Classroom Activity: Show and Tell Feelings

When children learn to express their feelings through words and play, they are developing healthy self-control. Being able to use words to express their feelings with others is a valuable skill that will serve them all their lives—in school, at work and in their families.

By watching the DANIEL TIGER’S NEIGHBORHOOD video of Daniel Tiger and Katerina playing train, and using the following activities, you can help children practice ways of using their words to identify and share their feelings.

Children Are Working On

- Observing, listening and thinking skills
- Recognizing and identifying emotions
- Practicing using language skills

Materials

- 11 ½ minute episode: “All Aboard.”

Set Up the Topic

- Today we’re going to watch a video about a time when Daniel Tiger and his friend, Katerina, are at school pretending to play “train.” They disagree about what they each want to do. Each child only says “Grrr” when upset. With Teacher Harriet’s help, they learn to use their words to tell each other how they feel.

- Watch what Daniel and Katerina do and how they work things out by using their words.

Watch

Watch the episode: “All Aboard.”

Talk About It

After watching the video, you could start a discussion:

- Katerina and Daniel are pretending to be on a train and want to do different things.
- What does Katerina do? Does Daniel understand her “Grrr?”
- How does he finally understand? What does she say?
- Have you ever become angry at someone because you wanted to have things go your way and they didn’t? What did you say or do? What happened?
- Did you ever help another child practice how to use his or her words?

Sing the Strategy Song: 🎶 Use Your Words. 🎶

Watch more videos and play games with Daniel Tiger by visiting pbskids.org/daniel

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Play & Explore

- Ask the children to name as many feelings as they can.
- Record their responses on a chart, calling attention to the fact that these are the names of feelings.
- Use body language as well as facial expressions to pantomime the feelings as you write them. For example:
  - Happy (clap your hands, laugh)
  - Sad (rub your eyes, pretend to cry)
  - Surprised (jump, raise your arms)
  - Afraid (shiver, bite your nails)
  - Angry (stomp your feet, grit teeth)
- Invite the children to use body language and facial expressions to show the different feelings, either just as you have demonstrated or in their own way.
- After the group has practiced showing their emotions, have individual children think of a feeling and whisper it to you. Then have each child pantomime that feeling while the group tries to guess what feeling the child is demonstrating.
- If the children are still engaged, you could have them draw faces to show the different feelings the group just talked about. Be sure to label the faces with the corresponding words.
- As a followup activity, you could make a matching game using pre-cut magazine pictures of people/children to match with an iconic symbol of two or three different expressions.