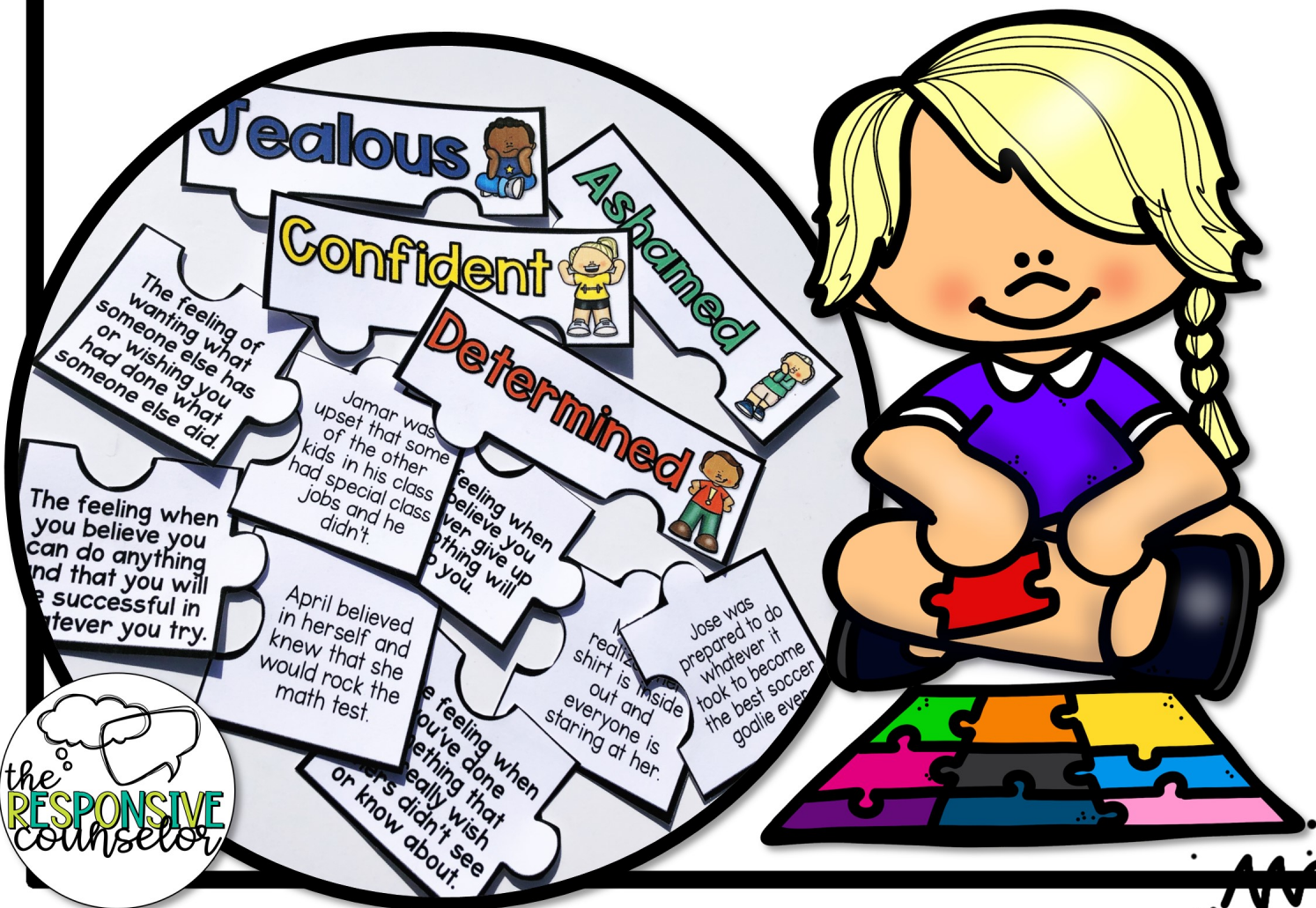


Feelings Puzzles

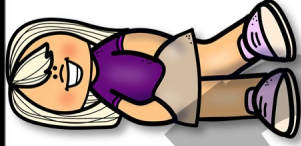
USING A DEEPER AND MORE
COMPLEX EMOTIONAL
VOCABULARY



NOTES FOR THE COUNSELOR:

- Help students expand their emotional vocabulary in a hands on way with these puzzles! Use in small group counseling or as a center for class lessons.
- For groups that have executive functioning difficulties, try giving only four sets of puzzle pieces at a time.
- When using with small groups, discuss the feeling as each puzzle is finished.
“When have you had that feeling?” “What would you do or say if you had that feeling”
- Extend the discussion with “roll and respond”. Pick an emotion, roll a die, and then respond about that emotion with the numbered prompt. *(ex. “Someone’s body language when they are ashamed might be to put their head down.”)*

Gratefulful



The feeling of being very glad to have something, or being very glad that something has happened.

Kayla is happy that she has her own bedroom, because she knows not everyone has that.

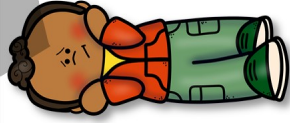
Proud



Feeling good about something you have done or something great about yourself.

James is feeling pretty great about the grades he just saw on his report card.

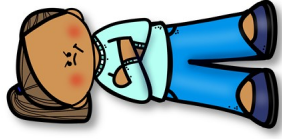
Ashamed



The feeling when you are sorry or guilty about something you did and you wish you hadn't done it.

Caden felt bad about the mean name he called one of his classmates.

Frustrated



That feeling when things just aren't going how you wanted them to and you're upset about it.

Mariam kept trying to ask her teacher a question but he wouldn't call on her.

12 Emotions

(6 comfortable, 6 uncomfortable)

Loved



Worried



Determined



Disappointed



Ashamed



Confident



Hopeful



Proud



Embarrassed



Grateful



Frustrated



Jealous



1 **Body Language**

2 **I felt _____ when...**

3 **Face Expression**

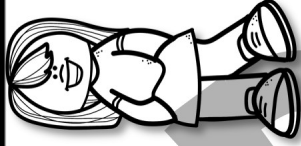
4 **Someone might say...**

5 **Comfortable?**

6 **Someone might feel
_____ if _____.**

BLACKLINE PAGES

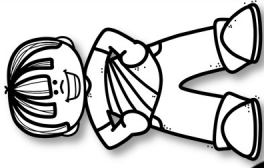
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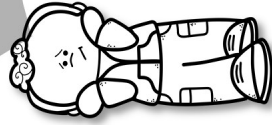
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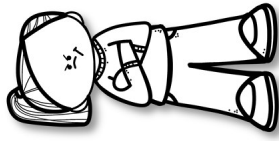
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the RESPONSIVE counselor



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:

