

# Hand-y Expression Masks

**Encourage expression!** We use our faces to express our feelings. Learn the signs for feelings, and then create your expressive mask. You can make it happy, sad, or silly.

## Materials

- White paper plate
- Two 6-8 inch pieces of yarn
- Crayons or markers
- Exacto knife
- Hole punch
- Scissors



## It's time to create your masks

*See the following pages for feelings signs flash cards*

**Step 1 –** Decide if you want to do a full mask or a half mask. Then have an adult use the Exacto knife to cut two holes for eyes. If you're doing a half mask, cut the plate in half. Then cut a small circle for your nose.



**Step 2 –** Use crayons or markers to design your mask.

**Step 3 –** Use the hole punch to make a hole on each side of the mask.

**Step 4 –** Tie a piece of yarn to each hole.



Unit 4: FEELINGS



sad

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Unit 4: FEELINGS



laugh

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Unit 4: FEELINGS



happy

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Unit 4: FEELINGS



don't like

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Unit 4: FEELINGS



like

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Unit 4: FEELINGS



cry

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Unit 4: FEELINGS



feelings

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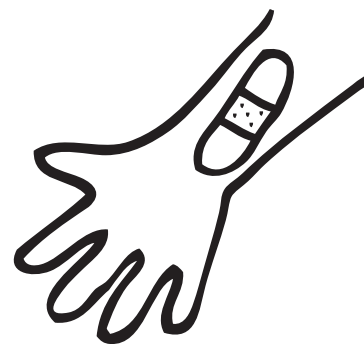
Unit 4: FEELINGS



sorry

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Unit 4: FEELINGS



hurt

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## Unit 4: FEELINGS | Flash Cards



### happy

Brush your flat hand up and out from your heart a few times. The happiness comes from your heart!



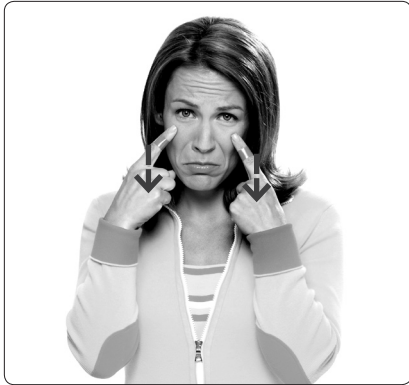
### laugh

Brush your pointer fingers away from your mouth a few times.



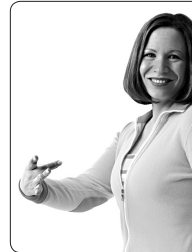
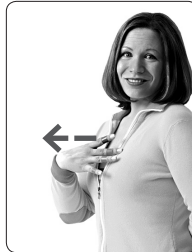
### sad

Open your hands and bring them down in front of your sad face.



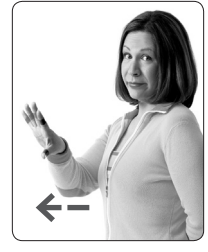
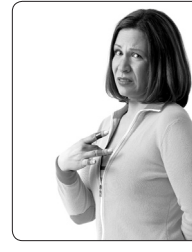
### cry

Your pointer fingers show tears coming down your cheeks, a few times.



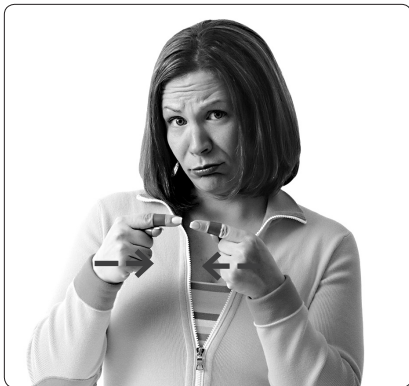
### like

Your middle finger and thumb come together as you pull them straight away from your chest.



### don't like

Sign LIKE (your middle finger and thumb come together as you pull them straight away from your chest), but throw it away from you.



### hurt

Push your pointer fingers together over the place where it hurts.



### sorry

Circle your fist near your heart.



### feelings

Brush your middle finger up your chest a few times, right next to your heart.

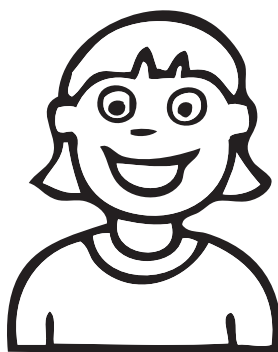
Unit 4: FEELINGS



silly

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Unit 4: FEELINGS



surprised

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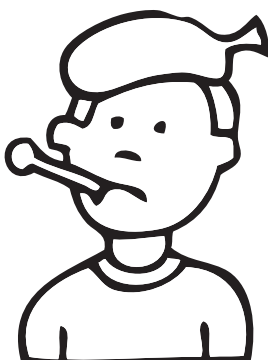
Unit 4: FEELINGS



grumpy

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Unit 4: FEELINGS



sick

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Unit 4: FEELINGS



excited

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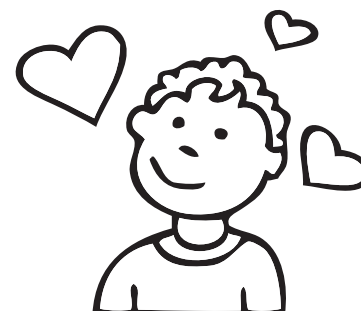
Unit 4: FEELINGS



scared

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Unit 4: FEELINGS



love

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## Unit 4: FEELINGS | Flash Cards



### grumpy

Scrunch up your fingers a few times, in front of your grumpy face.



### surprised

Touch your pointer fingers to your thumbs, right at your eyes. Then, pop them open like you are really surprised!



### silly

With your thumb and pinky sticking out, twist your hand back and forth a few times in front of your nose.



### scared

With your hands by your chest, pop open your fingers towards each other. Pretend you are really scared!



### excited

With both hands open, alternate brushing each middle finger up your chest a few times.



### sick

Open both hands and use your middle fingers to touch your forehead and your tummy at the same time. It's like you have a headache and a tummy ache.



### love

Make fists and cross your arms over your heart. It's like you are hugging someone you love.