**Montessori Project   
 Childhood Education about Feelings**

**Target Age:** 3-5 years.

**Duration:** 2-3 months

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**Objectives:**

* To help children recognize and name their feelings.
* To teach children how to express their emotions in healthy ways.
* To develop children's empathy by recognizing emotions in others.
* To enhance children's emotional vocabulary and understanding of different emotions.
* To promote self-awareness and emotional intelligence among children.

**Introduction:**This project, titled "Childhood Education about Feelings," aims to introduce young children (aged 3-5) to the basic emotions of happiness, sadness, anger, surprise, fear, and love. Through interactive and engaging activities, children will learn to recognize and express these emotions, developing a deeper understanding of their feelings and those of others. Over the course of 2-3 months, the steps in this project will guide children in exploring their emotions through circle time discussions, videos, activities, and stories, fostering emotional intelligence and empathy.

**Materials Used:**

* Emotion-themed videos or soundtracks
* Emotion cards (pictures of real faces expressing emotions)
* Popsicle sticks with emotion faces
* Cups for sorting emotions
* Playdough
* Felt fabric puzzle with different facial expressions
* Three-part cards (Montessori materials)
* Booklets for coloring and drawing
* Storybooks related to emotions
* Mirrors for observing facial expressions

**Outline / Steps:**

1. **Introduction of Emotions During Circle Time:**
   * Begin each day by sharing your own emotions with the children during circle time (e.g., "I feel happy today"). This helps children become familiar with the concept of feelings.
   * Gradually introduce two emotions at a time, using clear and simple language.
2. **Use of Videos/Soundtracks:**
   * Play a video or soundtrack that evokes the emotions you are introducing (e.g., happy and sad).
   * After watching, point out and discuss the children’s emotional reactions, helping them identify the feelings they experienced.
3. **Visual Aids:**
   * Show pictures of real faces expressing the emotions being studied. Discuss the facial features (eyes, eyebrows, mouth) to help children identify emotions in themselves and others.
4. **Exploration of Facial Body Parts:**
   * After showing pictures of real faces expressing the emotions being studied, guide the children in examining the facial features that change with each emotion. For example:
   * **Happiness**: Smiling with the mouth curving upward.
   * **Sadness**: Downward-curved lips and drooping eyebrows.
   * **Anger**: Furrowed brows and a tense mouth.
   * **Surprise**: Wide eyes and raised eyebrows.
   * Use mirrors to allow children to observe their own faces as they mimic different emotions, helping them connect the feeling with the physical expression.
5. **Interactive Circle Time:**
   * Engage the children in a "face dance" activity where they move their facial features (e.g., raising eyebrows, widening eyes) as you call out different emotions. This will reinforce their understanding of how facial expressions are connected to feelings.
6. **Hands-On Activities:**
   * **Popsicle Sorting Activity:** Provide children with popsicle sticks that have faces representing different emotions. They will sort these into cups labeled with corresponding emotions.
   * **Playdough Faces:** Children will create faces with different emotions using playdough. Focus on shaping specific facial features (eyes, eyebrows, mouth, lips) to express emotions.
   * **Felt Fabric Puzzle:** This puzzle will include various facial parts that can be arranged to create expressions. Children will explore how changing the facial parts alters the emotion the face expresses.
7. **Three-Part Cards Activity:**
   * Use Montessori three-part cards to reinforce the learning of emotions. Children will match the picture, the word, and the definition, which also supports their reading skills.
8. **Booklet Activities:**
   * Children will color pictures related to the emotions they are learning about. They will also complete drawing exercises where they finish a picture to express what makes them feel a particular emotion.
9. **Story Time:**
   * Read stories that focus on emotions, helping children to understand the context of feelings and how to respond to them appropriately.

**Integration:**

* **Language and Terms:** The project enhances children's language skills by introducing and reinforcing emotional vocabulary, promoting expressive language, and integrating early reading and writing activities.
* **Science:** The project introduces basic scientific concepts through the exploration of facial expressions, understanding the connection between emotions and the body, cause-and-effect relationships, and developing observational skills.

**Outcome:**  
By the end of the project, children will have developed a strong emotional vocabulary, improved their ability to express and manage their emotions, and gained an understanding of how feelings are reflected in facial expressions. They will also enhance their early literacy skills and gain a foundational understanding of the science behind emotions, promoting overall emotional intelligence and self-awareness.

Emotions