

THANK YOU FOR YOUR PURCHASE!



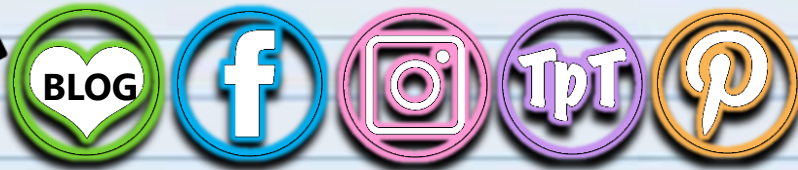
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If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

♥
Ashley

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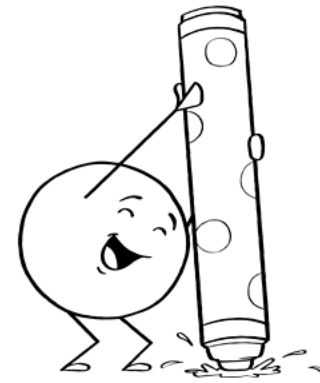
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I WANT FREEBIES

DAB THE FEELINGS



Session Objective:

*Students will identify and differentiate between feelings.

Materials:

- *Handouts (Laminate to use over and over)
- *Dab/Dot markers
- *Coloring tools: crayons, markers.

Guiding Questions:

- *Why is it important to understand what different feelings look like?
- *How can being able to identify how feelings look help us?

ASCA Standards Alignment:

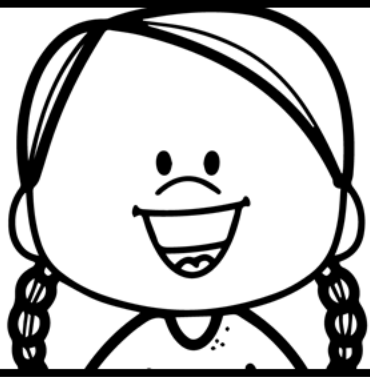
- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Self-Management Skills: Independent work. (B-SMS 3)
- *Behavior: Self-Management Skills: Effective coping skills. (B-SMS 7)

SEL Competencies:

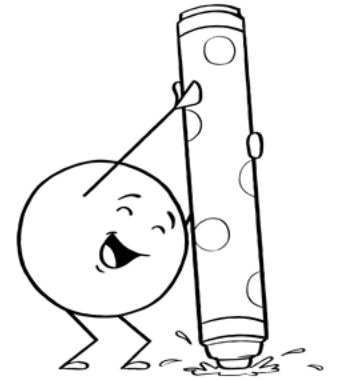
- *Self-Awareness: identifying emotions.

Session Details (about 30 minutes)

Go through each feeling/emotion on p. 3-18 having the students put a dab or dot on each picture that shows the emotion at the top left. (If you don't have dot markers, you can have them color it instead). Ask questions like: Why did you put that one as happy? What about the picture makes you think the person is happy? How did you know that picture was not happy? Then go through p.19-22 having them match the first feeling to another feeling in the same box. Then go through the coloring pages 23-38 having students color the large picture showing the emotion and then either dotting/dabbing the smaller ones or coloring those as well, the whole page has the same emotion featured (so all the pictures would be sad if that is the featured emotion).



DAB THE FEELINGS

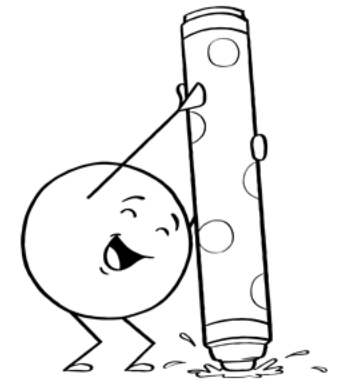


HAPPY





DAB THE FEELINGS



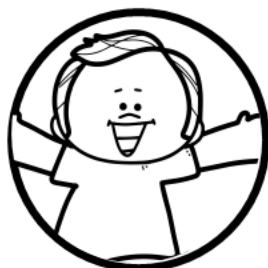
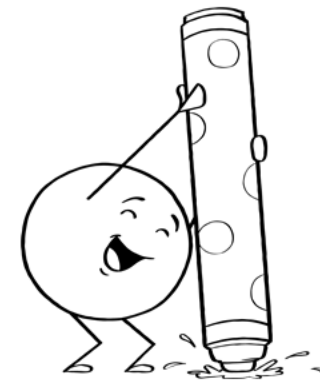
ANGRY



