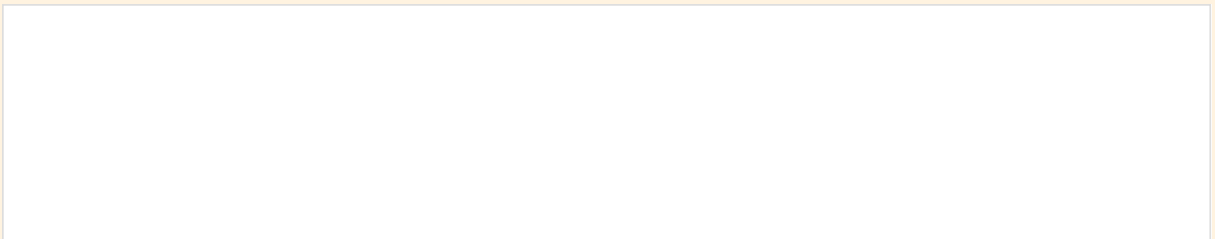
Complete these concept checks:

1. Define and give an example of:

- Happy emotion
- Sad emotion
- Angry emotion
- Surprised emotion




2. Draw and label a face representing how you feel today



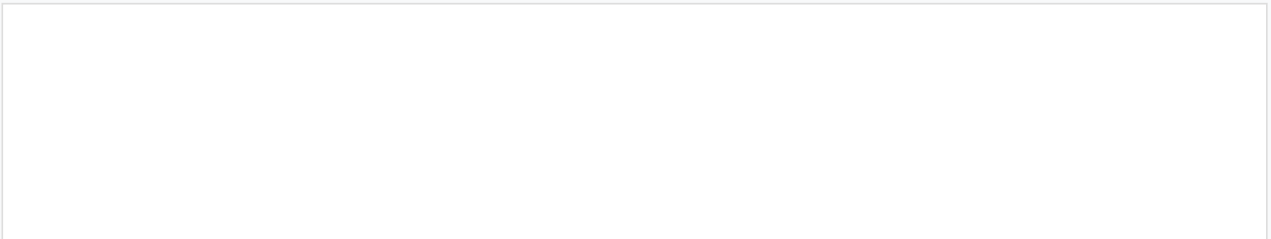
Act out different emotions:

1. Happy emotion
2. Sad emotion
3. Angry emotion
4. Surprised emotion



Feeling Faces:

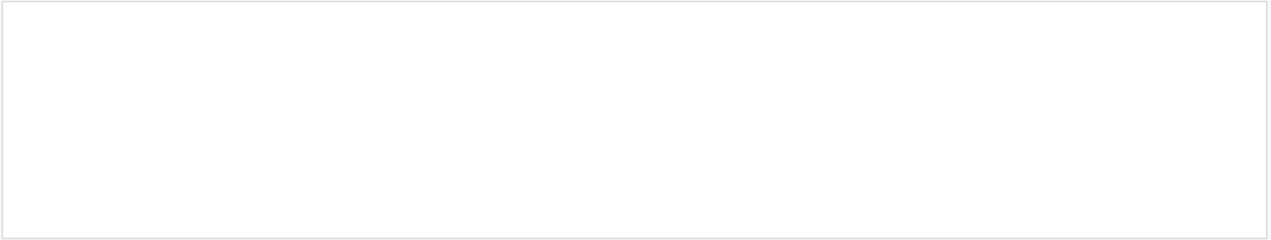
Draw a face representing how you feel today



