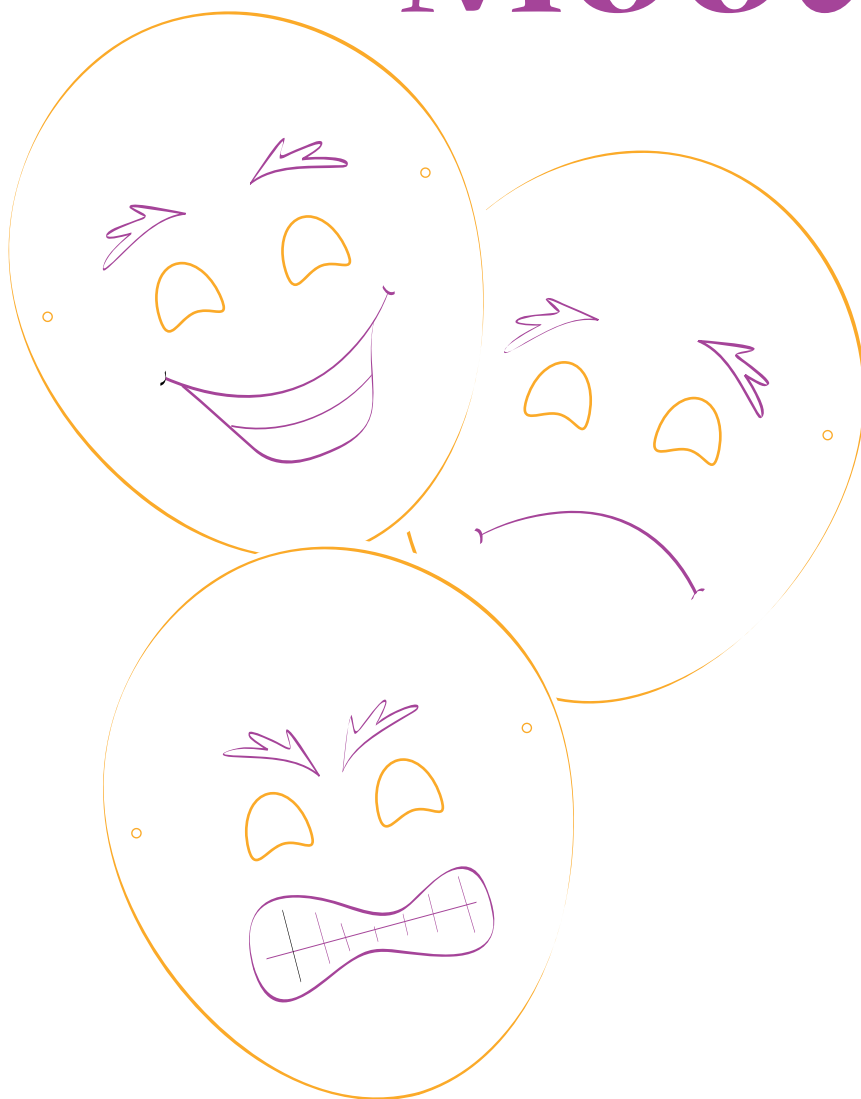


Mood Masks

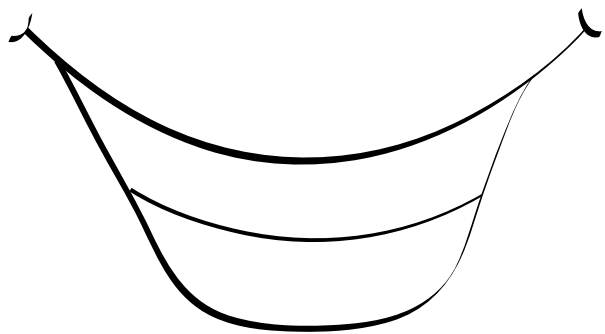


- 1 Draw and cut out a mask template on a piece of card, or cut out the one attached. Let your child use this template for drawing her own mask.
- 2 Cut out four or five mask shapes and get your child to colour it in. Then ask your child to create a happy face on one mask, a sad face on another, a surprised face and an angry face.
- 3 Your child can take turns to wear the mask and act out the emotion. Ask them to describe the emotion and what they'd do if they felt that way.

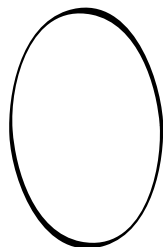
This activity helps emotional and social development by helping children to express their feelings.



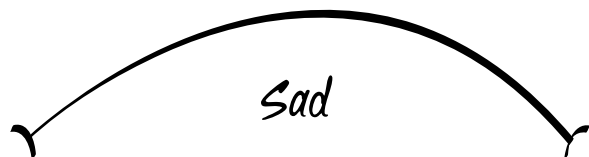
Please remember to recycle this activity



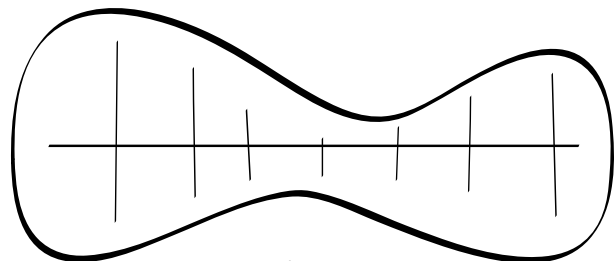
Happy



Surprised



Sad



Angry



Worried



Eyebrows

