



Happy



Sad



Frustrated



Angry



Scared



Surprised



Confused



Shy



Bored



Nervous



Excited



Grateful



Disgust



Curious



Silly



Brave



Proud



Hopeful



Loving



Jealous

Social Emotion Learning

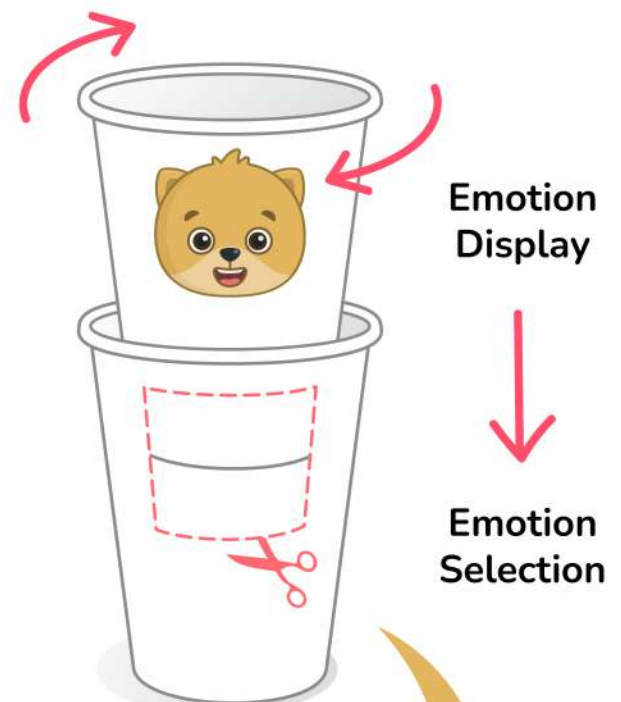
Materials Needed

- 2 paper cups
- Printout of the "Learning Emotions" list (including different emotions)
- Scissors
- Glue or tape



Instructions

- 1 Print out the "Learning Emotions" list, which includes different emotions. Make sure the emotions are clearly written and easy to read.
- 2 Cut out each emotion from the list to create individual emotion cards. Take one paper cup and decorate it using markers or crayons. This cup will represent the "Emotion Display" cup.
- 3 Attach the emotion cards around the outer surface of the "Emotion Display" cup using glue or tape. Place them in a circle, ensuring they are clearly visible.
- 4 Take the second paper cup, which will be the "Emotion Selection" cup.
- 5 Cut a small slit near the rim of the "Emotion Selection" cup.
- 6 Children can choose an emotion by sliding one emotion card through the slit of the "Emotion Selection" cup. They can read the selected emotion and discuss it or share their thoughts related to that emotion.



After exploring one emotion, they can slide the emotion card back into the "Emotion Selection" cup and choose another emotion to learn about.