Feeling Face Cards

**Purpose:** To practice identifying and naming feelings based on images of faces.

**Skills:** Empathy, Identifying feelings, Noticing, Paying attention

**You will need...**
- 2–30 participants
- Early elementary age participants
- Feeling Face Cards, chart paper

**Before You Begin**
- Prepare Feeling Face Cards using the images on the attached handout (or create your own images). Use index cards or heavy stock paper. Only the feeling face should be shown on the front of each card, while the corresponding feeling word is written on the back.
- Prepare the reflection questions you will ask participants in the debrief.

**Directions**

**Introduce** the activity Feeling Face Cards. Use this time to reinforce any established expectations that are important for participants to remember during the activity.

**Tell** participants that they will be presented with images of faces on Feeling Face Cards that express different feelings. **Remind** participants that they must look closely at the faces in order to determine what feeling the picture is displaying.

**Explain** to participants that you will show the group a card and they must identify the feeling.

**Ask** participants to silently demonstrate the same feeling that is on the card using their own faces.

**Explain** that once everyone is making the face, you will call on a participant to identify the feeling on the card.

**Ask** participants if they have any questions about the activity.

After each feeling is identified, **ask** a few participants to share a time when they felt the feeling displayed in the picture.

**Tip:** By sharing experiences, participants are better able to make connections to how each feeling relates to their everyday circumstances.

**Post** each Feeling Face Card to chart paper or some other display after it is identified and **write** the corresponding feeling word underneath.
Tip: It is likely that participants may identify the feelings expressed in the pictures differently than expected (e.g., identifying a face as surprised rather than happy). If there is a lot of disagreement, ask participants why everyone might not agree, and if it is all right not to agree. For example, Sometimes we can feel more than one feeling at a time, or sometimes a situation will cause different feelings in one person than it does in another. Emphasize to participants that knowing that everyone experiences feelings differently can also help them to be better peacemakers.

The activity ends when all of the Feeling Face Cards have been identified. Explain to participants that now they will reflect on how they experienced the activity.

Debrief

Debrief the activity with participants. Remember, this activity is only as effective as your debrief. This is your opportunity to help participants connect the activity to personal experiences, actions, and beliefs. You will want to reinforce any skills or beliefs you are hoping participants will carry beyond the activity.

For more on facilitating debriefs, refer to the Debriefing Tip Sheet on our Digital Activity Center.

We’ve included some suggested questions below to get you started.

Ask:

What happened during the activity?

Which feelings were difficult to identify? Why were those difficult?

Why might it be important for us to be able to identify other people’s feelings through facial expressions? How can it help in peacemaking?

Thank participants for taking part in the activity.
**Feeling Face Cards**

**Directions:** To create Feeling Face Cards to use with your participants, cut out images below and attach to index cards or heavy stock paper so that cards can be reused. The front of each card should display the feeling face—do not include the feeling word text. Write (or attach) the corresponding feeling word on the back of each card.

<table>
<thead>
<tr>
<th>Sad</th>
<th>Embarrassed</th>
<th>Excited</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Sad Face" /></td>
<td><img src="image" alt="Embarrassed Face" /></td>
<td><img src="image" alt="Excited Face" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Frustrated</th>
<th>Happy</th>
<th>Angry</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Frustrated Face" /></td>
<td><img src="image" alt="Happy Face" /></td>
<td><img src="image" alt="Angry Face" /></td>
</tr>
</tbody>
</table>
### Feeling Face Cards

<table>
<thead>
<tr>
<th>Nervous</th>
<th>Shy</th>
<th>Hopeful</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Nervous" /></td>
<td><img src="image" alt="Shy" /></td>
<td><img src="image" alt="Hopeful" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Proud</th>
<th>Afraid</th>
<th>Calm</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Proud" /></td>
<td><img src="image" alt="Afraid" /></td>
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