

## **Emotional Snowman Project**



**Description:** Have some fun practicing self-awareness by making and playing with emotional snowmen made out of marshmallows.

**Time to complete:** 15-30 minutes

**Supplies Level:** Medium

**Tags:** Pre-K – 2<sup>nd</sup>, Self-Awareness, Developing Character

*It's not always easy for kids to identify and talk about their emotions. This fun activity helps them do just that, which is a great first step towards being more self-aware.*

### ***Steps to Complete***

**Step 1:** Gather your supplies. You will need 5 toothpicks, 7 marshmallows and food markers, which are edible and can be purchased online or at box stores such as Wal-Mart and/or Michaels. Typically, a box of these markers is around \$5-\$7.

**Step 2:** Make a list of emotions on a piece of paper and select five for your snowmen.

**Step 3:** Draw one emotion on each marshmallow using your edible markers; making five different faces.

**Step 4:** Put two blank marshmallows onto the tooth pick and select one face to go on top. Share when you've felt the emotion on your snowman's face.

**Step 5:** Repeat Step 4 until you've had fun trying out all of the faces on your snowman. If desired, you can eat them when you're finished playing. But, be sure to ask first.



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