Day 2: Recognizing Emotions

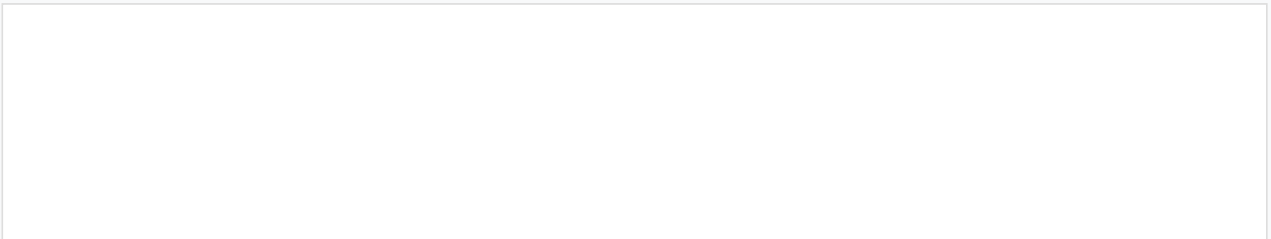
Emotion Sorting:

Sort pictures or cards with different facial expressions into categories of emotions



Role-Play:

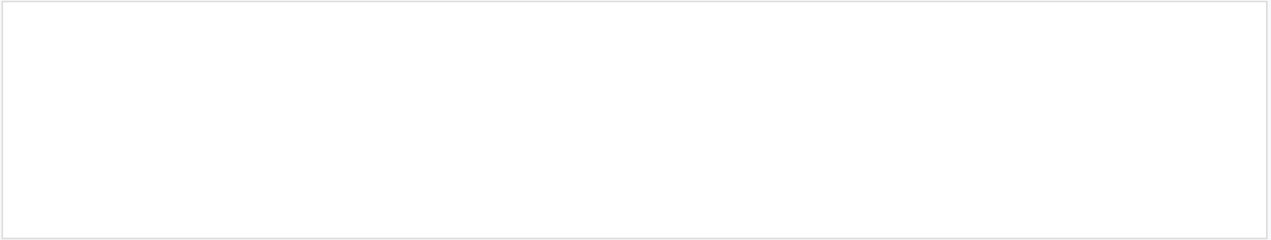
Set up different scenarios and role-play how you would react in these situations



Day 3: Expressing Emotions

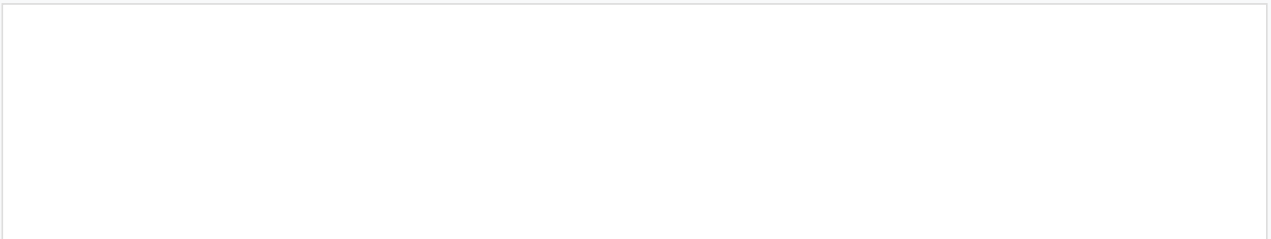
Art Expression:

Create something that represents a specific emotion



Emotion Scavenger Hunt:

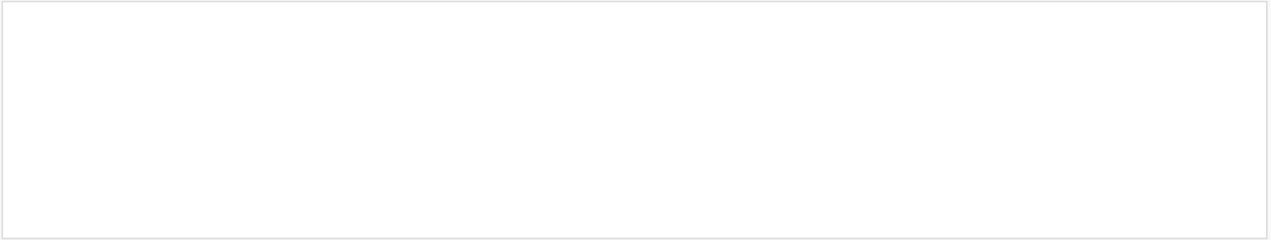
Find objects or pictures that represent different emotions



