Emotion Detectives

An adventure with Cleo & Cuquin to discover what we feel



Age: 2-6 years

Time: 10 minutes

You need: this sheet and the Cleo & Cuquin episode ***Emotion Song***.

Cuquin goes on lots of adventures and, just like us, he can feel lots of things! Sometimes he's happy, and other times something surprises him or makes him mad. Shall we help him find out what he feels?

There are no right or wrong answers. Everyone can feel something different about the same situation. Let's explore together!

1 Let's watch!

Watch Cleo & Cuquin's ***Emotion Song*** together. If you like, you can pause on a scene where Cuquin seems to be feeling something special.

What happened to Cuquin?

Tell the grown-up who is with you, or point to what you saw.

Draw what happened

2 How does Cuquin feel?

Look at the faces and pick the one closest to what you think Cuquin feels. You can pick more than one, too!



Joy

Something we like or are excited about.



Sadness

Something we wanted has ended or been lost.



Anger

Something didn't turn out the way we hoped.



Fear

Something worries us or scares us.



Surprise

Something happened that we didn't expect.



Calm

We feel relaxed and comfortable.

What makes you think Cuquin feels that way?

Look at his face, at what happened and at what he does.

Point, tell or draw



Remember: faces give us clues, but what happened matters too. We can see the same situation in different ways!

3 And how would you feel?

Now think of a situation like Cuquin's.

Have you ever felt like that?

You can point to a face, tell the grown-up who is with you, or draw how you feel.



Joy



Sadness



Anger



Fear



Surprise



Calm

My emotion today is: _____

I feel this way because: _____

_____

Draw a face showing how you feel

4 What can we do with what we feel?

All emotions can show up. We don't have to stop feeling scared, angry or sad to be okay. We can learn to recognize them and find out what we need.

If an emotion gets really strong, what could help us?

- Talking to someone we trust.
- Asking for a hug, if we want one.
- Breathing slowly or taking a little break.
- Telling what happened.
- Moving a little away from something that scares us and watching it from a safe place.
- Asking for help to find a solution.

And what helps you when you feel something really strong?

My trusted person is: _____

Something that helps me is: _____

Mission accomplished!



Great job, detective!

Today we practiced how to observe a situation, imagine what someone else might feel and find words to talk about emotions.

Every emotion tells us something! We can learn to listen to our emotions and ask for help when we need it.

A question to share as a family: What can we do to help each other when we feel something really strong?

An activity to do together with an adult. Each child can take part at their own pace, without having to answer every question or finish every step.