



Of

Forecast

Feelings



Forecast of Feelings

Forecast of Feelings

Forecast of Feelings

Excited

Angry

Sad

Things that make me excited:

1. Good grade
2. new toys
3. going to
4. winning
5. par-tie

Things that make me angry:

1. Getting in trouble
2. talking
3. Not getting
4. others yell
5. Bad grade

Things that make me sad:

1. getting bad grades
2. my parents fighting
3. when my dog died
4. when people are mean
5. name calling

Last time I was sad I was doing/thinking this:
my sister broke my favorite toy.

A memory that makes me sad:
When Tommy made fun of me in front of everyone at recess.



A Lesson on understanding our feelings.

Forecast of Feelings

Session Objective:

- *Students will identify things and memories that make them feel different emotions.
- *Students will become self-aware of their own feelings and emotions.

Materials:

- *Pencils
- *Forecast of Feelings handouts (one of each for every student)

Guiding Questions:

- *What are different feelings that we experience?
- *What are some similarities and differences between different feelings?

Session Details (about 30 minutes)

- *"Today we are going to learn more about our own emotions and feelings."
- *Forecast of Feelings activity: Show students the Forecast of feelings handout. "What is the weather like today? Is it sunny outside? What will the weather be like tomorrow? It could change, maybe it will be rainy. Just like the weather changes, so does our feelings and emotions. One moment we might be happy and having a great day, and then a storm comes in, like we fail a test, and then we are sad and disappointed. It is important to understand our feelings in order to be able to control them or even to avoid situations that cause us to feel the negative feelings. Let's go through 12 different feelings and explore what each of us go through when we are experiencing these feelings." Pass out the Forecast of Feelings handouts (one for each student, for each feeling). Complete each feeling one by one. Then have students share their responses. Ask engaging questions:
 - Do you like to feel that feeling? Why or why not?
 - What is your favorite feeling to experience?
 - What is your least favorite feeling to experience?
 - Is there a feeling that you wish you felt more?
 - How can knowing what makes us feel these feelings help us in the future?
 - How can some of our memories effect our emotions?

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS 1)

SEL Competencies:

- *Self-awareness: identifying emotions, accurate self-perception.
- *Responsible decision-making: identifying problems

Forecast of Feelings



Happy



Sad



Angry



Worried



Hopeful



Annoyed



Disappointed



Confused



Scared



Calm



Excited



Embarrassed

Forecast of Feelings



Happy

Last time I was happy I was doing/thinking this:

Things that make me happy:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look when I'm happy:

A memory that makes me happy:

Forecast of Feelings



Sad

Last time I was sad I was doing/thinking this:

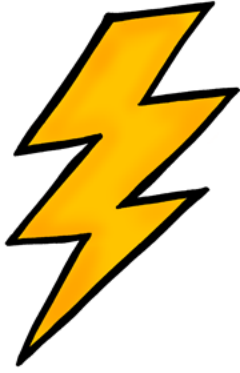
Things that make me sad:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look when I'm sad:

A memory that makes me sad:

Forecast of Feelings



Angry

Last time I was angry I was doing/thinking this:

Things that make me angry:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look when I'm angry:

A memory that makes me angry:

Forecast of Feelings



Worried

Last time I was worried I was doing/thinking this:

Things that make me worried:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look when I'm worried:

A memory that makes me worried:

Forecast of Feelings



Hopeful

Last time I was hopeful I was doing/thinking this:

Things that make me hopeful:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look when I'm hopeful:

A memory that makes me hopeful:

Forecast of Feelings



Annoyed

Last time I was annoyed I was
doing/thinking this:

Things that make me annoyed:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look
when I'm annoyed:

A memory that makes me annoyed:

Forecast of Feelings



Disappointed

Last time I was disappointed I
was doing/thinking this:

Things that make me disappointed:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look
when I'm disappointed:

A memory that makes me disappointed:

Forecast of Feelings



Confused

Last time I was confused I was doing/thinking this:

Things that make me confused:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look when I'm confused:

A memory that makes me confused:

Forecast of Feelings



Scared

Last time I was scared I was doing/thinking this:

Things that make me scared:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look when I'm scared:

A memory that makes me scared:

Forecast of Feelings



Calm

Last time I was calm I was doing/thinking this:

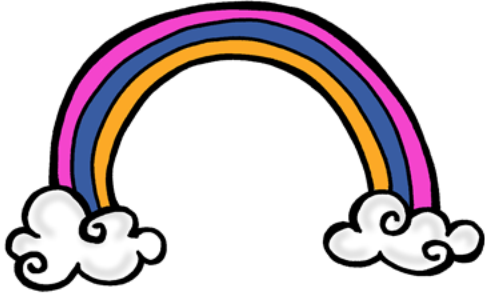
Things that make me calm:

1. _____
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4. _____
5. _____

How I look when I'm calm:

A memory that makes me calm:

Forecast of Feelings



Excited

Last time I was excited I was doing/thinking this:

Things that make me excited:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look when I'm excited:

A memory that makes me excited:

Forecast of Feelings



Embarrassed

Last time I was embarrassed I
was doing/thinking this:

Things that make me embarrassed:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look
when I'm embarrassed:

A memory that makes me embarrassed:

Forecast of Feelings

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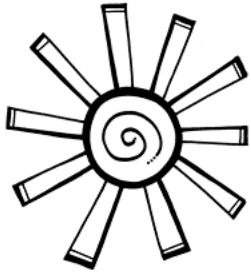
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Forecast of Feelings