DAB THE FEELINGS

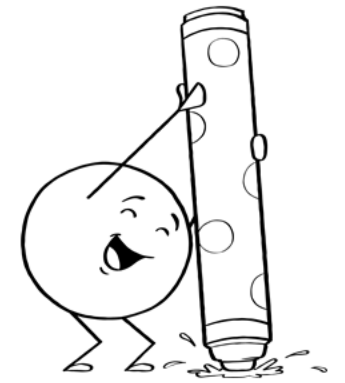


CALM





DAB THE FEELINGS

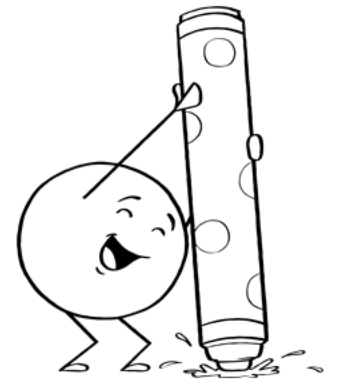


SAD



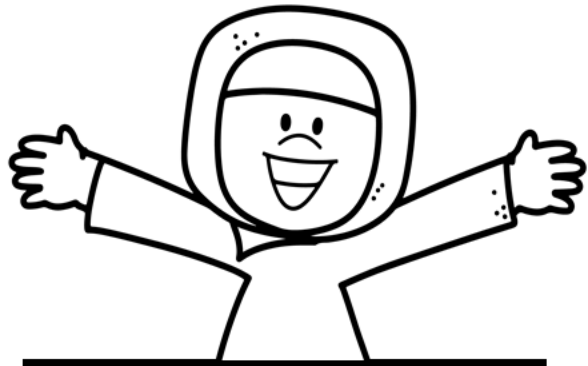


DAB THE FEELINGS

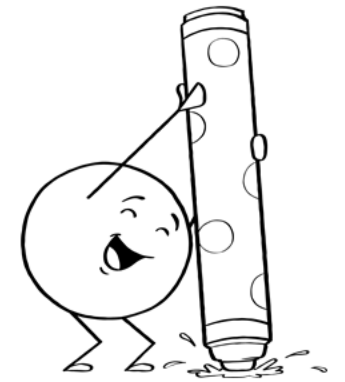


WORRIED

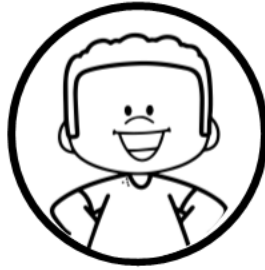




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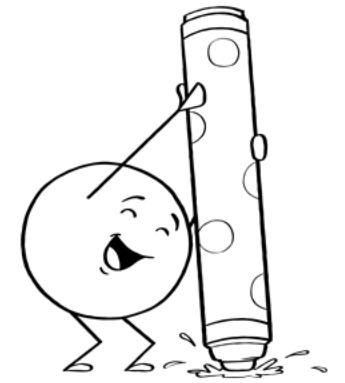


