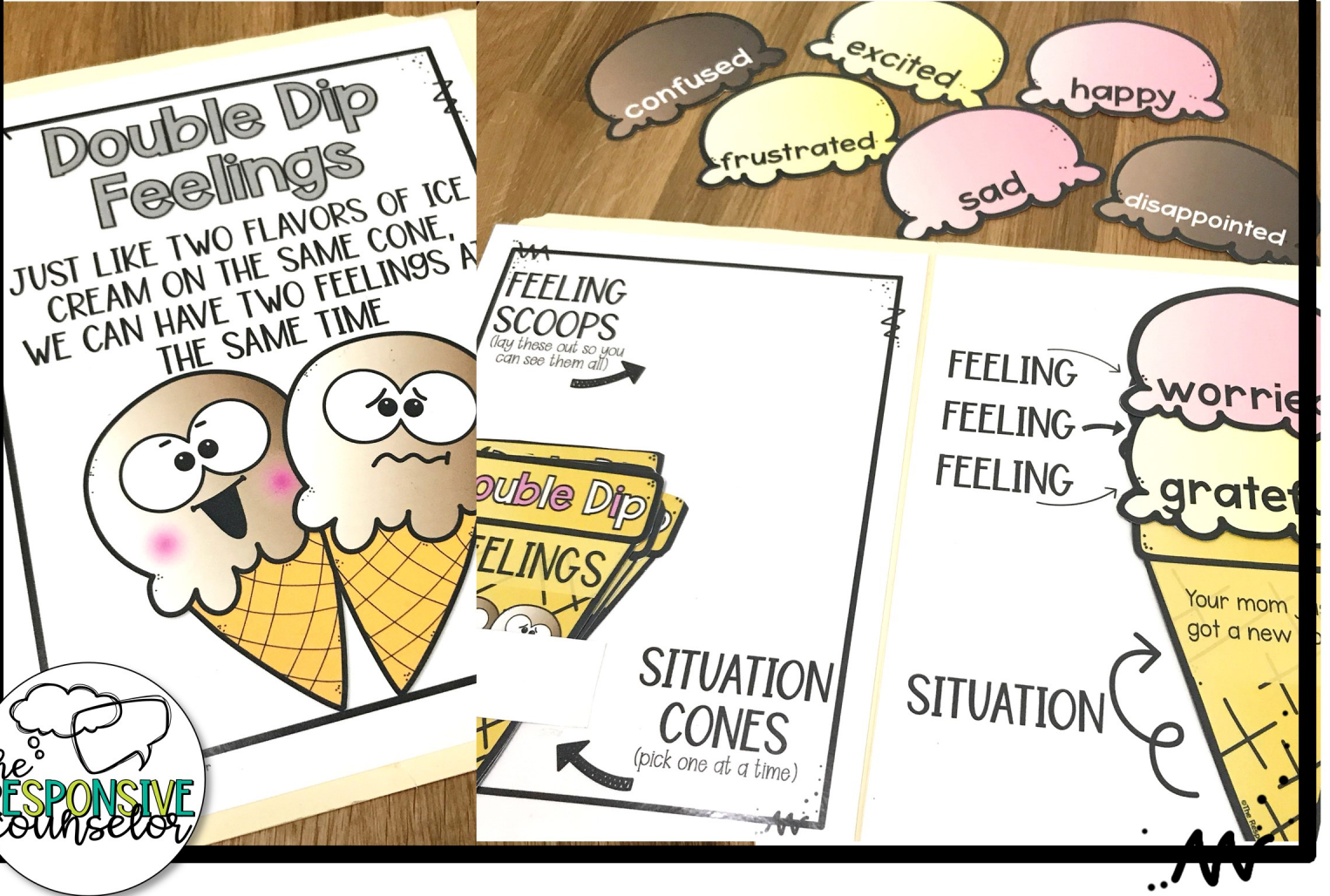


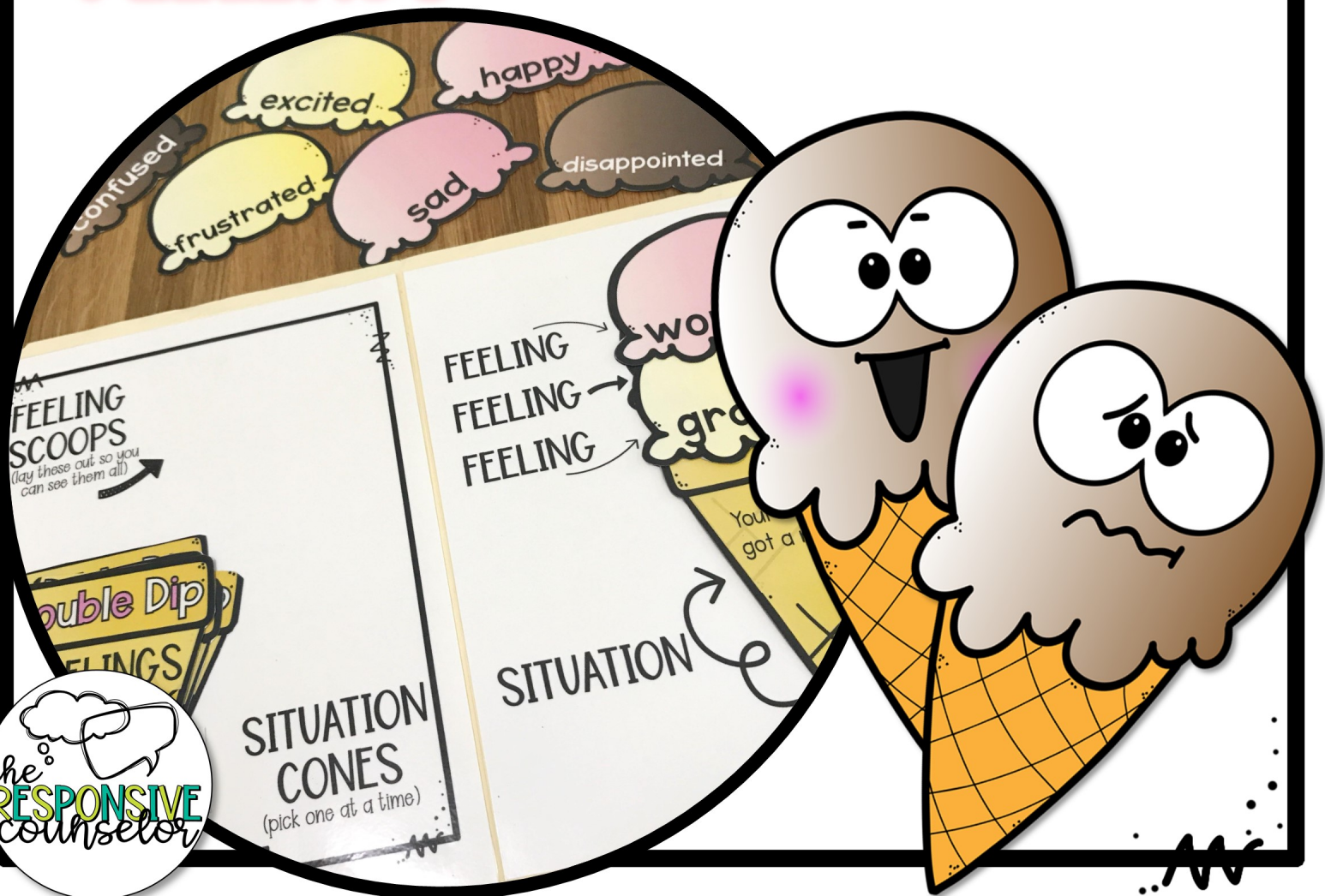
Double Dip Feelings

EXPLORING HAVING **MULTIPLE
FEELINGS** AT THE SAME TIME



Double Dip Feelings

EXPLORING HAVING **MULTIPLE**
FEELINGS AT THE SAME TIME



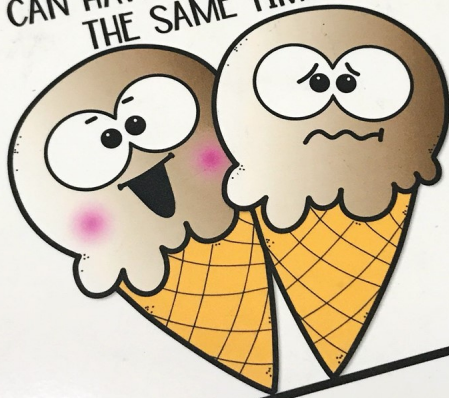
NOTES FOR THE COUNSELOR:

This resource helps students understand how they can have multiple (sometimes conflicting) emotions at the same time. Use it as a center in classroom lessons, in small group sessions, or with individual counseling.

