

EggXpress™ Yourself!





What's That Emotion?

Learning Goals:

This activity focuses on *generalizing emotional identification*. Generalizing refers to the ability to use a skill in different contexts than it was learned, which is an important step in mastering any skill [1]!

An important factor in generalizing concepts is exposure—seeing it in action as much as possible! This is especially true for abstract concepts like emotions. The more kids see emotions expressed in facial expressions and body language, the more they will understand them!

For example, kids see emojis and cartoon characters all around them—in picture books, on electronic devices, and more—which can help them generalize their knowledge [2,3]. Seeing pictures of a variety of people expressing emotions can also help kids better relate to people in their surroundings [4]. The ability to recognize and identify emotions helps us better understand ourselves and others around us!

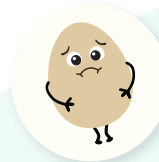
Set Up:

Print and cut out the turtle, turtle facial expressions, and all the emotion coins.



How to Play:

1. Spread out the turtle facial expressions and ask your child to choose one to place on the turtle's face.
2. Spread out the emotion coins. Ask your child to find the one that matches the turtle facial expression they just picked and place it on the turtle's shell.



You can play with just one type (emoji, egg, people, or cartoon), or all four types of the emotions coins, depending on how challenging your child finds this activity!

Try this activity as a memory game: put 2 sets of emotions coins face down, mix them up, then ask your child to match them!





Fun with Faces

EggXpress™ Yourself!
Printable Activity Instructions

Learning Goals:

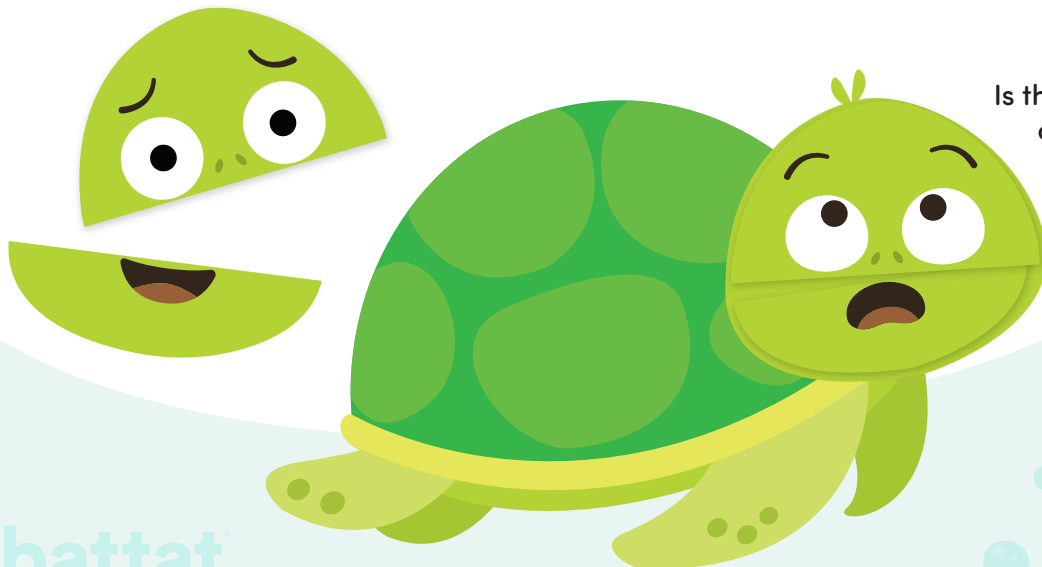
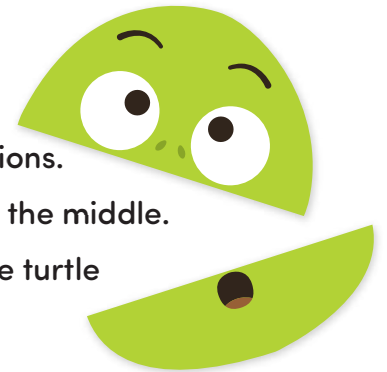
Through this activity, kids can practice *identifying facial expressions* by focusing on eyebrows, eyes, and mouths! Facial expressions play a big role in social interactions—it's one of the ways we show others how we're feeling [6]. It's important for kids to be able to identify them so they can better understand others around them.