EXCITED





DAB THE FEELINGS

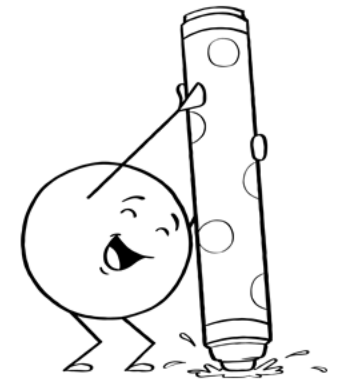


TIRED





DAB THE FEELINGS

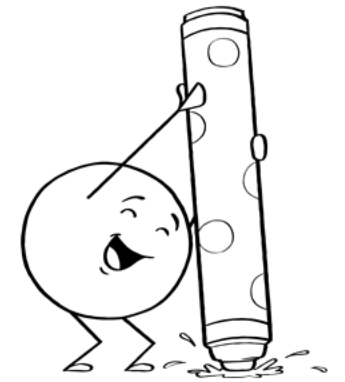


SHY





DAB THE FEELINGS

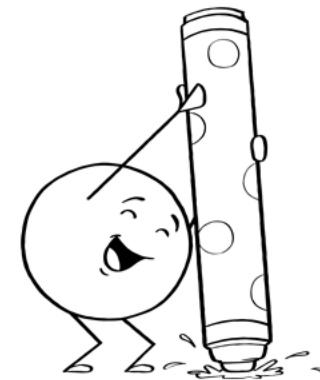


EMBARRASSED





DAB THE FEELINGS

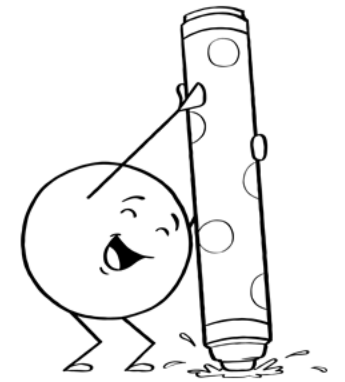


DISGUST

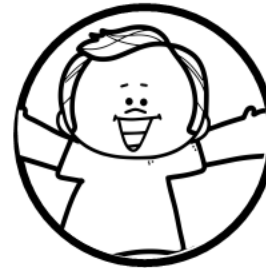
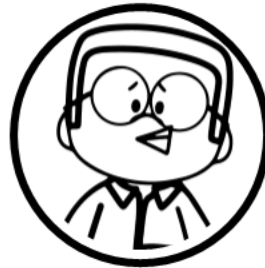