- Consider laminating and gluing to a file folder for repeat use
- Directions:
 - Pull one “cone scenario” at a time and place on the mat.
 - Spread out the “feelings scoops” and pick two to three that you could feel in the situation. Put them on the cone.
 - Take the scenario off and put it to the side. Take the feelings scoops off and lay them out again. Pick a new scenario to lay on the mat and begin again!
- Includes “create your own scenario” worksheet
- Looking for a book to partner with this activity? Double-Dip Feelings is short and sweet!

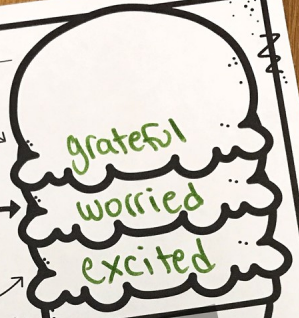
Double Dip Feelings

JUST LIKE TWO FLAVORS OF ICE CREAM ON THE SAME CONE, WE CAN HAVE TWO FEELINGS AT THE SAME TIME



Name: Kevin

FEELING
FEELING
FEELING



Write your own scenario for when someone looks angry but is actually feeling a different emotion (or emotions) inside. This can be a real situation or something totally made up!

SITUATION

My teacher asked me to be her assistant for the day.



FEELING SCOOPS
(lay these out so you can see them all)

Double Dip
FEELINGS

SITUATION CONES
(pick one at a time)

FEELING
FEELING
FEELING



Your mom just got a new job.

SITUATION

FILE FOLDER ACTIVITY PAGES

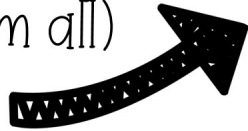
Double Dip Feelings

JUST LIKE TWO FLAVORS OF ICE CREAM
ON THE SAME CONE, WE CAN HAVE TWO
FEELINGS AT THE SAME TIME



FEELING SCOOPS

(lay these out so you
can see them all)



PREVIEW

SITUATION CONES

(pick one at a time)



