

FEELINGS

3 Lesson Primary Unit



FEELINGS EXPERTS

IDENTIFYING and EXPRESSING Your Feelings



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INTERACTIVE + NO PREP

SPECIAL NOTE:

Hello colleagues! This resource was started and nearly finished shortly before COVID-19 struck the world and our schools all faced sudden and lengthy closures. It was not created specifically to be a distance learning resource and many of the examples and scenarios included are related or specific to the school setting.

That said, I think this can serve you well as you work to share lessons and activities with families and students.

This note is some suggestions for how to make it work for you now:

- **POWERPOINTS**

There are some activities in the slides that won't make much sense to include during distance learning, because they either reference worksheets or cooperative learning activities. You can right click and "hide" these to use for distance learning, then unhide them when you use it in person.

1. Use the PowerPoint presentations for live lessons through screensharing on Zoom, Google Hangouts, or Microsoft Teams. Talk through the slides, allow for student participation, etc.

OR

2. Create a video of the slides with you narrating them. Add in some pauses for students to think/respond independently on their end.

- Add your narration to the PowerPoint slides and export as a video.

OR

- Use screen recording (Loom, Quicktime, Screencastify, Screencast-o-matic, etc.) to record you presenting it.
- Upload the videos Google Classroom, Class Dojo, Seesaw, Canvas, etc.

• WORKSHEETS

- Pick out what worksheets may be helpful for 1) parents to print at home, 2) students to draw on or write on in Seesaw, or 3) for send home packets.
- Go to File → Print, type in the specific page(s) and then select “Print to PDF”. This will generate a PDF of just the page(s) you want to share that you can post on the distance learning platform you are using (or to send via email to parents).

FEELINGS

Lesson 1 - Understanding Happy, Proud, Excited, Worried, Sad, and Angry



Some of our feelings are **COMFORTABLE**.
We don't mind these. We might even like feeling them. Can you think of some comfortable feelings?



Some of our feelings are **UNCOMFORTABLE**.

They aren't bad, because there's no such thing as good or bad feelings, but we don't like having these kind of feelings as much.



When do people feel **WORRIED**?

Meet Melanie. Melanie is feeling sad because someone just said she wasn't her friend anymore.

What do you notice about her body language?



What do you notice about her facial expression?



SAD


Lesson Includes 33 Slides Total, With Opportunities for Movement and Peer Interaction

Differentiated Worksheets/ Paper Activities

IN MY HEART

Pick one color for each feeling. Use those colors to color in the different sections of the heart to show how much you have of each feeling. You will use some of the colors/feeling for more than one section!

Name: Tyson



- happy
- excited
- proud

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FEELINGS MATCH

Draw one line to connect each feelings word to the feelings pictures.

Name: Layla

SAD

WORRIED

HAPPY


PROUD

EXCITED



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ALL ABOUT FEELINGS



Name: Micah

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FEELINGS MATCH

Cut out the feelings words and glue them under the correct pictures.

Name: Noah



EXCITED

PROUD

WORRIED

HAPPY

ANGRY

SAD

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Lesson 2 - Practicing Identifying and Expressing Feelings



Name It to Tame It

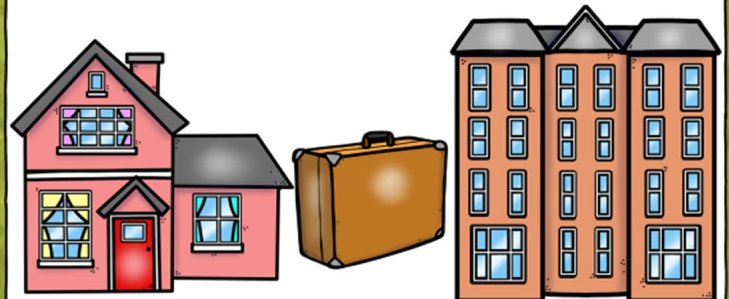
**I feel PROUD when...
I felt PROUD when...**



Kaya has her very first soccer practice tonight. How do you think she might feel?



If your family is moving...



...how would YOU feel?

Lesson Includes 33 Slides Total, With Opportunities for Movement and Peer Interaction

Differentiated Worksheets/ Paper Activities

My Comfortable Feelings



Name: _____
Draw or write when you feel happy, proud, and excited.

I feel **HAPPY** when...

I feel **PROUD** when...

I feel **EXCITED** when...

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My Uncomfortable Feelings



Name: Mariah
Draw or write when you feel sad, worried, and angry.

I feel **SAD** when...



It's raining and I can't play outside

I feel **WORRIED** when...

my mom is late at work




I feel **ANGRY** when...

Someone calls me a mean name on the bus




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Lesson 3 - Identifying Body Feelings When Dysregulated vs. Calm, Alert, and Ready to Learn




Now let's talk about how our bodies feel when we're **CALM, ALERT, and READY TO LEARN!**


WHEN I'M CALM, ALERT, AND READY TO LEARN...




...my heart beats steady.



...my brain thinks clearly.







...my breathing is slow and deep.



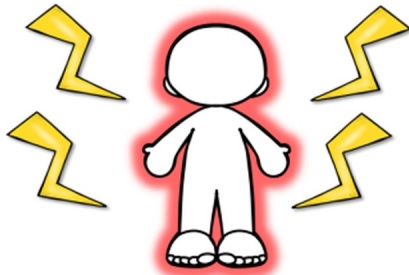
...my muscles are loose.

This is Ka'laya.
When she's angry...



- Breathing fast 
- Head pounding 
- Heart beating fast 

But what about when you're **UPSET**, too upset to learn?