Day 4: Empathy and Self-Regulation

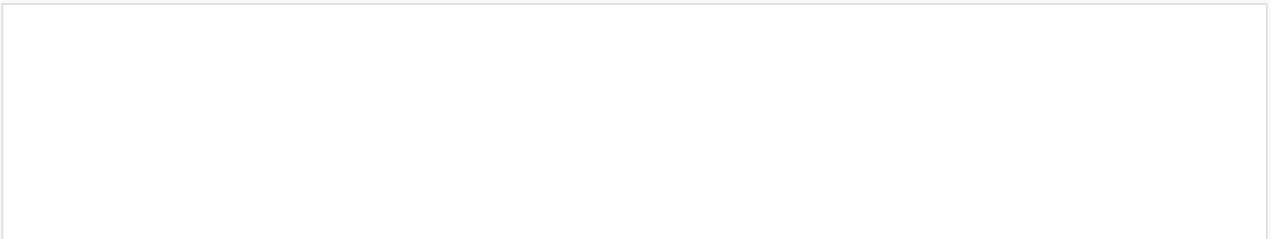
Empathy Circle:

Sit in a circle and share how you would feel in a given situation



Feelings Checklist:

Mark how you are feeling each day and discuss the changes and reasons behind these feelings



Observe participation and understanding:

Use the emotion sorting and matching games to assess ability to recognize and identify emotions

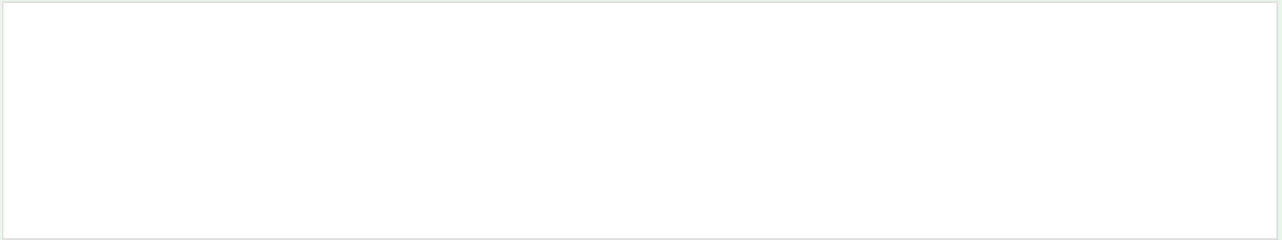
Evaluate ability to express emotions:

Use art and drama activities to assess ability to express emotions

Extension Activities

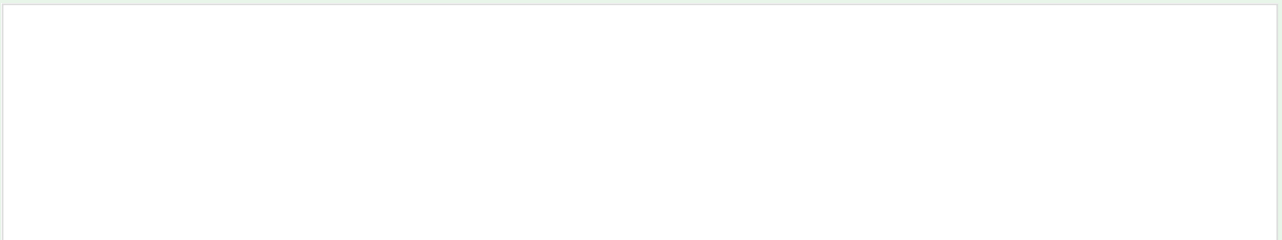
Create an emotion journal:

Draw or write about feelings each day



Invite a guest speaker:

Talk to the children about emotions and how to manage them



Conclusion

Reflect on what was learned:

Share one thing learned about emotions and how to apply it in daily life