FEELING

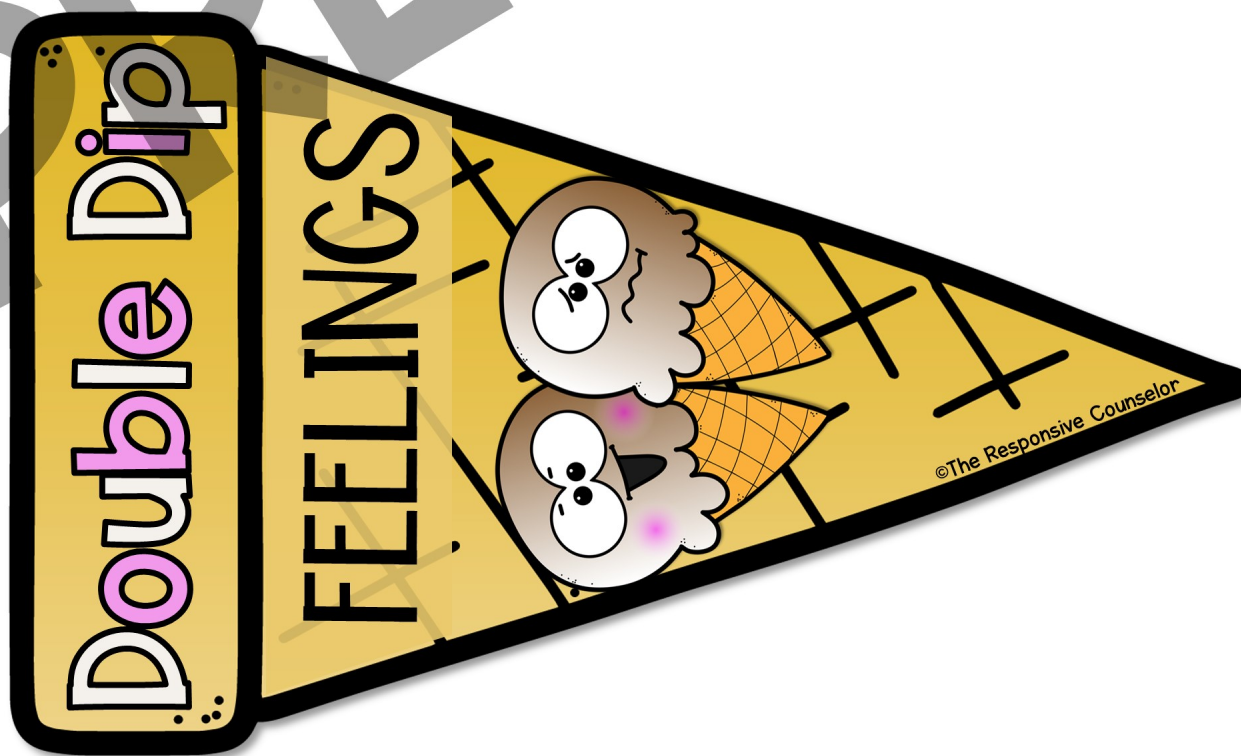
