



Mirror, Mirror, What Am I Feeling?

Handout B28

sad
Happy
Excited

Feeling words I want to help my child learn:

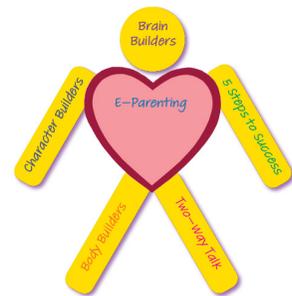
- _____
- _____
- _____

Which Daily Do I want to focus on practicing:

- _____

When will we do this activity:

- _____
- _____



Who else can do this activity with my child:

- _____

How to do this activity:

1. Use **Ready for Play and Learning** to see if your child is ready to play and learn. Remember to use **5 Steps to Success** as you help your toddler explore their natural curiosity during the activity.
2. Look into the mirror with your child. Ask them who they see. Make exaggerated pretend faces that express emotions like: excitement, fear, happiness, sadness, exhaustion, surprise, and anger.
3. As you make pretend faces, say something like: **Mirror, mirror, what am I feeling? I am feeling sad.** Encourage your child to copy you and say the feeling word.