



## Changing Emotions Block Puzzle

### Here's What You Get!

- 12, 4-sided Wooden Puzzle Blocks
- Storage Bag
- Teacher's Activity Guide

### Introduction

Young children may have a difficult time defining their emotional feelings and how their behavior is dictated by their mood. When we talk about social and emotional strategies or skills with young children, we are talking about feelings and behaviors. Teaching children to exhibit correct behavior in various circumstances is more complex than teaching the letters of the alphabet.

One of the first steps to help children manage their behavior is to help them recognize their feelings. The children may not have the words to respond when we ask, "How are you feeling?" Helping them recognize different feelings will help them understand those feelings and how to regulate their behavior. The Changing Emotions Block Puzzle is helpful for young children as they identify certain feelings and how those feelings are often expressed.

### Use the Changing Emotions Block Puzzle to address these Core Standards and these Preschool Objectives from POCET™\*

- Showing self-awareness
- Expressing feelings
- Understanding how actions affect self and others
- Respecting individual differences
- Interacting appropriately with others

\*POCET™ Preschool Observation Checklist and Evaluation Tool is available online at: [www.DiscountSchoolSupply.com](http://www.DiscountSchoolSupply.com)

### Suggested Activities:

- Study and discuss the different puzzle block pieces with the children. Show the children a block with a set of eyes or a mouth, one at a time. Have the children determine what emotion is being expressed on each block.
- Have the children put together the puzzle to display all of the correct matching pieces for one of the four emotions (happy, sad, angry and surprised). When the puzzle is complete, discuss the feeling that is shown. Repeat this activity until all four emotions have been put together and discussed.

**Changing Emotions Block Puzzle** (continued)

- Have the children put together the puzzle blocks to show an emotional picture. Give the children a piece of paper and crayons, and have them draw their own face showing the same emotion.
- The puzzle blocks in this set can also be stacked vertically. Starting with the bottom pieces, have the children complete the puzzle in the vertical direction. When the puzzle is complete, have the children view the other side of the block stack and discover that another feelings face is on the opposite side.

**Extended Activities:**

- Place the puzzle blocks in a bag. You can use the included Storage Bag, but a larger bag might work easier. Have the children pull out one puzzle block at a time and place it on a flat surface. Challenge the children to determine where each piece goes to create a feelings face before pulling the next block out of the bag.
- Have the children draw a picture of themselves expressing a feeling they may sometimes have. When the picture is complete, have the children turn the paper over and draw another face, this time showing a different emotion. After both sides are complete, have the children cut the picture into large sections, or pieces, similar to how the puzzle blocks are separated. The children now have their own puzzle to put together that shows feelings. In fact, they have two!