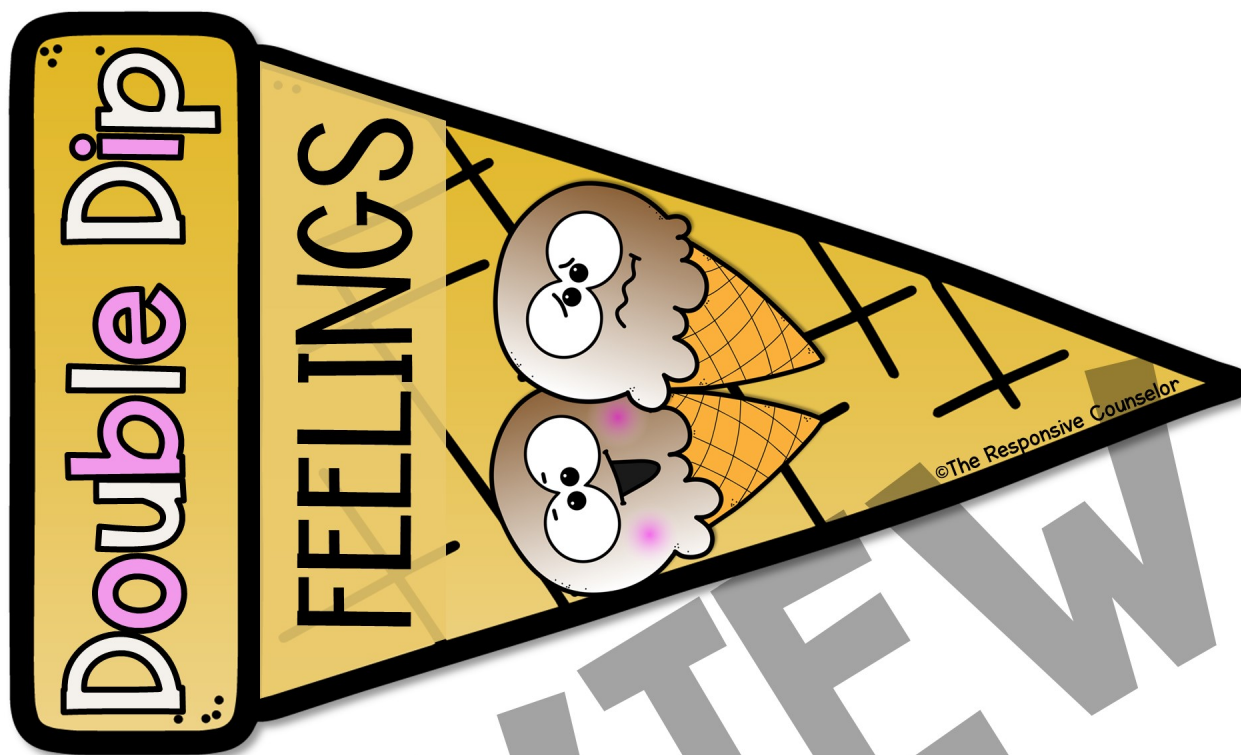
FEELING

