

EMOTIONS MASK

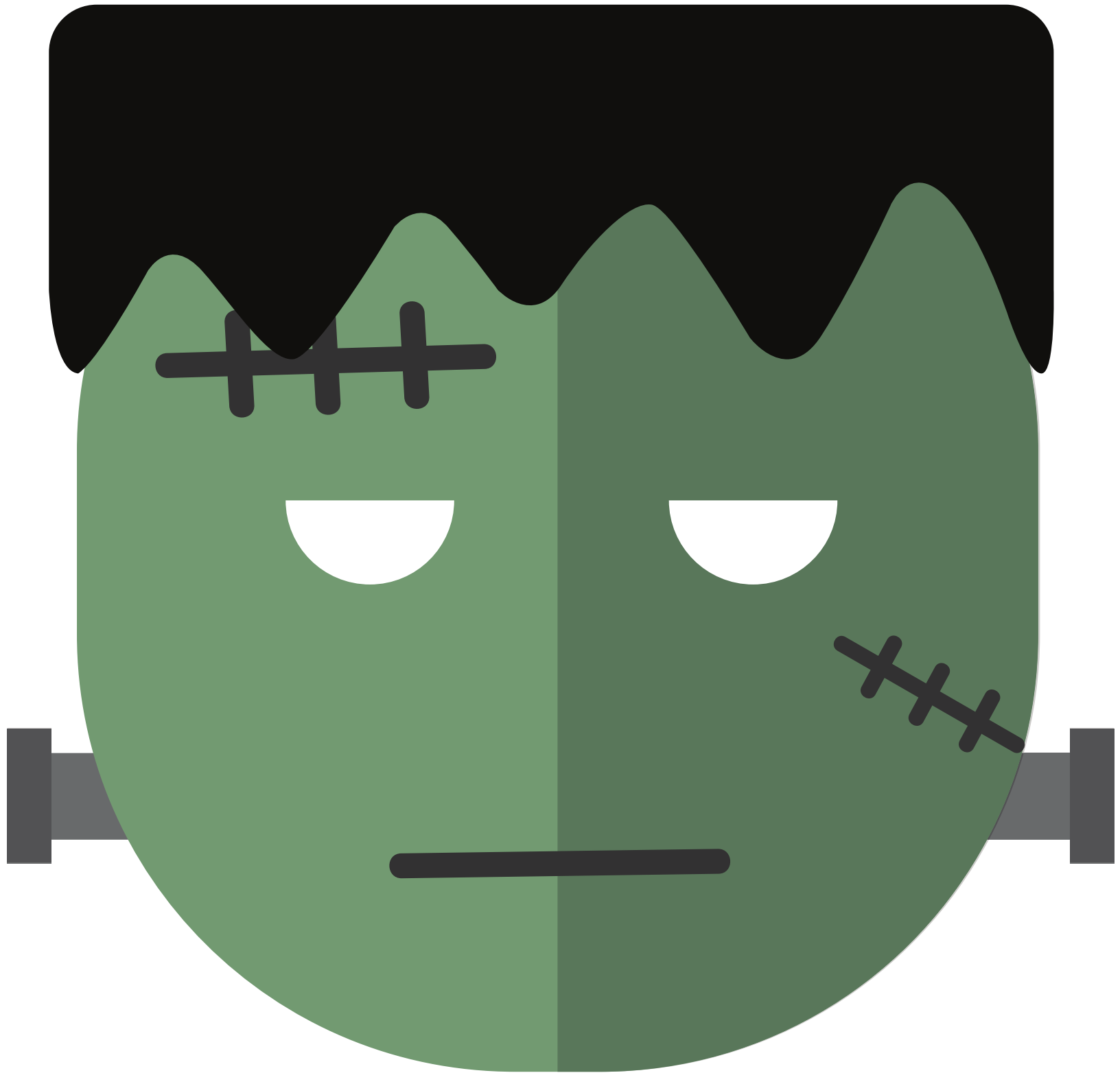
We experience a lot of emotions everyday!

We show some of our emotions to the outside world. We might hide other emotions. Use the Emotions Mask activity to identify which emotions you like to show and which emotions you like to hide!

1. Choose your favorite mask to use for this activity.
2. Cut out the emotions faces.
3. Glue to emotions you like to show other people to the outside of your mask.
4. Now glue the emotions you like to hide on the inside of your mask.
5. Attach the paper strip to each side of the mask so you can wear it.
6. What emotions do you show?
Which do you hide?









EMOTIONS MASK

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EXCITED



ANGRY



FRUSTRATED



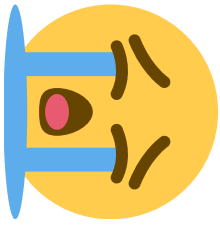
LONELY



ANNOYED



TIRED



DISTRAUGHT



EMBARRASSED



DISAPPOINTED



ASHAMED



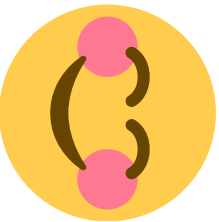
NERVOUS



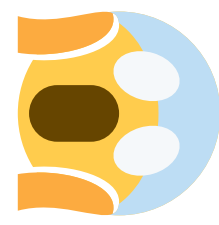
SAD



CONFUSED



PROUD



SCARED



SHOCKED



SILLY



JOYOUS



ANXIOUS



FURIOUS



SICK



HAPPY



FRIENDLY



UNCOMFORTABLE



LOVE



WORRIED



CONFIDENT



CALM



AWE

