

WEEK 2: Wee Wellness! Kids Cooking Camp
Pretend Play Craft- "Turn it Around" Face Masks

Description: It is important for children to understand that disappointment is part of everyone's life. By talking and using pretend play, children can recognize this feeling, give a name to it, and practice some ways to handle the disappointments that arise, and Turn It Around!

Materials:

2-Paper Plate

4-Popsicle Sticks

Masking Tape

Emotions Face Chart, or use a mirror or a family member to show emotional expressions

Imagination



Steps:

1. Cut each paper plate in half.



1. Using the Emotional Face Chart, your own image, or the image of a family member draw the nose, and mouth of the emotion you picked.
 2. Flip the same paper plate over.
 3. Draw the opposite emotion of the first emotion you drew. In the example the emotion on one side is "Scared"



1. Using one Popsicle stick for each mask, tape it on to the bottom to use as a handle.

You are now ready to use your imagination and create a play, skit, story, or conversation about how to have a feeling and find a way to turn it around!



Livingston Food Resource Center & MontanaPBS



happy



sad



angry



scared



shy



confident



surprised



ashamed



disgusted



exhausted



confused



bored