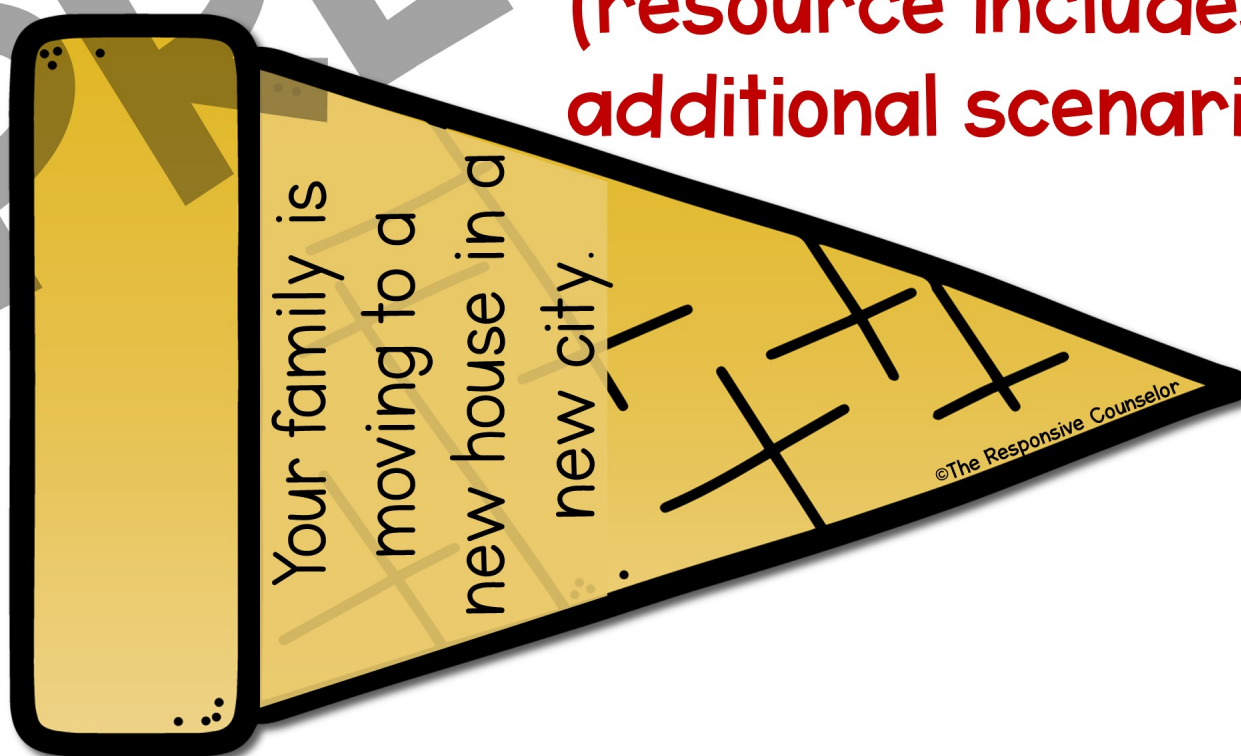
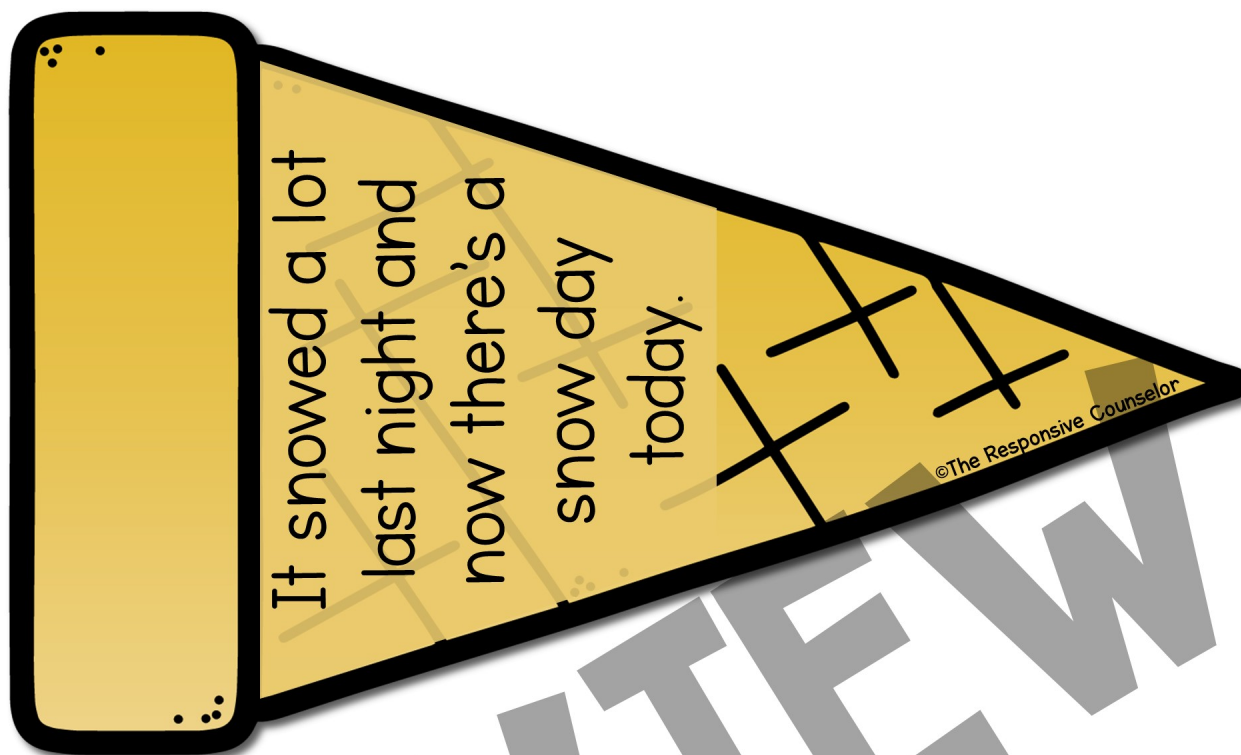
FEELING

