

Emotion Recognition Game

Some autistic children may find it challenging to recognise and express their own emotions. They may also experience challenges reading other people's facial expressions which allow them to know how that person is feeling.

To support them recognise other people's facial expressions it can be helpful to practice identifying the different emotions people can have. This will then build up their confidence in understanding the range of different emotions and assist them be able to express their feelings. It can also support your child be able to respond to those around them.

GAME ONE:

First, play a game of 'snap' with these cards. This may support your child with exploring the difference in each facial expression.

GAME TWO:

Pick one card at a time and get your child to copy the facial expression shown. During this activity you could ask when they have felt that way, i.e. "tell me a time when you were happy?" This may support them start to link the facial expression with a situation they have experienced.

GAME THREE:

Do a facial expression linked to cards below and see if your child can pick up the card that matches your facial expression. This may support them start to recognise emotions in other people.



Happy



Happy



Sad



Sad



Anxious



Anxious



Scared



Scared



Excited



Excited



Angry



Angry



Surprised



Surprised



Upset



Upset



Nervous



Nervous