DAB THE FEELINGS

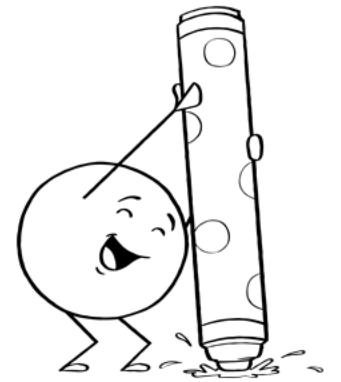


NERVOUS





DAB THE FEELINGS

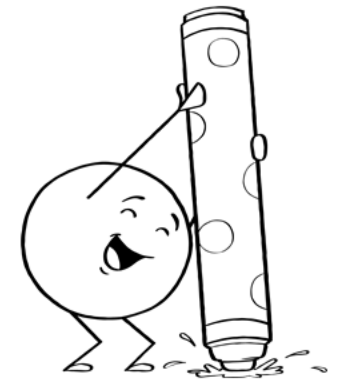


PROUD





DAB THE FEELINGS

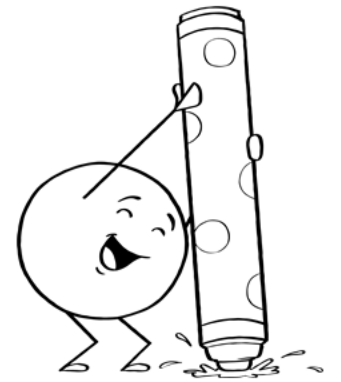


SCARED



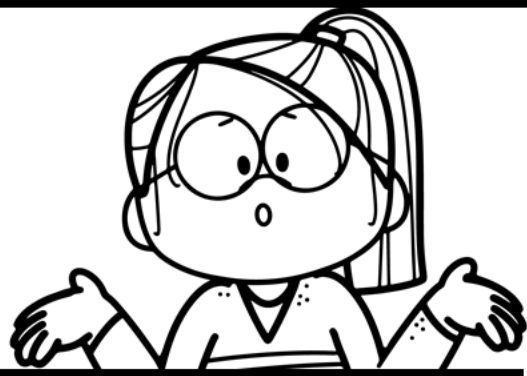


DAB THE FEELINGS

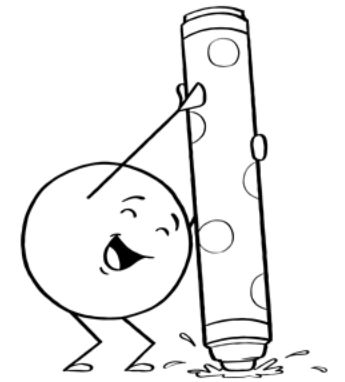


SURPRISED





DAB THE FEELINGS

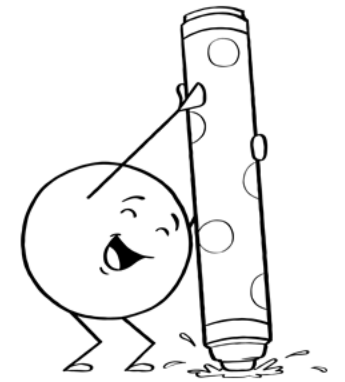


CONFUSED





DAB THE FEELINGS

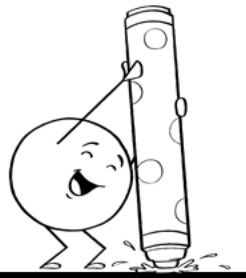


CONFIDENT



DAB THE FEELINGS






DAB THE MATCHING FEELING



 **HAPPY**    

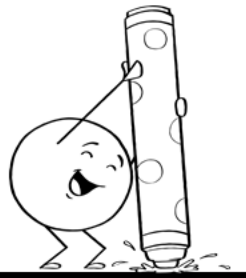
 **ANGRY**    

 **CALM**    

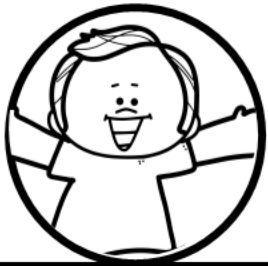
 **SAD**    

DAB THE FEELINGS

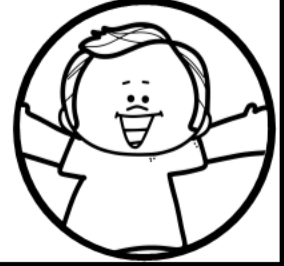
