



# Beanbag Feelings Toss

*Give children an opportunity to express their feelings in a safe, physical, yet nonviolent way.*

## START

- The goal of this activity is for children to get practice talking about their feelings, and then to express them in a creative, safe, physical way.
- Hang up the Feelings Face Chart next to the stand-alone mirror or have a few charts on the table with handheld mirrors.
- Introduce the activity by asking children if they have ever been really angry or frustrated.
- For younger children, you can use a puppet to ask the children Have you ever felt mad or angry? And you can use the puppets to act out those feelings.
- For older children, you can ask Have any of you ever felt angry or frustrated? Can you tell me what that means or how it feels?

## NEXT STEPS

- To help the children understand which feelings you're working with, you can use the books for a quick read-aloud. Discuss the pictures and ask the children to make the faces along with the characters.
- Ask the children to think of three kinds of events that can be upsetting to them; for example, not being able to have dessert, getting sick and missing a birthday party, or your friend doesn't want to play the same game as you.
- For younger children, you can act out the anger or frustration using the puppets or use the storybooks to illustrate the ideas.
- Have the children write or draw a picture of their feelings on their cards. Adults can help with this.
- Hang the cards on the wall using the blue tape. Make sure this is a location that it will be safe to toss the bean bags.
- The children can then throw their beanbags (one at a time) at the cards.
- Be playful. If a child misses the mark, let them try another time from the same place, or move them closer to try again.

## MATERIALS

- \* 12 small beanbags
- \* 3 index cards for each participant
- \* 3M blue painter's tape
- \* Feelings Face Charts (see sample attached)
- \* Mirrors (handheld or stand alone)
- \* A variety of 3 or 4 puppets

## Learning Guideline:

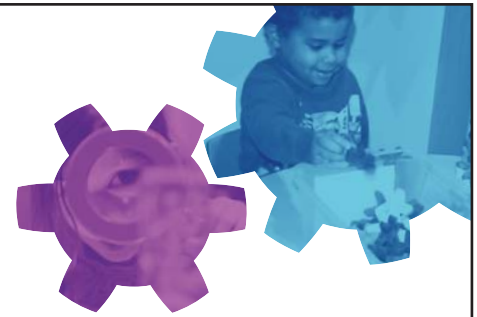
Social/Emotional:  
Recognize and describe or represent emotions such as happiness, surprise, anger, fear, and sadness.

## Tip Sheets:

Friends, Write

- Encourage children who are waiting for their turn with the beanbags to look at the Feelings Face Charts, encourage the children to mimic the faces they see and make the faces in the mirror. Adults can participate by also making the faces. Children can be encouraged to make silly faces as well.

(continued on side 2)



(continued from side 1)

### FINISH UP

- Ask the children how they felt when they were throwing the beanbags and how they felt afterward. See what feelings they can articulate. Talk about those feelings and then introduce more emotion vocabulary words to continue and expand the conversation.
- Make sure each player takes down their cards after each turn.

### EXPAND YOUR ACTIVITY

- Families can be encouraged to stay and read the books or look at the Feelings Face Charts together.
- Staff can sit down and read to a group of children and go through the pictures in the book, talking about angry or frustrated feelings, as well as other feelings that come through in the pictures. Pick out emotion vocabulary words from the book together.
- On a whiteboard, record the emotion words that the children and adults come up with during the activity. Refer to the list to keep the vocabulary expanding as the activity continues throughout the session. You can also record the original anger/frustration ideas to demonstrate to participants how a variety of experiences creates our emotions.

### TAKE IT HOME

- Families can create their own Feelings Face Charts at home. You can find pictures in magazines to cut out, or you can draw your own. You can hang this chart on a wall and add to over time.
- Look for children's books that have great illustrations depicting emotions and feelings. Animal characters are just as effective as people. Read the books together in a quiet, calm setting; encourage the child to share his or her thoughts, fears, and experiences by asking questions such as Have you ever felt the way the bunny feels? What would you like to say to the little girl if you could talk with her?

### BOOKS

- *Duck & Goose: How Are You Feeling?* by Tad Hills
- *Lots of Feelings* by Shelley Rotner
- *When Sophie Gets Angry—Really, Really Angry . . .* by Molly Bang

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# FEELINGS FACE CHART



HAPPY



SAD



SURPRISED



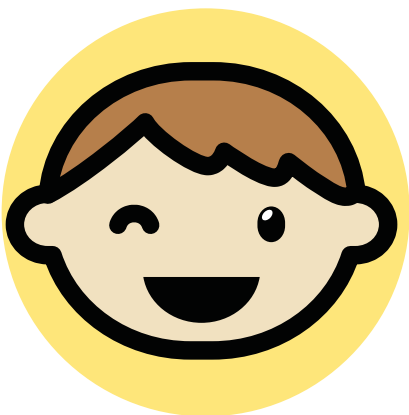
MAD



PROUD



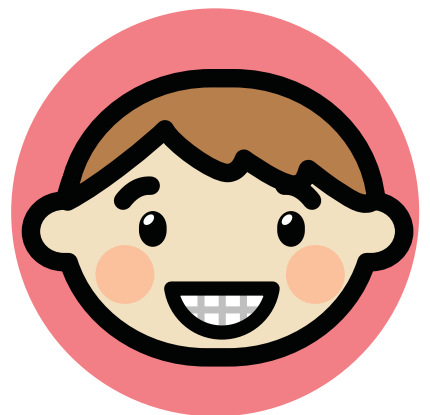
WORRIED



PLAYFUL



UNHAPPY



EMBARRASSED