

# PRESCHOOL EXPLORERS

24 TO 36 MONTHS  
TRADITIONAL

## PLAY DOUGH FACES

### MATERIALS:

- PIECE OF PAPER WITH A LARGE CIRCLE DRAWN ON IT (TO FILL A STANDARD PIECE OF PAPER, AND BE USED LIKE A FACE. ADD SOME HAIR AND EARS IF YOU LIKE!)
- PLAY DOUGH, STORE BOUGHT OR HOMEMADE

### OBJECTIVES:

- DEVELOP AWARENESS OF EMOTIONS AND HOW OUR BODIES MIGHT EXPRESS THEM
- BEGIN TO UNDERSTAND HOW TO MANAGE EMOTIONS IN A HEALTHY WAY
- FOLLOW SIMPLE INSTRUCTIONS
- LANGUAGE DEVELOPMENT: EMOTIONS, COLORS
- FINE MOTOR SKILLS (ROLLING, PLACING PLAY DOUGH PIECES INTENTIONALLY)
- CREATIVITY, ART, COLOR

### INSTRUCTIONS:

DEPENDING ON IF YOUR CHILD IS AN OLDER TWO-YEAR-OLD, OR YOUNGER TWO-YEAR-OLD, YOU MAY HAVE TO HELP THEM MORE OR LESS CREATE FACES. THE MOST IMPORTANT PART OF THIS ACTIVITY IS TALKING ABOUT EMOTIONS AND HOW WE EXPRESS THEM, ESPECIALLY WITH OUR FACIAL EXPRESSIONS.

- EXPLAIN TO YOUR CHILD WE ARE GOING TO TALK ABOUT OUR FEELINGS AND MAKE FACES WITH PLAY DOUGH ON OUR PAPER.
- EVEN IF YOUR CHILD IS OLD ENOUGH TO ROLL THE DOUGH ON THEIR OWN, IT IS HELPFUL IF YOU FIRST DEMONSTRATE A SIMPLE FACE WITH PLAY DOUGH FOR THEM – ROLL TWO CIRCLES AND PLACE THEM WHERE EYES WOULD BE ON YOUR PAPER FACE. ROLL A LONG "SNAKE" AND PLACE IT CURVED UPWARD LIKE A SMILE ON THE PAPER FACE. SAY "LOOK! I MADE A HAPPY FACE!" AND DEMONSTRATE A HAPPY FACE WITH A BIG SMILE TO EMPHASIZE THAT YOUR FACE IS SIMILAR TO THE EXPRESSION YOU MADE ON THE PAPER FACE.
- ASK LOTS OF QUESTIONS, SUCH AS "WHAT MAKES YOU HAPPY?" "CAN YOU SHOW ME YOUR HAPPY FACE?" "WHAT CAN WE DO WHEN WE ARE HAPPY?" ETC.
- NOW ASK YOUR CHILD TO SHOW YOU A SAD FACE. THEY MAY USE THEIR OWN FACIAL EXPRESSION FIRST, OR THEY MIGHT START TO PLAY WITH THE PLAY DOUGH. EITHER IS OKAY! WE WANT TO DEMONSTRATE BOTH ON OUR FACES AND THE PLAY DOUGH FACE.
- ASK SIMILAR QUESTIONS AGAIN SUCH AS, "WHAT IS SOMETHING THAT MAKES YOU SAD?" "WHAT CAN WE DO WHEN WE ARE FEELING SAD?"
- THINK OF OTHER EMOTIONS TO DEMONSTRATE AND MAKE WITH THE PLAY DOUGH FACE WITH YOUR CHILD. TRY THINGS LIKE EXCITED, MAD, FRUSTRATED, SCARED. SOME OF THESE MIGHT BE HARDER TO CREATE EXPRESSIVELY WITH PLAY DOUGH BUT DON'T WORRY! IF THE PLAY DOUGH FACE ISN'T PERFECT, THAT'S OKAY. THE GOAL IS TO TALK WITH YOUR CHILD ABOUT THE EMOTIONS THEY MIGHT FEEL, HOW THEIR FACES OR BODIES MIGHT DISPLAY THOSE EMOTIONS, AND WHAT TO DO WHEN YOU FEEL THEM...THE PLAY DOUGH IS JUST ADDED FUN!

We'd love to see photos of your at home learning! Tag us on Facebook and Instagram with hashtag #SkipwithAtHome

