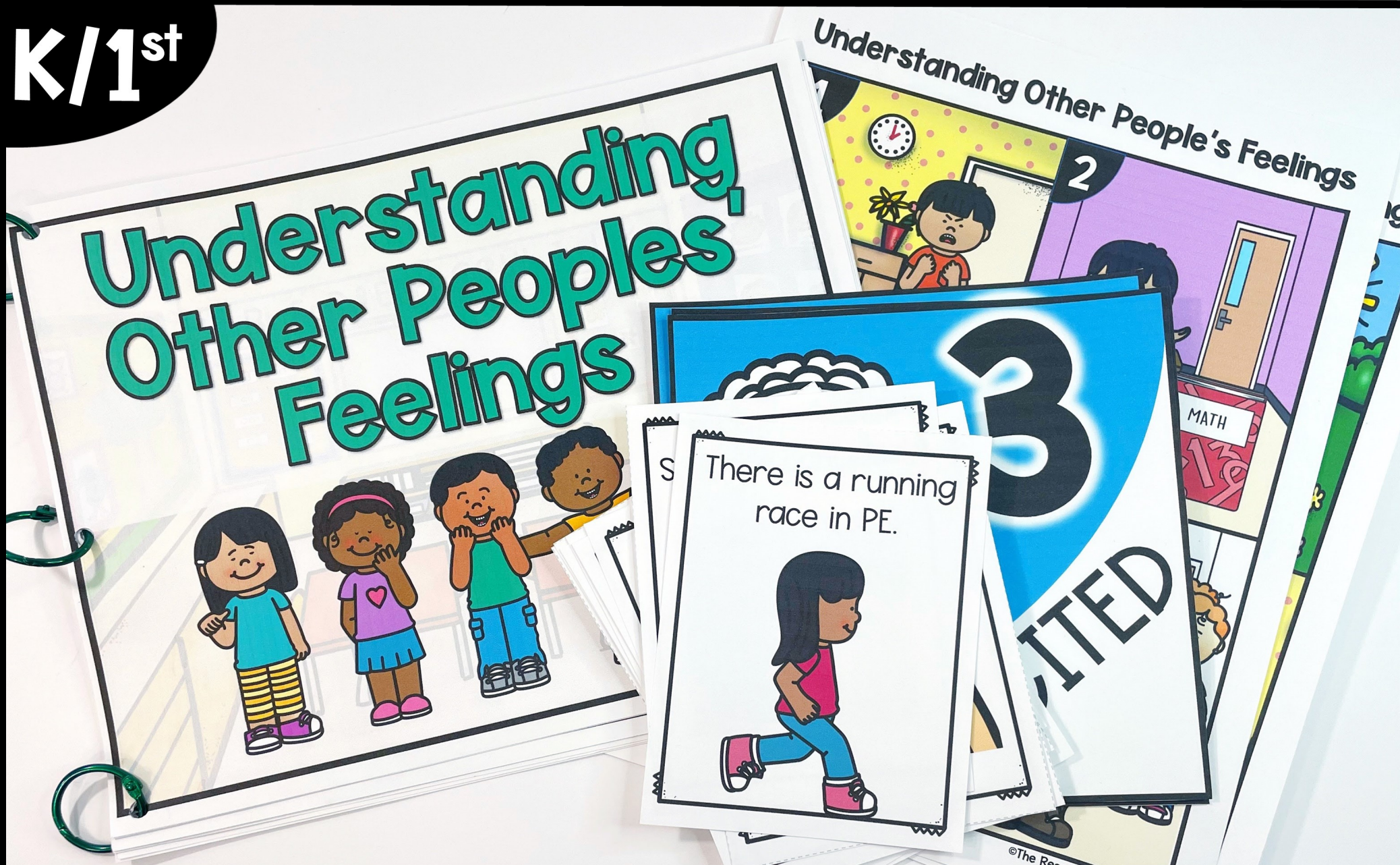


# Feelings Activities

# OTHERS' FEELINGS

K/1<sup>st</sup>



# Social Emotional Learning



# note to the educator

This lesson on **Others' Feelings** can be used on its own or as part of larger Feelings unit. The activities are truly **developmentally appropriate** for your youngest learners (K/1<sup>st</sup>) and require zero independent reading.

It's flexibly designed to accommodate any SEL delivery method or schedule.

It was also created using SEL **research-based** best practices:

- Focus on 1 or more specific skills
- Includes activities to practice the skill(s)
- Incorporates cooperative learning
- Provides opportunity for self-reflection

# resource includes:

- Short story
- Whole group activity
- Independent or small group practice activity
- Closing circle questions
- Extension activity
- Poster/coloring pages
- Recommended book companions



# short story

## Understanding Other Peoples' Feelings



©The Responsive Counselor

Ms. Perez's class learns how to understand others' feelings and that our feelings can be different.



# short story

"It is time to pack up and get ready for PE," Ms. Perez announced to the class. Jordyn and Matteo quickly cleaned up and grabbed their pictures. Remembering about others' feelings, Jordyn noticed Matteo had a bouncy body. "Matteo, something? You look super nervous!"



I'm nervous to shoot & miss too!



I'm glad I am not alone.



Su Jin as she bounced the ball. "Yes! You do, too? I'm nervous to shoot? I get nervous people might laugh at me."



Kiara, Su Jin, and Matteo were so confused. "Jordyn said Christina was sad?" asked Kiara. "Well, I could tell by her face and body. I also thought about how I would feel if I was in her situation and my face looked like that." "I also thought about how I would feel if I was in her situation and I knew I would be sad," Joshua said. "Hmm... I think we should pay more attention to other people's bodies and faces to figure out how they are feeling, too."