Happy



Sad



Angry



Worried



Hopeful



Annoyed



Disappointed



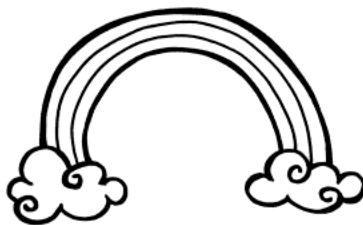
Confused



Scared



Calm

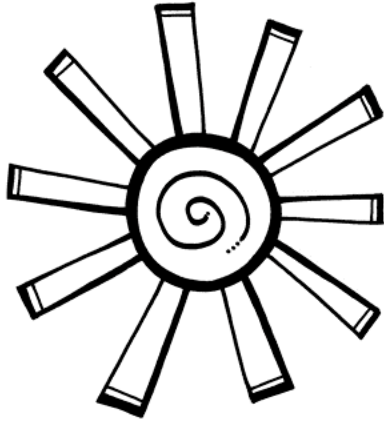


Excited



Embarrassed

Forecast of Feelings



Happy

Last time I was happy I was doing/thinking this:

Things that make me happy:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look when I'm happy:

A memory that makes me happy:

Forecast of Feelings



Sad

Last time I was sad I was
doing/thinking this:

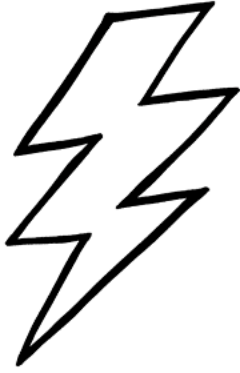
Things that make me sad:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look
when I'm sad:

A memory that makes me sad:

Forecast of Feelings



Angry

Last time I was angry I was doing/thinking this:

Things that make me angry:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look when I'm angry:

A memory that makes me angry:

Forecast of Feelings



Worried

Last time I was worried I was
doing/thinking this:

Things that make me worried:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look
when I'm worried:

A memory that makes me worried:

Forecast of Feelings



Hopeful

Last time I was hopeful I was
doing/thinking this:

Things that make me hopeful:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look
when I'm hopeful:

A memory that makes me hopeful:

Forecast of Feelings



Annoyed

Last time I was annoyed I was
doing/thinking this:

Things that make me annoyed:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look
when I'm annoyed:

A memory that makes me annoyed:

Forecast of Feelings



Disappointed

Last time I was disappointed I
was doing/thinking this:

Things that make me disappointed:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look
when I'm disappointed:

A memory that makes me disappointed:

Forecast of Feelings



Confused

Last time I was confused I was doing/thinking this:

Things that make me confused:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look when I'm confused:

A memory that makes me confused:

Forecast of Feelings



Scared

Last time I was scared I was doing/thinking this:

Things that make me scared:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look when I'm scared:

A memory that makes me scared:

Forecast of Feelings



Calm

Last time I was calm I was
doing/thinking this:

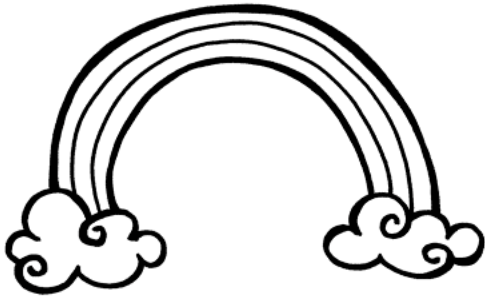
Things that make me calm:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look
when I'm calm:

A memory that makes me calm:

Forecast of Feelings



Excited

Last time I was excited I was
doing/thinking this:

Things that make me excited:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look
when I'm excited:

A memory that makes me excited:

Forecast of Feelings



Embarrassed

Last time I was embarrassed I
was doing/thinking this:

Things that make me embarrassed:

1. _____
2. _____
3. _____
4. _____
5. _____

How I look
when I'm embarrassed:

A memory that makes me embarrassed:

GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

1 Click here  [Forecast of Feelings](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 **YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**
Otherwise they will all be editing the same file.

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[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

ABOUT THE AUTHOR



I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

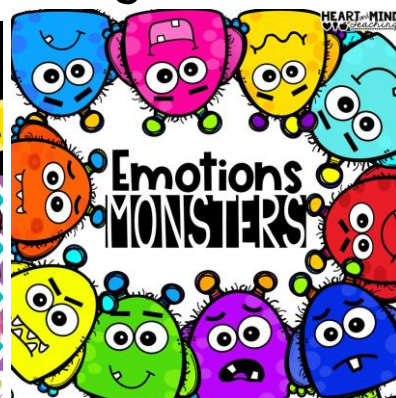
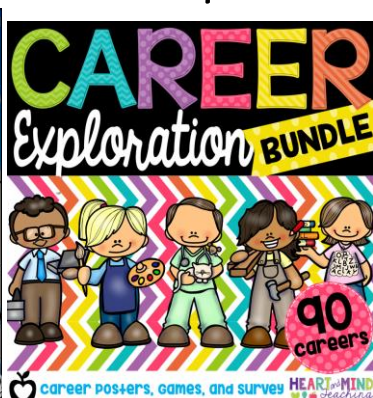
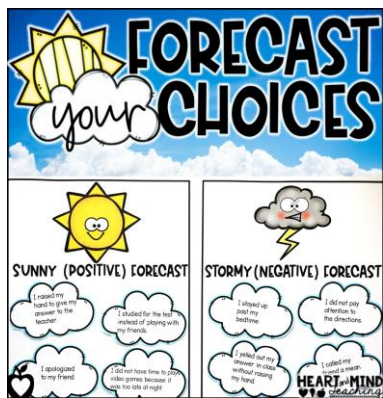
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Click the pictures to get a closer look.



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