SITUATION

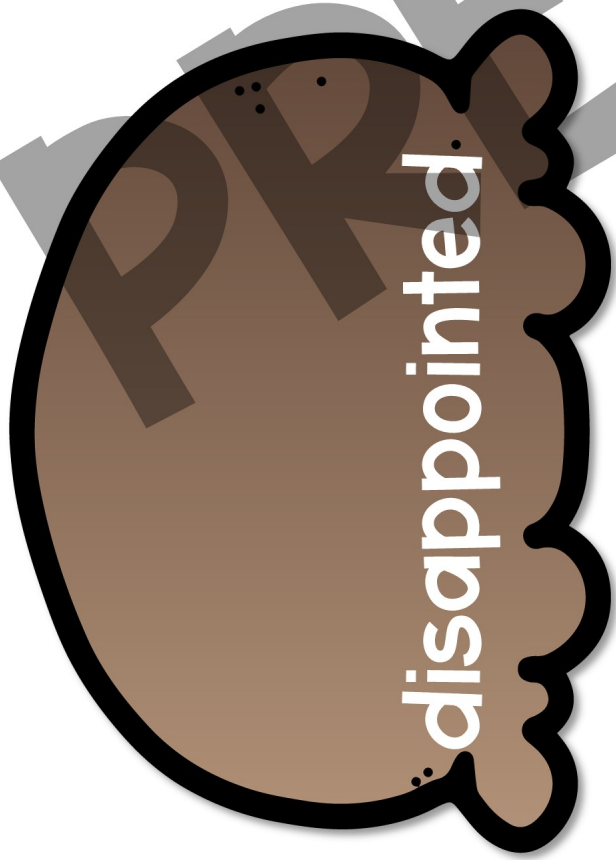
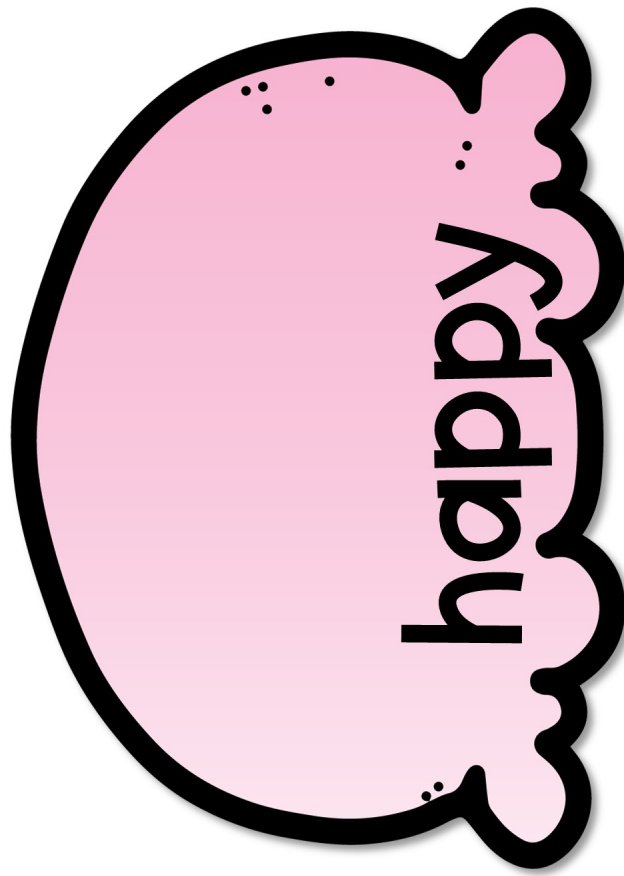
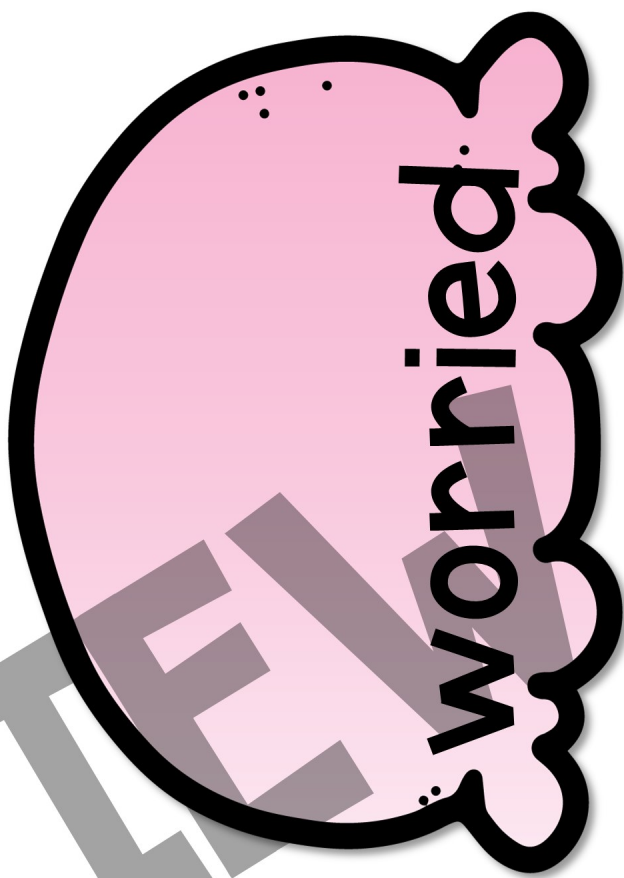


SITUATION CONES AND FEELINGS SCOOPS





(resource includes 8 additional scenarios)





grateful



frustrated



confused



sad

WORKSHEET

Name: _____

FEELING

FEELING

FEELING

Write your own scenario for
when someone looks angry
but is actually feeling a
different emotion (or
emotionS) inside.

This can be a real situation or
something totally made up!