DAB THE MATCHING FEELING



WORRIED



EXCITED



TIRED

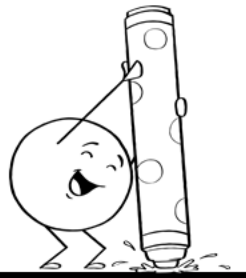


SHY



DAB THE FEELINGS

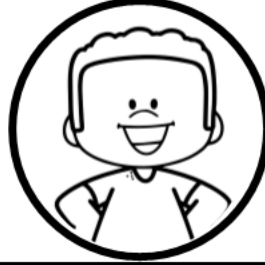
DAB THE MATCHING FEELING



EMBARRASSED



DISGUST



NERVOUS

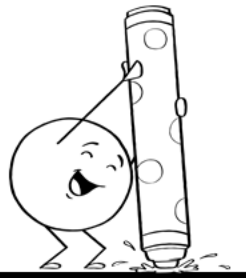


PROUD



DAB THE FEELINGS

DAB THE MATCHING FEELING



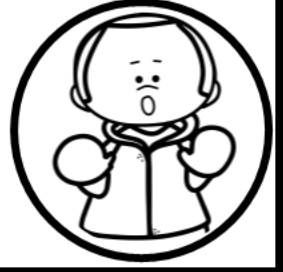
SCARED



CONFUSED



SURPRISED



CONFIDENT



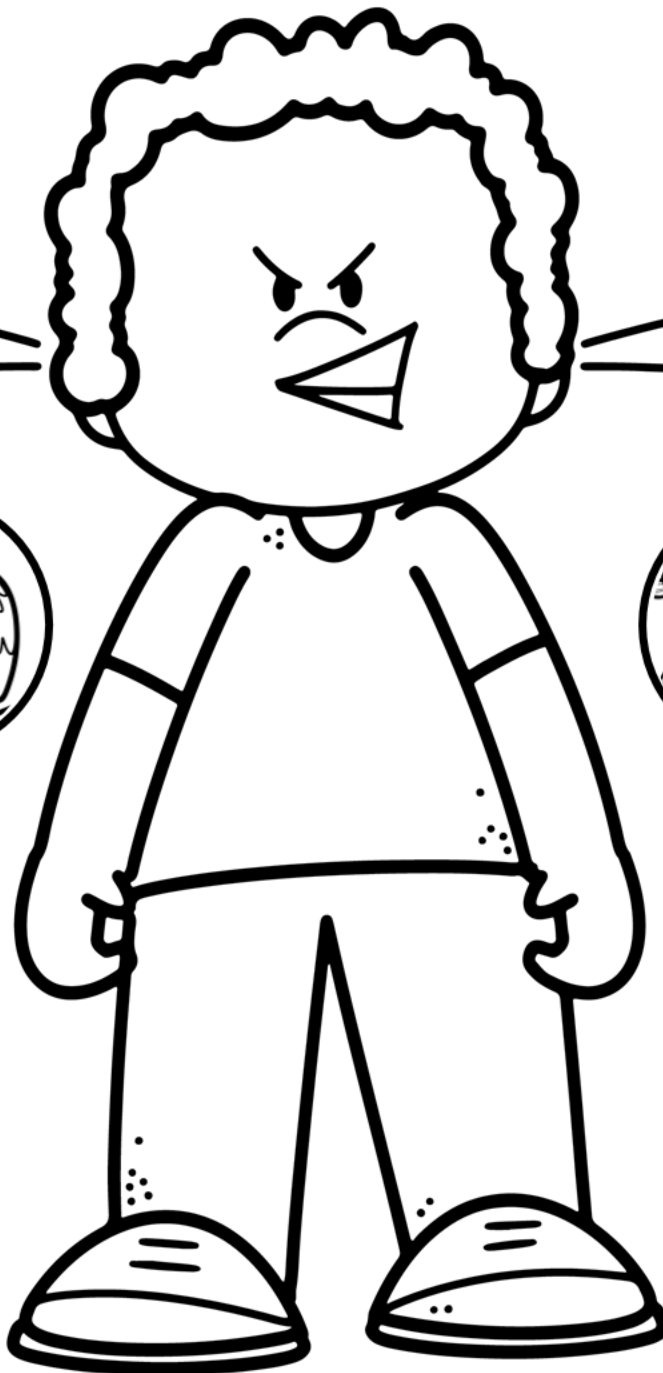
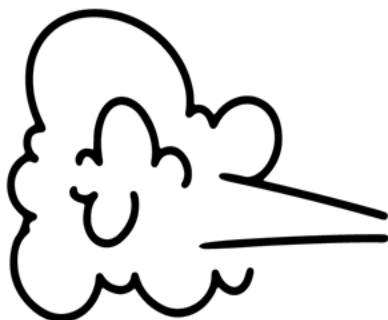
HAPPY CAN LOOK LIKE

DAB & COLOR



ANGRY CAN LOOK LIKE

DAB & COLOR



CALM CAN LOOK LIKE

DAB & COLOR



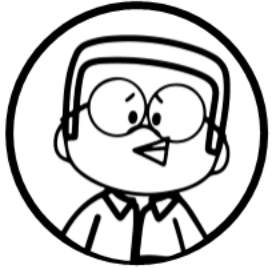
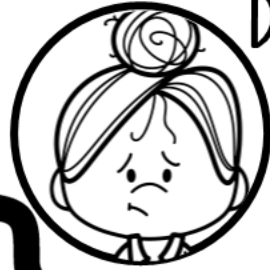
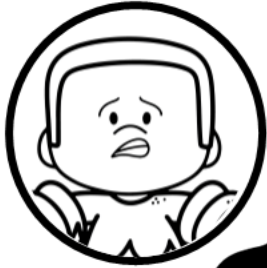
SAD CAN LOOK LIKE

