

Selfies

EYFS Area: **Personal Social and Emotional**

Learning Goal: **Managing Feelings and Behaviour**

How to play

1. **Explain** to your child that you are going to take some 'selfies' of each other making different faces (e.g. happy, sad, angry and afraid).
2. When you have taken a few photos, go through them together. **Ask** your child to identify the emotion in each picture.
3. **Ask** when and why your child feels that way (e.g. when do you feel sad? Why?) and then share your feelings too.
4. **Ask** how your child makes themselves feel better and overcome bad moods.

TIP - Practice different faces in the mirror first. Draw your child's attention to different facial features e.g. having a smiling face when you are happy.

Level 2

Go into a different room (so that your child cannot see you) and take photos of yourself showing different emotions. Then, rejoin your child and ask them to **identify your emotion** in each photo.

Level 3

Get creative! Act or draw out the ways in which you and your child overcome your emotions.