

# Play Dough Facial Expressions

Foundation / KS 1/2

An activity which explores the impact of what's happening in our lives on how we feel.

## What you will need

Play dough - You can make your own  
Blank faces sheets (laminated) – one for each child  
Scenarios

## Method

- Laminate the blank faces.
- Make play dough or get the play dough out.
- Give each child a blank face sheet.
- Get the children to roll the play dough out and make facial expressions.
- An add on to this is to read scenarios out and ask the children how they would feel if this happened to them and make this emotion on the blank face.
- With scenarios when children say how that makes them feel it is good to do the coping skills activity after.

## Play dough recipe (Ingredients for 4)

### Ingredients

250g plain flour  
50g salt  
140ml water  
1-2 tablespoons cooking oil  
Few drops of food colouring (optional)

### Method

Mix the flour and salt together in a large bowl.  
Add the water and oil.  
Knead well until mixture is smooth (should take 10 mins). You might need to add a bit more flour until the consistency is smooth but not sticky.  
Add food colouring and knead until the colour is fully blended.  
Store in a plastic bag or tub in the fridge until chilled enough to use.(1 hour)

## Scenarios

- Your favourite song is being played
- There is a spelling test tomorrow.
- You have to stand up in front of the class and tell them something.
- You have football club after school.
- You have a speaking part in the school play
- Your best friend isn't at school today
- You are going round to a friend's house after school.
- Someone pushes in front of you in the line.
- The school trip is tomorrow.
- There are lots of arguments at home