Set Up:

1. Print out the turtle and turtle facial expressions.
2. Fold the facial expressions along the line in the middle.
3. Cut out the turtle facial expressions. Cut the turtle facial expressions in half at the fold.

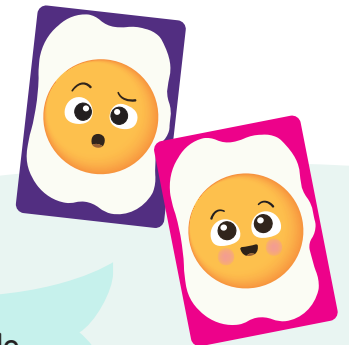
How to Play:

1. Shuffle the turtle facial expression halves and place them in front of your child.
2. Encourage your child to combine and place them on the turtle as they please!
3. Ask your child how they think the turtle is feeling. Use this as a starting point to discuss facial expressions!

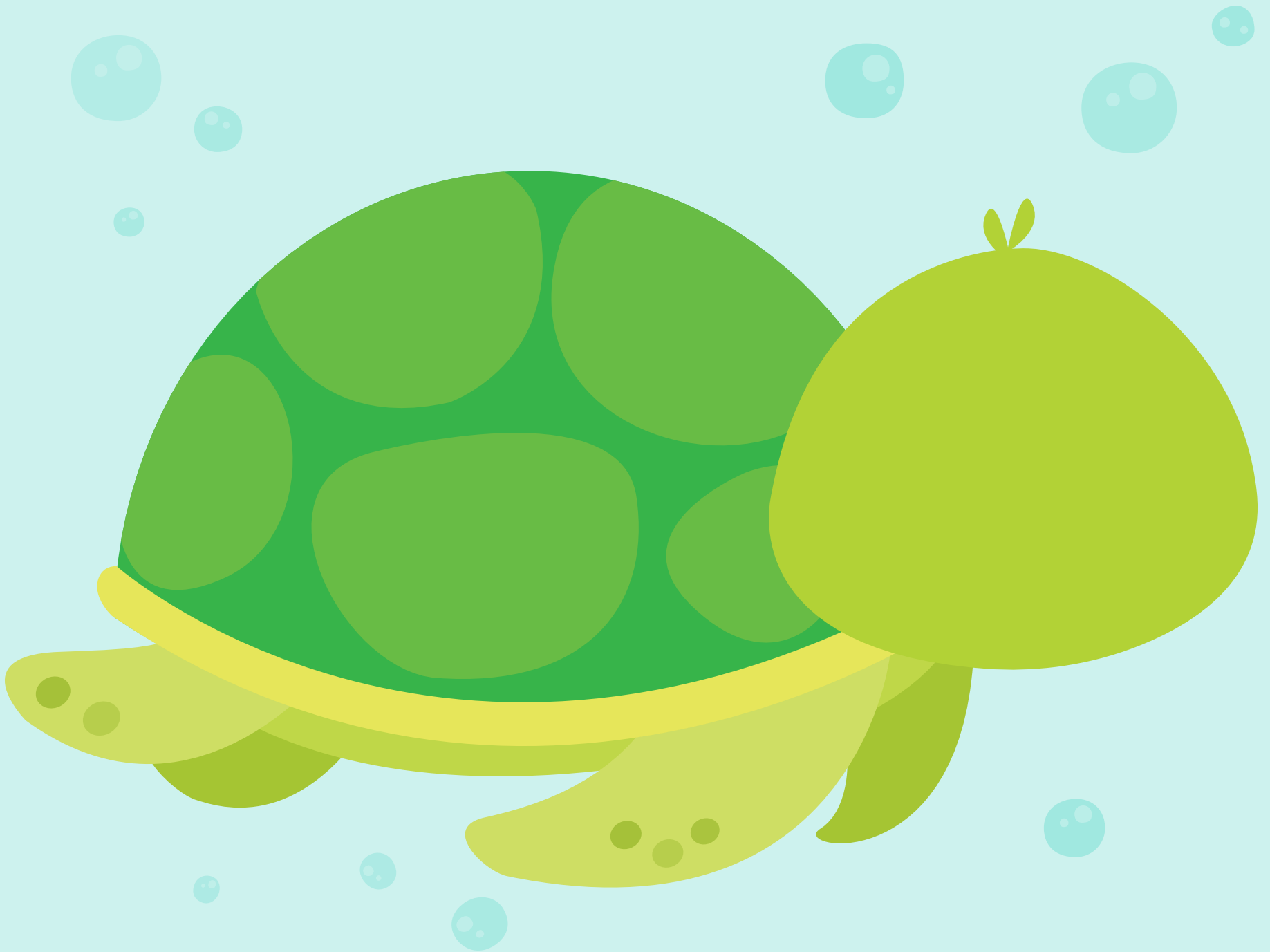


Is the turtle scared?
or surprised?

