

SEE MY FEELINGS MIRROR

GETTING STARTED ACTIVITIES

Espejo que refleja mis emociones
Miroir des émotions
Mein Gefühlsspiegel


Durable and
kid-safe

 **WARNING:**
CHOKING HAZARD - Small parts.
Not for children under 3 years.



Introduction

Kids have so many feelings! Help your children learn about their emotions with the See My Feelings Mirror. This lively, interactive learning tool will help kids build a foundation for managing their feelings, working through everyday challenges, and building strong friendships. Kids will love the bright, cheerful colors and easy-to-hold chunky grip.

Featuring diverse photos of real children showing real emotions, this high-quality, child-safe mirror helps children name their feelings by seeing their expression and the model's expression at the same time. With four guided starter activities, easy-to-identify emojis, and six different snap-in-place emotion slides, the See My Feelings Mirror makes social emotional learning fun!

Emotion Key



HAPPY



SURPRISED



SCARED



SAD



SILLY



ANGRY

Name My Feelings

Topic

Identifying and Naming Emotions

Activity

- o Ask the child *"How are you feeling today?"*
- o Invite the child to look in the See My Feelings Mirror. Ask *"What does that (feeling, mood) look like? Show me with your face and your whole body!"*
- o Ask the child to describe what they see in the mirror. For example: *"I'm smiling."* or *"My eyes are open wide."*
- o Invite the child to look at the emotion slides. Ask *"Which slide looks like your feeling?"* (More than one slide may apply.)
- o Talk about how the child's expression looks and compare it to the slide or slides that best match their feeling. For example: *"That's right! That child is smiling – just like you!"* Help the child identify the emotion.



Our Many Feelings

Topic

Identifying and Naming Emotions, Referential Understanding of Symbols and Pictures

Activity

- Invite the child to select an emoji on the See My Feelings Mirror (don't pull out the slide yet).
- Ask "*What emotion is that?*" The child may or may not be able to identify the emotion – either way is fine for this activity
- Ask "*Can you show me what you look like when you're feeling (this emotion)?*"
- Show the child what they look like in the See My Feelings Mirror.
- Pull out the selected slide. Ask the child to compare the expression on their face to the photo in the slide. Ask "*What's the same? What's different? What do you see that shows (the emotion)? How can you tell if a friend is feeling (the emotion)?*"
- Repeat the activity for all six slides.



All About Me

Topic

Emotion Self-Portraits

Activity

- Invite the child to show you an emotion using their face and body. For example, you can ask: *“What does it look like when you’re sad?”*
- Invite the child to look in the mirror to see how their emotion looks.
- Pull out the slide for the emotion the child selected and ask them to compare their own facial expression to the expression in the picture.
- Ask the child, using the mirror and the slide, to draw a picture of how they look feeling the emotion they selected.
- Direct the child to the next emotion slide and repeat the activity for all six emotions on the See My Feelings Mirror.



When I'm Angry, Sad, or Scared

Topic

Managing Negative Emotions, Social Skills, Conflict Resolution

Activity

- Invite the child to view the “Angry” slide.
- Ask “*Can you remember a time when you were angry? Why were you angry?*”
- Ask “*What did you look like when you were angry? Can you show me?*” Invite the child to see themselves in the mirror to see what “angry” looks like.
- Ask “*What did you do when you were angry? What made you feel better?*” Invite the child to discuss what makes them feel better when they're mad and work with them to create strategies for the next time they're angry. For example, they may use their words to talk about why they're mad, take deep breaths, or count to five.
- Repeat the activity using the “Sad” and “Scared” slides.