Ms. Perez's class really learned a lot about understanding how other people are feeling by looking at their face and body for clues, and by thinking about how they would feel if they were in the same situation. The students also learned that people might feel differently about the same situation...like Kiara, Christina, and snakes! Understanding how other people feel is really going to help Ms. Perez's class be great friends because when they know how each other feels, they can show each other that they care!



*12 pages*



# whole group activity



Movement-based learning to practice identifying how someone is feeling.



# Independent/small group activity



Practice identifying a character's different feelings throughout a day.



# extensions

## Book Companions



This lesson can be used without any stories, but the following picture books would make for great companions. Click on the covers to find them on Amazon.



## Reinforcing Understanding Feelings

Your students just received a lesson about UNDERSTANDING OTHERS' FEELINGS. Below is an extension and reinforcement activity you can use with your class to make their learning stick!

When \_\_\_\_\_ (school counselor) visited our classroom, you learned about understanding others' feelings. Who remembers how we can understand other peoples' feelings?

- Identify how the person feels - pay attention to their face, body, words & actions
- Think why they might feel that way.
- Think about how they might feel different than you do.

Name: \_\_\_\_\_

## I can understand others' feelings.



Name: \_\_\_\_\_

## I can understand others' feelings.



## I can understand others' feelings.



# how to use

Use for one lesson or multiple lessons.

Can also be used for small group/tier 2 support.

## PACING GUIDE (25-30 minute lesson)

- Story (7-10 minutes)
- Whole group activity (choose just 4-6 scenarios – 5 to 7 minutes)
- Introduce small group activity (5 minutes)
- Small group practice activity (7-10 minutes)
- Closing circle question: (3-5 minutes)

## PACING GUIDE (45 minute lesson)

- Same as above, but use all of the cards/scenarios for the whole group activity
- Students color the "I can" page
- Read a recommended book companion

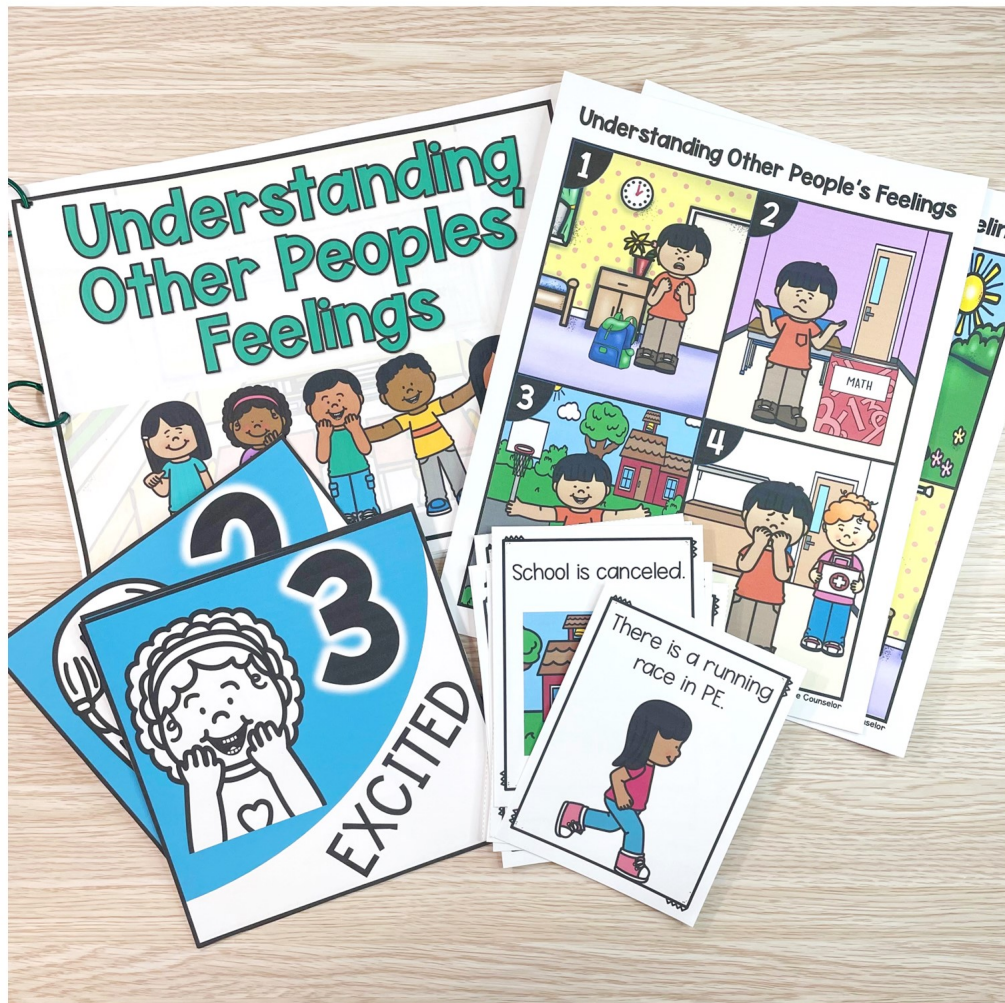
## PACING GUIDE (super mini lessons, weeklong)

Mon	Read and discuss story
Tues	Whole group activity
Wed	Small group practice activity
Thurs	Extension activity + 1 recommended read aloud
Fri	Color "I Can" page + closing circle



# how to use

Love technology?  
Use the included  
slideshow to guide  
the activities.



Want a tech-free  
option?

Everything can be  
done screen-free  
with printables.



Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and 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 & Mental Health

## Experience

I'm a school counselor from a large southeastern school district with a wonderfully diverse group of students. I create and implement a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. I also share my ideas and resources to reach students and help educators across the world!

Let's  
Connect:

