



EMOTIONS PLAYDOUGH MAT

Jesus had emotions just like we do. He shows us that we can care about other people's emotions, too. Use this craft as a way to help your child identify different emotions people may feel so they can care for other people's emotions like Jesus.



DIRECTIONS

PREP

1. Print out the Emotions Mat printable.
 - Option: Create your own mat using the printable as a guide.
2. Make homemade playdough:
 - a. Mix together all ingredients *except* food coloring.
 - b. Once it has cooled, knead with your hands until you have playdough consistency.
 - c. Divide dough into smaller dough balls for the different colors you want to make.
 - d. Place dough ball in a Ziploc bag or bowl and add food coloring. Knead until you make the desired color.

DO

1. Give your child the playdough mat and some playdough.
2. Show them the sample emotions around the placemat.
3. Have your child use playdough to make facial features and expressions for the different emotions.

SUPPLIES NEEDED



Emotions Mat
printable



Playdough

Homemade Playdough Supplies

- | | |
|-------------------------------|---------------------------------------|
| - 2 C Flour | - 2 C Boiling Water |
| - ¼ C Salt | |
| - 4 Teaspoons Cream of Tartar | - 2 Teaspoons Canola or Vegetable oil |
| - Ziploc bag | - Food Coloring |

TALKING POINTS

- Identify an emotion and ask:
 - If you feel _____, what would you like someone to do for you?
 - If someone feels _____, what is a way you can show them you care about their feelings?

