

Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

EMOTIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sing “If You’re Happy and You Know It”.</p> <p>Pick different emotions and actions for the song and sing together.</p> <p>(“If you’re mad and you know it, say, ‘I’m angry’.”)</p>	<p>Make faces with your child.</p> <p>Make a mad face and have your child imitate you.</p> <p>Say: “This is a mad face. Can you make a mad face too?”</p> <p>Try this with happy, sad, scared, surprised, and any more that you can think of.</p>	<p>Read your favourite stories together.</p> <p>Name an emotion and have your child point to it on the pages of the book.</p> <p>Cut out faces from magazines and make a collage of different emotions that you see.</p>	<p>LAUGHING DAY</p> <p>Tell a funny joke, tickle your child, or just laugh together.</p> <p>Try laughing in front of a window and see how fogged up it will get.</p> <p>Watch T.V. and look for people who are laughing.</p>	<p>Draw faces on your child’s fingers with different emotions, have your child name each emotion.</p> <p>Draw faces on your own fingers and play finger puppets.</p> <p>Say: “I’m feeling scared today. What do you think I should do?” Go through the different emotions.</p>	Sunday
					<p>Stand in front of a mirror and have your child name an emotion. Make your faces match the emotion.</p> <p>Ask your child how they feel today and why. Talk about your feelings together. Be expressive, act out how you feel with actions.</p>

Key Words

Feelings, Angry, Surprised

Repeat these words often during the week and give your child the opportunity to hear and say them.

