



Sort the Feelings

Match each bottle-cap face with the same feeling on a cardboard tube.

Helps Your Child Grow



Emotional Functioning

Recognizing a facial expression and matching it with another example gives your child practice distinguishing and naming familiar emotions.

Steps

- Prepare three cardboard tubes and several plastic bottle caps. Draw a different expression - such as happy, sad, or angry - on each tube, then repeat those faces across the caps and mix them together.
- Face the tube drawings toward your child. Name each feeling and copy the expression together.
- Hand over the caps and explain the match: place each face into the tube showing the same feeling.
- Once the expressions are familiar, your child can glance at a cap, find its matching tube, and drop it in.
- When all the caps have been sorted, pour them out and check the groups together.

Tips

- As you introduce each face, talk about a time someone might feel that way. This helps connect the expression with the emotion behind it.
- If you do not have the materials, roll cardstock into tubes and cut larger paper shapes to use instead of bottle caps.

Observations

- Matches a bottle-cap face to the tube showing the same feeling
- Picks up bottle caps with their fingertips