

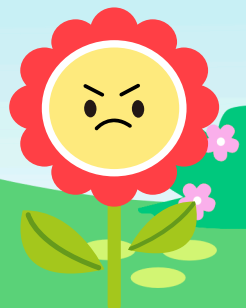
PETALS & PLAY THURSDAY

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Emoji Emotions Garden



*Try this Sprout of the Moment Activity
for World Emoji Day!*



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Dear Families & Friends,

🌍 Happy World Emoji Day! Today's a playful reminder that even the tiniest faces can hold big feelings — and helping children express those feelings is one of the most powerful ways we can help them grow.

One of our favorite ways to practice this is through the Emoji Emotions Garden — a simple, hands-on activity where children draw emoji faces on paper flowers and “plant” them in a garden. Each day, they “pick” a flower to show how they feel.

🌱 Why it works:

- Encourages daily emotional check-ins
- Builds emotional vocabulary and self-awareness
- Promotes co-regulation and empathy in a classroom or home setting
- Creates space for connection without pressure

🌻 Try it at home — or explore these other easy SEL practices:

- Use bedtime or mealtime to ask: “What emoji matched your day today?”
- Keep a “Feelings Jar” where kids can drop in how they're feeling
- Draw different emojis together and name the feeling behind each one
- Give feelings “weather reports”: “It feels like a cloudy day in my heart.”
- Make a calm-down corner with soft items and feeling prompts

When we name and nurture emotions together, we don't just grow skills — we grow deeper roots of understanding, connection, and joy.



Emoji Emotions Garden

Description

Celebrate World Emoji Day with a classroom emotions garden!

Children draw their favorite emoji face on a paper flower or leaf and 'plant' it in a designated space like a bulletin board or poster. Each morning, they pick a flower to show how they're feeling, encouraging co-regulation and emotional literacy.

Materials

- ✓ Paper flowers or leaves (pre-cut or student made)
- ✓ Markers or crayons
- ✓ Tape, glue, scissors (adult supervision!)
- ✓ Poster board or bulletin board space
- ✓ Optional: popsicle sticks or tape for "planting"

Instructions

Step 1: Introduce emojis and what they represent (happy, sad, silly, etc.).

Step 3: Add their creations to the classroom "garden."

Step 2: Have students choose and draw an emoji face on a flower or leaf.

Step 4: Use the garden daily for emotional check-ins and to spark classroom conversation.

Sprout an Emoji Garden at Home

Families can create a mini version at home by drawing emoji faces on sticky notes or index cards and placing them on a fridge or a wall. Each person can "pick" an emotion flower during dinner or bedtime to talk about their day.

Wrap-up: Reflect and Bloom

Gather your group or family around the Emoji Emotions Garden and invite children to share:

- 💬 What flower did you pick today, and why?
- 💬 Did anyone's feelings change during the day?
- 💬 What can we do when someone feels sad, shy, or silly?

Remind children that all feelings are welcome in the garden — and just like flowers, our emotions help us grow. 🌱

Encourage them to notice how sharing emotions builds empathy, understanding, and stronger roots of connection in your classroom.



Emoji Garden Printables

 Hands-on resources to help little learners bloom with emotion, empathy, and expression – one petal at a time. 



Reflection Prompts

Use these simple prompts to wrap up your Emoji Emotions Garden activity with your class or family. They help children build emotional awareness, empathy, and a sense of community.



What flower (emoji face) did you pick today, and why?



How did your feelings change during the day?



Did you notice someone else's flower choice? How do you think they felt?



What can we do to support someone who feels sad, shy, or silly?



What feeling would you like to plant in our garden tomorrow?

