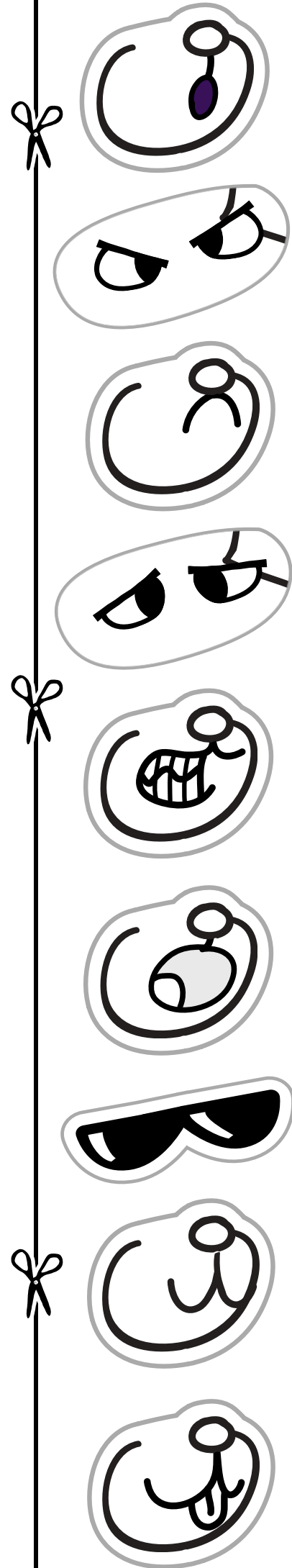
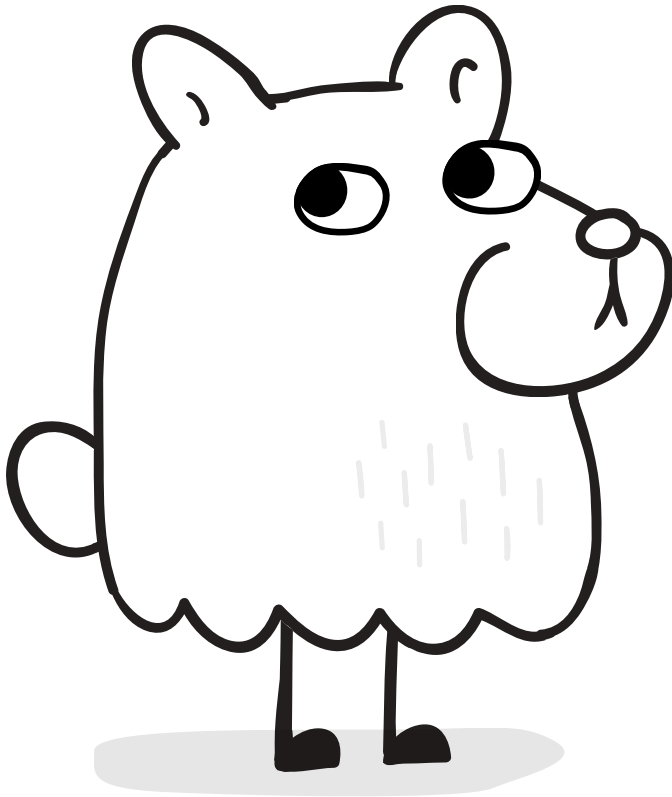


What is Bear feeling?



Cool	Love	Excited	Happy	Confused	Calm
Surprized	Shy	Sad	Angry	Afraid	Jealous

How to play

- 1) Cut out all the different parts
- 2) Choose a feeling card and make Bear express it by placing the right part on his face.
- 3) Now act it yourselves - Make the same face!



Try the online
SEL game

Dear Grownups,

Big feelings can be confusing for little kids. Learning to notice a feeling, name it, and show it on purpose is a real skill, and it takes practice.

That is why we made this printable. With the help of Bear, children get to play and experiment with emotions: What happens if we put angry eyes with a smile? Or sad eyes with a wide open yell? Mixing the expressions is where the real learning starts.

They learn that the face Bear makes is also a message, and learning to read it, and make it, is how children begin to communicate how they feel.

How to use this printable

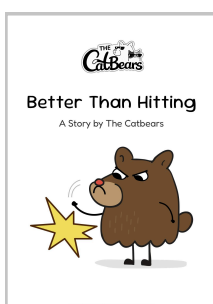
- 1 **Use a pair of scissors** - Cut out all the different expressions: the different eyes, mouths, and feeling cards.
- 2 **Choose a feeling card** - Make the Bear express that feeling by placing the right facial pieces, then talk about your choices.
- 3 **Act it out yourselves** - Make the same face and express that feeling with your own body. Acting it out connects the face with the feeling, and it's also really fun!

There is no wrong way to play. Follow your child's lead, stay curious, and let the funny faces happen - That's where real learning happens.

Love,
The Catbears

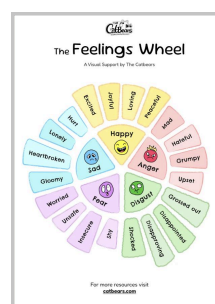


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