



How to Use Emotion Identification Cards

While social skills develop all throughout life, they grow most rapidly between the ages of 0 and 5. These cards can start being incorporated into curriculum for children as young as 18 months. Here are a few activity recommendations for engaging different age groups.

For children ages 18 months to 3 years:

- Hold the stack of cards face down and flip them over one at a time to name each emotion.
- Show children a card at random, ask them to act out the face pictured, then name the emotion together.
- Place multiple cards on a table. Name one of the emotions showing and ask children to identify which face you described.

For children ages 4 to 5 years:

- Hold the cards fanned out and ask children to pick them one by one until they find the emotion that they are feeling at the moment.
- Have children choose a card and talk about a time when they felt that way. What happened, and what was it like?
- Choose a card, name the emotion and discuss what you could do if someone around you was feeling this way.
- Print off the deck with blank faces for the children. Walk through the cards individually, talking about what each emotion looks like and what situations may cause it to be felt. Then let the children draw in the face of that emotion after each card is discussed.

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