This is called feeling **DYSREGULATED!**


Lesson Includes 28 Slides Total, With Opportunities for Movement and Peer Interaction


Differentiated Worksheets/ Paper Activities


DYSREGULATED


Our bodies might feel different when we're upset. Think about *your* body and feelings. How does *your* body feel when you are angry, worried, or sad? Circle and color the pictures to show what and how you feel when you are upset.


Name: Ben


My head is pounding. 


My brain can't focus. 


My breathing is fast and shallow. 

My face is hot. 

My body feels heavy. 

My hands go into fists. 



My stomach feels like there's butterflies flying inside. 



My heart is beating FAST. 



CALM, ALERT, & READY TO LEARN

Circle and color the pictures to show how and what we feel in our bodies when we are calm, alert, and ready to learn.

Name: _____

My thinking is focused.  OR My brain can't focus. 

My breathing is SLOW and DEEP.  OR My breathing is fast and shallow. 

My muscles are tight.  OR My muscles are relaxed. 

Body Feelings


Name: Kinky

Write or draw how your body feels when you are calm and when you are upset.

too many thoughts

fast!!



yucky





DYSREGULATED

Calm, Alert, and Ready to Learn

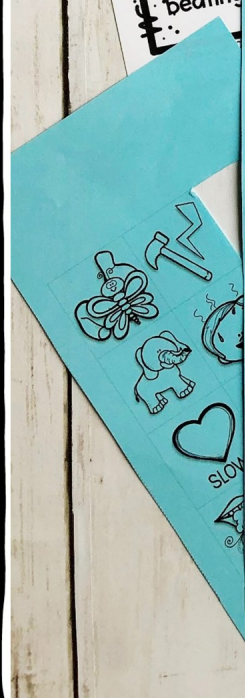
Name: _____

 Focused 

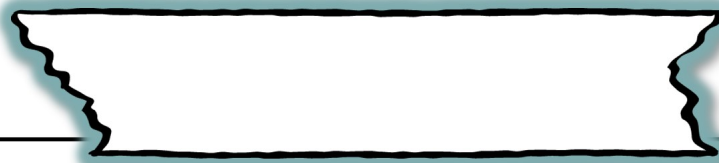
Dysregulated (Upset and NOT Ready to Learn)

 NOT Focused 

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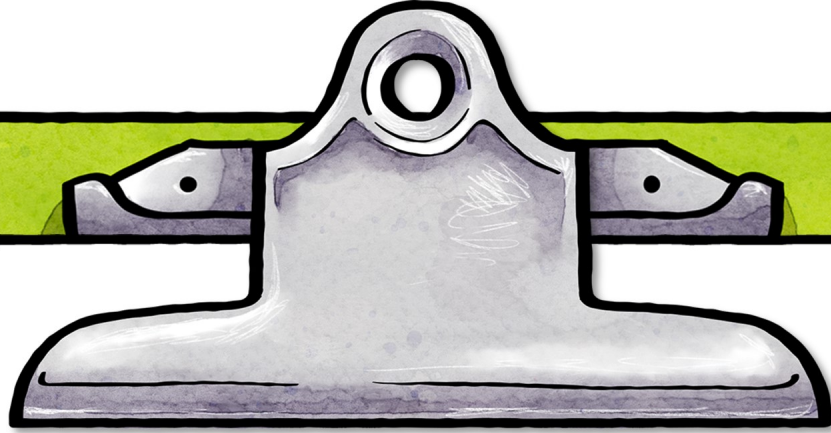


SLOW



Slide	Understanding Feelings Script
2	One thing that everyone in the world has in common is that we all have emotions. Emotions are another word for the feelings we have in our hearts and minds.
3	Some of our feelings are COMFORTABLE. We don't mind when we have these feelings. We might even like feeling them! Can you think of some comfortable feelings? (Students share out, then show and name the ones on the slide)
4	We also have feelings that are UNCOMFORTABLE. They aren't bad, because there's no such thing as good or bad feelings, but we don't like having these kind of feelings as much. Can you think of some uncomfortable feelings? (Students share out, then show and name the ones on the slide)
5	Some feelings can be comfortable or uncomfortable, like surprised. Some people feel very comfortable when they're surprised, but some people really like don't to be surprised. Give a thumbs up if you always like to be surprised, a thumbs down if you really don't like surprises, and a sideways thumb if it depends. (allow students to respond) Can you give an example of how a surprised feeling can be comfortable or uncomfortable?
6	Let's take a close up look at six of these feelings.
7	First up: happy! Meet Justin. Justin is feeling happy because his class has art today and he loves art. (click) What do you notice about his body language? (standing calm, looks relaxed) (click) What do you notice about his facial expression? (smiling)
8	When do people feel happy? What are some things that bring people happiness?
9	Eating ice cream, getting a hug from their mom, getting to swing outside, playing with a puppy. (Then students turn and talk with a peer. Ask for a few student volunteers to share.
10	Ok, your turn now! I want you to show us what your happiness looks like. We're going to do this toootally silently. When I say "action!", you'll either stay sitting or stand up and show what your face and body look like when you're happy. Ready? Action!
11	Next up: proud! This is Evelyn. Evelyn is feeling proud because her teacher said she did a good job on her work. (click) What do you notice about her body language? (hands on her hips, standing up tall) (click) What do you notice about her facial expression? (smiling)

PowerPoints are completely scripted – just print and go!



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Sure! This is okay! ✓

- Make extra copies of worksheets to send home with students or have out at parent/family nights
- Give teachers copies of the worksheets or book companion lists to use as a follow-up to your lesson
- Reference this resource (credit to "The Responsive Counselor on TPT") in blog posts, presentations, etc.

No, not allowed. ✗

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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 ALL 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 served as an elementary school counselor for 7 years, providing a comprehensive school counseling program to a diverse population.

Let's
Connect:

