

note to the educator

This lesson on **Comfortable Feelings** (happy, proud, + excited) can be used on it's own or as part of larger Feelings unit. The activities are truly **developmentally appropriate** for your youngest learners (K/1st) 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

Kiara Feels Happy



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Kiara learns that feeling happy, excited and proud are comfortable feelings.

short story

It was Kiara's turn to read with the teacher. "Just try your best to read each word," said Ms. Perez, as she handed her the book. When Kiara began to read the first page, "I see a d", Ms. Perez encouraged her to keep going. Page after page, she reached the end, she shouted, "I did it! I read myself for the first time!" "I'm proud of you!"



She went to her seat and began thinking about all of the things that make her happy. While Kiara was drawing her pictures she noticed that she was starting to smile. Thinking about all of the things that make her happy, made her feel happy right now!



Ms. Doyle walked over. "Kiara, I noticed you are feeling excited because your voice is getting loud and your body is getting wiggly," she said, "Being excited is a wonderful feeling but make sure you take some deep breaths to keep your voice and body safe and calm."



Kiara had many great feelings this week. She felt happy in art class, proud during reading, and excited in library. Kiara even learned that comfortable feelings like excited can make us get a little loud and bouncy. Taking a belly breath can help us keep our bodies calm when we need to. It feels good to feel happy, proud, and excited!



14 pages

whole group activity



Movement-based activity to practice recognizing feelings of happy, proud, and excited within themselves.

Independent/small group activity



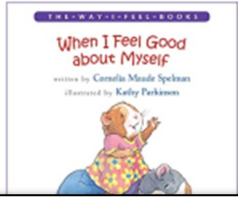
Practice finding happy, excited, and proud in others while sharing these feelings in themselves.

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 Feeling Skills

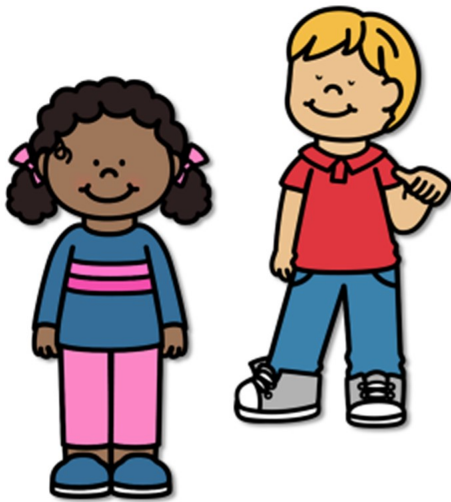
Your students just received a lesson about UNDERSTANDING FEELING HAPPY, PROUD, AND EXCITED. Below is an extension and reinforcement activity you can use with your class to make their learning stick!

Use the lyrics below to reinforce the feelings learned in this lesson. The melody goes along with the original, "If You're Happy and You Know It (Clap Your Hands)". Your students may be familiar with this song.

Sign the song below and have your students follow the directions.

Name: _____

I can tell when I
feel happy, proud
and excited



It feels nice to have
these feelings.

Name: _____

I can tell when I
feel happy, proud
and excited



It feels nice to have
these feelings.

I can tell when I
feel happy, proud,
and excited!

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 6-8 scenarios – 5 to 7 minutes)
- Introduce small group activity (5 minutes)
- Small group practice activity (7-10 minutes)
- Closing circle activity (3-5 minutes)

PACING GUIDE (45 minute lesson)

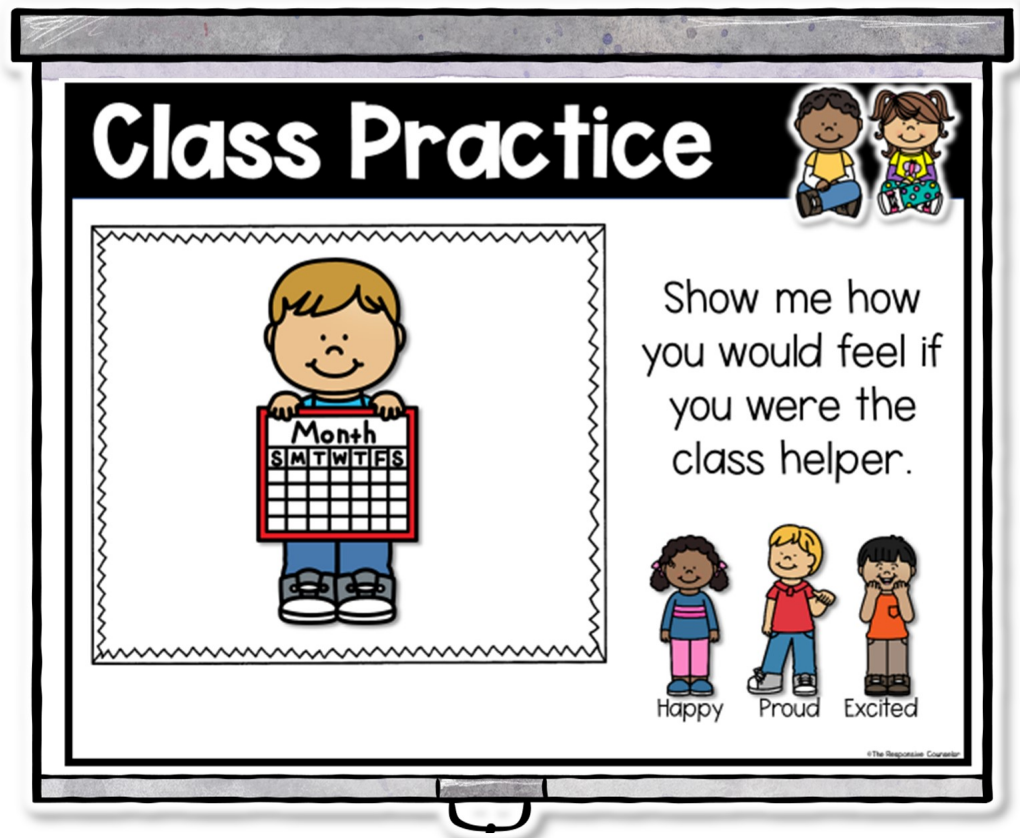
- Same as above, but use all of the scenarios for the whole group activity
- Students color the "I can" page
- Read a recommended book companion

PACING GUIDE (super mini lessons, weeklong)

Mon	Read and discuss story
Tues	Whole group activity
Wed	Small group practice activity
Thurs	Extension activity + recommended book companion
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:

