

# Getting Started

Build Me “Emotions” | 45018 | Ages 3-5 | For 2-6 children

Build Me “Emotions” invites children to explore emotions! The building cards are designed to inspire open-ended construction, and the ideas below encourage new ways of using the set. After completing some or all of these activities, you can download the Teacher Guide for more in-depth activities.



1. Use the set for conflict resolution. When a conflict arises, ask children to build a character that expresses how they feel. Then have children talk about their feelings and come up with a resolution.



2. Encourage children to build a friend who is experiencing an unpleasant emotion and explain why the friend feels this way. Then create a solution to make the friend feel better, and modify the models to represent how the friend feels after receiving help.



3. Use the set to explore physical characteristics, such as height and body parts like arms and legs. Introduce body language and ask children to build models with different arm and leg positions.

4. Read a story about emotions, and then encourage children to build and describe one or more of the characters using the appropriate facial expressions.



5. Ask children to work together to build a family. Encourage children to describe the roles of each family member and how this makes them feel.



## Learning Objectives

Social and emotional development:

- sense of self
- collaboration
- recognizing and understanding emotions

