

Let's Play a Game: Feelings Detective

Young children are learning that our bodies give us clues about how we—and others—are feeling inside.

Look at Grover and Elmo, read the feelings words, and talk about why they may be feeling those ways. Hold the cards up to your faces, describe what you see, and tell each other about times you felt those ways.

Play a version of "Concentration": Cut apart the cards, mix them up, and turn them all facedown. Turn over two at a time, if the cards match, keep them, if not, turn them back over and try again. For a simpler version, you might keep the cards face up and simply invite children to match them.



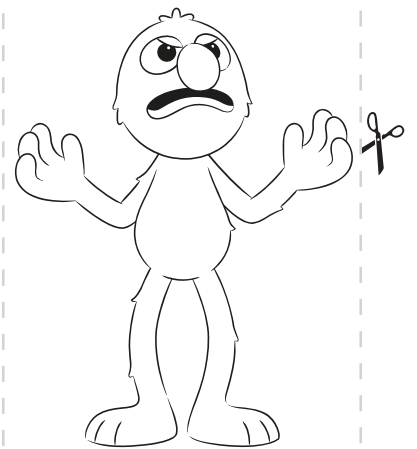
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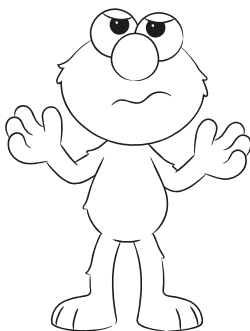
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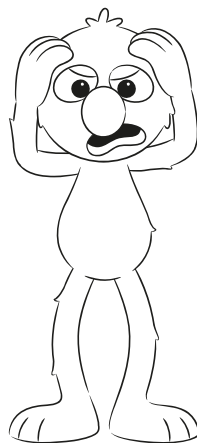
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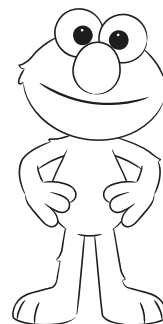
Angry



Frustrated



Frustrated



Confident



Confident