Is the turtle hungry?



For a little guidance, give your child Expression Cards (from the toy).





Angry



Shy



Happy



Hungry



Sick



Surprised



Sad



Scared



Confused



Loved



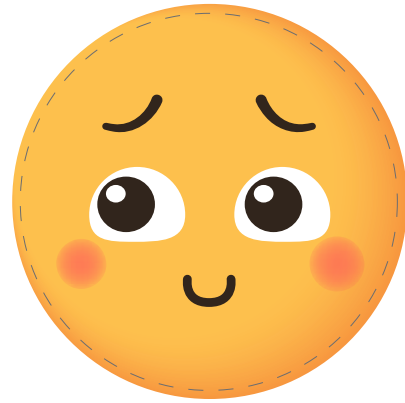
Tired



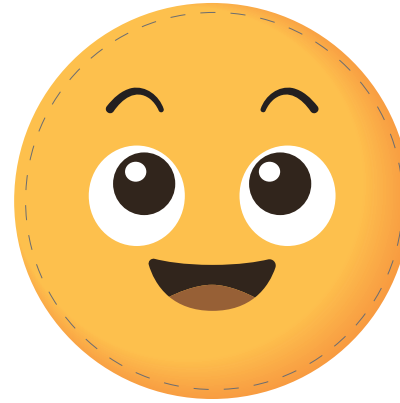
Proud



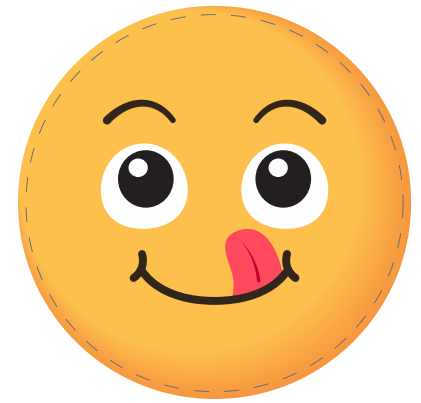
Angry



Shy



Happy



Hungry



Sick



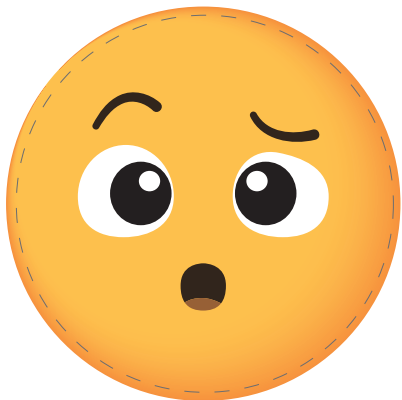
Surprised



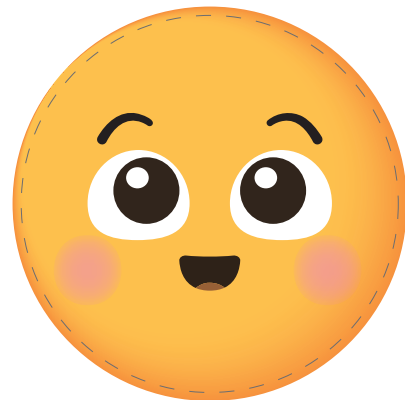
Sad



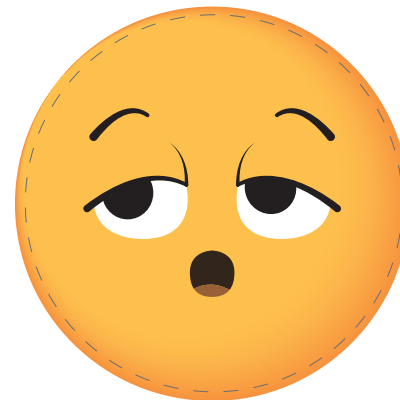
Scared



Confused



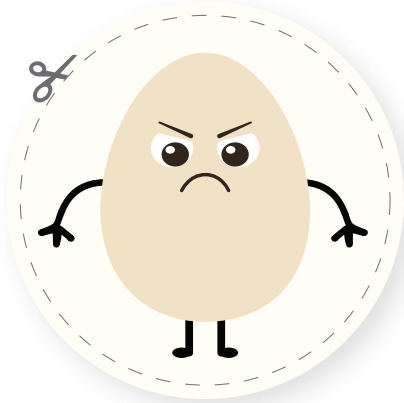
Loved



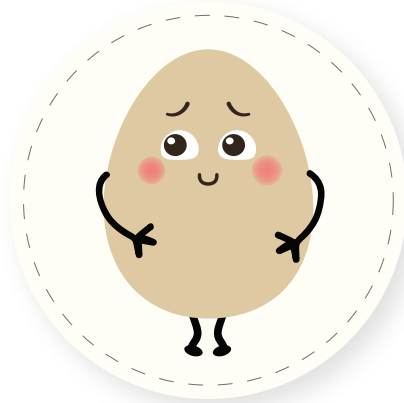
Tired



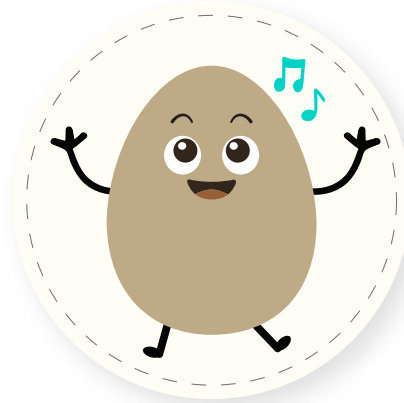
Proud



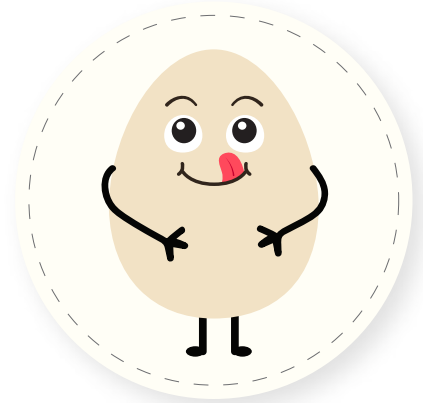
Angry



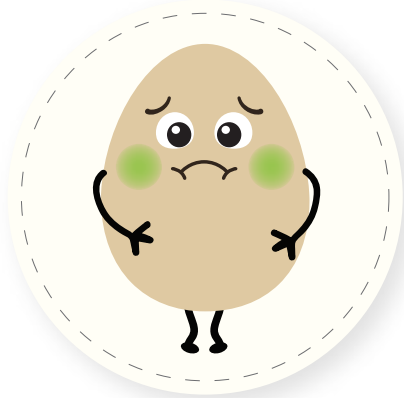
Shy