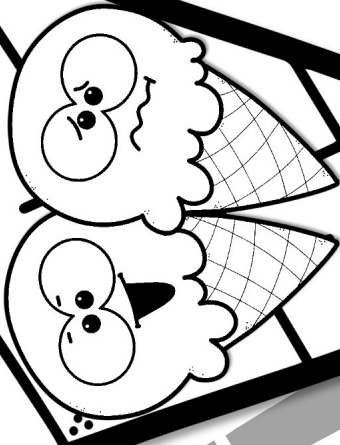
SITUATION



**BLACKLINE
SCOOPS AND CONES**

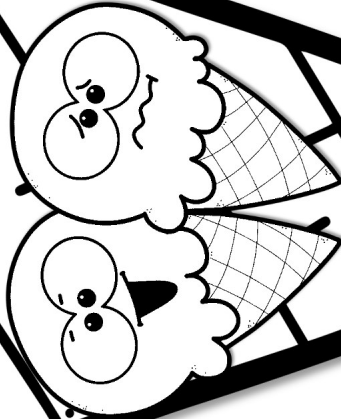
Double Dip

FEELINGS



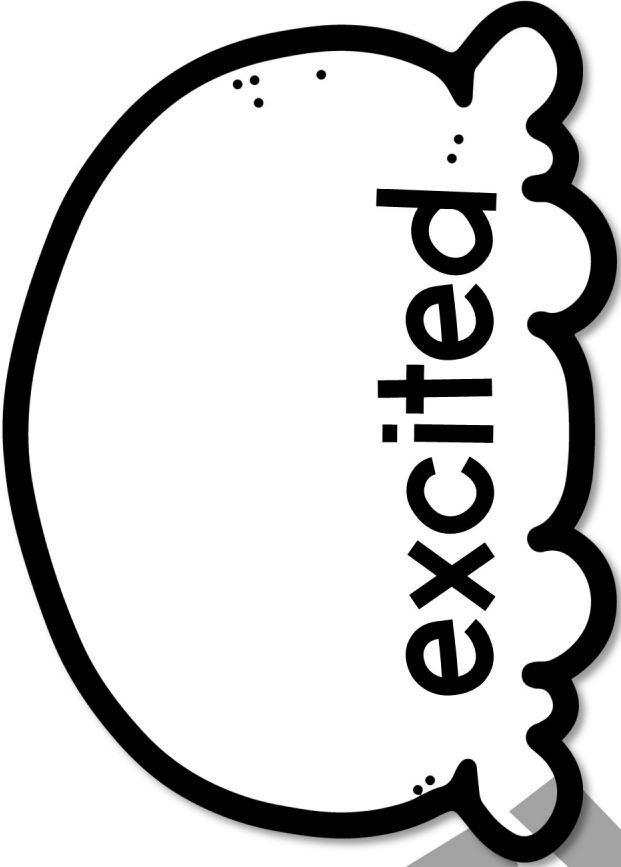
Double Dip

FEELINGS



Your family is
moving to a
new house in a
new city.

It snowed a lot
last night and
now there's a
snow day
today.



excited



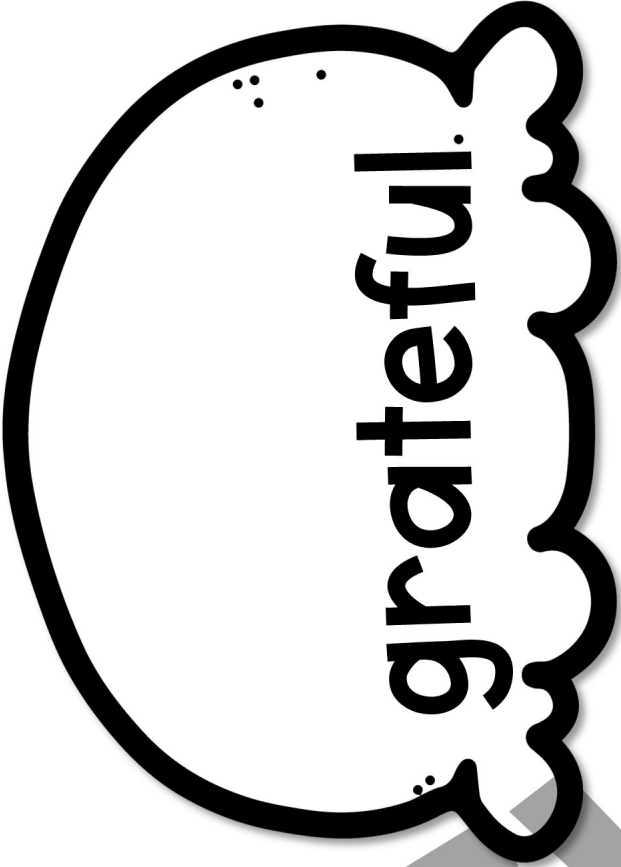
worried



disappointed



happy



grateful



frustrated



confused



sad

the RESPONSIVE counselor



Hey y'all! I'm Sara. I create resources for elementary students, counselors, and teachers that improve social emotional learning and classroom culture. My focus is making things that are *effective* and *engaging* for WIGGLY + CHATTY learners and that utilize wording and scenarios accessible to underserved and ELL populations.

Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling and
Clinical Mental Health

Experience

I started my post-grad career as a school-based therapist before becoming an elementary school counselor. Social and emotional learning in youth is my passion, whether through large group prevention, individual intervention, or parent and teacher education! I have been an elementary school counselor since 2012, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

