



# Expressing Emotion Appropriately

## Autism & ABA Therapy Social Skills

For more interactive activity, games and resources visit <https://www.autistichub.com/>

### Activity Title:

"Emotion Expression Gallery: Sharing Our Feelings"

### Objective:

To assist the child with autism in recognizing, understanding, and appropriately expressing their emotions.

### Materials Needed:

- Emotion Cards: Cards with different emotions depicted on them (e.g., happy, sad, angry, excited).
- Art Supplies: Paper, crayons, markers, paint.
- Emotion Story Prompts: Simple stories or scenarios that evoke various emotions.
- A comfortable, quiet space for the activity.

### Activity Setup:

Prepare Emotion Cards and Story Prompts:

- Create or select cards that visually represent a range of emotions.
- Develop short stories or scenarios that can elicit different emotional responses.

Gather Art Supplies:

- Arrange a variety of art materials for the child to use in expressing emotions.

Select a Calm Space for the Activity:

- Choose a quiet area conducive to focus and emotional expression.

## **Activity Steps with Example:**

Introducing Emotions:

- Start by discussing emotions: "We all feel different things at different times. Sometimes we are happy, sometimes sad, and that's okay."

Exploring Emotion Cards:

- Present an Emotion Card to the child.
- Example: Show a card depicting 'happiness.'
- Discuss the emotion: "What does being happy feel like? When do you feel happy?"

Creating Emotional Art:

- Encourage the child to create a piece of art based on the emotion from the card.
- Guide them to express what happiness (or the selected emotion) looks like to them.

Using Emotion Story Prompts:

- Read a short story or scenario that aligns with the emotion on the card.
- Example Story Prompt: "Imagine you found your lost favorite toy. How would you feel?"

Sharing and Discussing Artwork:

- Invite the child to share their artwork and describe what they've expressed.
- Discuss their feelings and reflections on the story prompt: "Tell me about your drawing and how the story made you feel."

## **Skills Targeted:**

- Emotion Recognition: Identifying different emotions on the cards.
- Emotional Expression: Using art to express feelings.
- Verbal Communication: Discussing emotions and personal experiences.
- Empathy Development: Understanding and relating to the emotions depicted in stories.