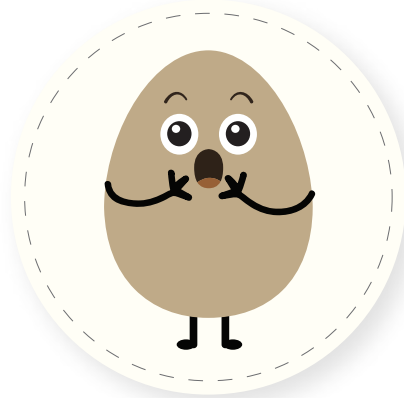
Happy



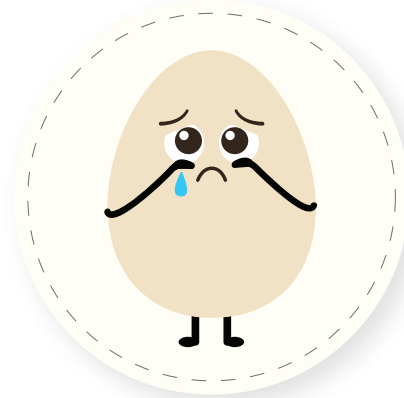
Hungry



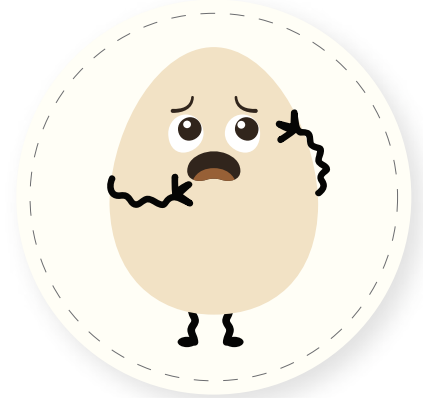
Sick



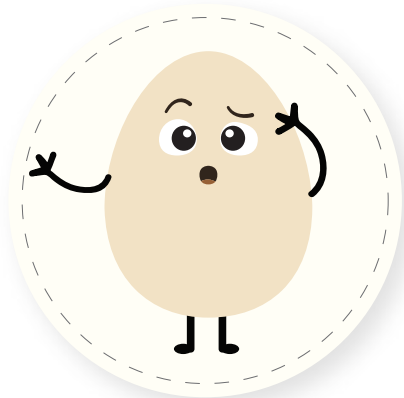
Surprised



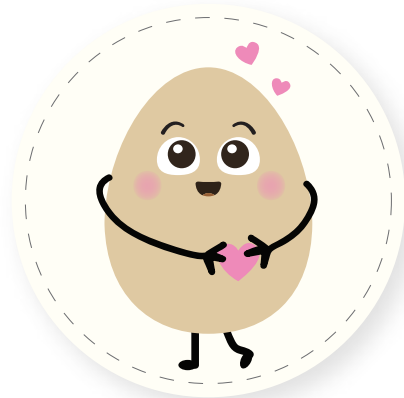
Sad



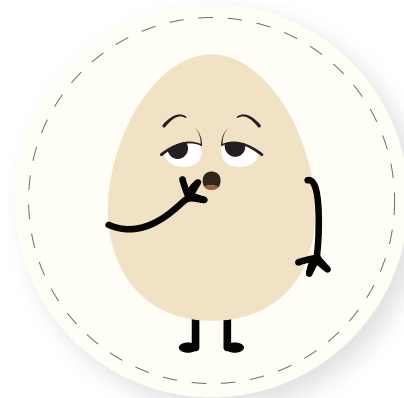
Scared



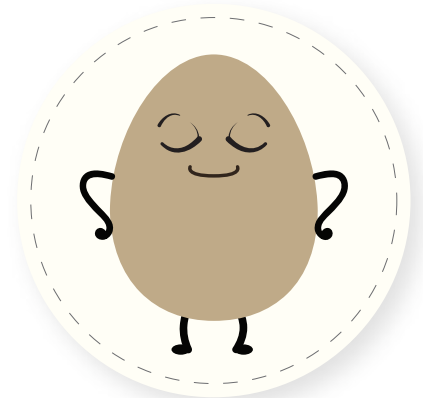
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- [1] Najdowski, A. C. (2017). *Flexible and focused: Teaching executive function skills to individuals with autism and attention disorders*. Academic Press.
- [2] Fane, J., MacDougall, C., Jovanovic, J., Redmond, G., & Gibbs, L. (2018). Exploring the use of emoji as a visual research method for eliciting young children’s voices in childhood research. *Early Child Development and Care*, 188(3), 359-374.
- [3] Bai, Q., Dan, Q., Mu, Z., & Yang, M. (2019). A systematic review of emoji: Current research and future perspectives. *Frontiers in psychology*, 10, 2221.
- [4] Ganea, P. A., Pickard, M. B., & DeLoache, J. S. (2008). Transfer between picture books and the real world by very young children. *Journal of cognition and development*, 9(1), 46-66.
- [5] Hu, J., Gordon, C., Yang, N., & Ren, Y. (2021). “Once Upon A Star”: A science education program based on personification storytelling in promoting preschool children’s understanding of astronomy concepts. *Early Education and Development*, 32(1), 7-25.
- [6] Jia, S., Wang, S., Hu, C., Webster, P. J., & Li, X. (2021). Detection of genuine and posed facial expressions of emotion: databases and methods. *Frontiers in Psychology*, 11, 580287.