DAB & COLOR



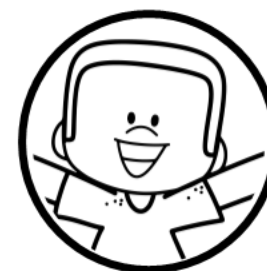
WORRIED CAN LOOK LIKE

DAB & COLOR



EXCITED CAN LOOK LIKE

DAB & COLOR



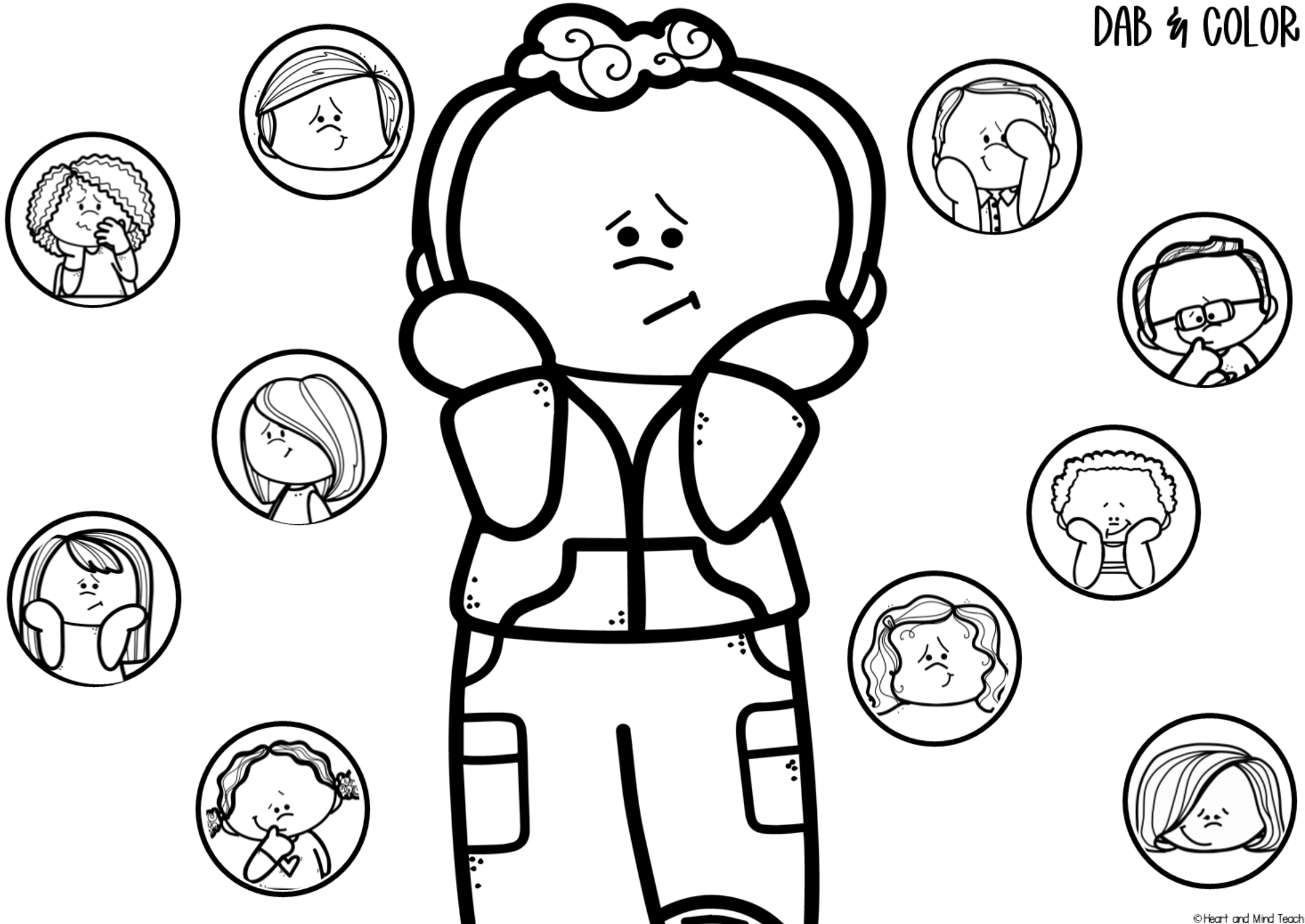
TIRED CAN LOOK LIKE

DAB & COLOR



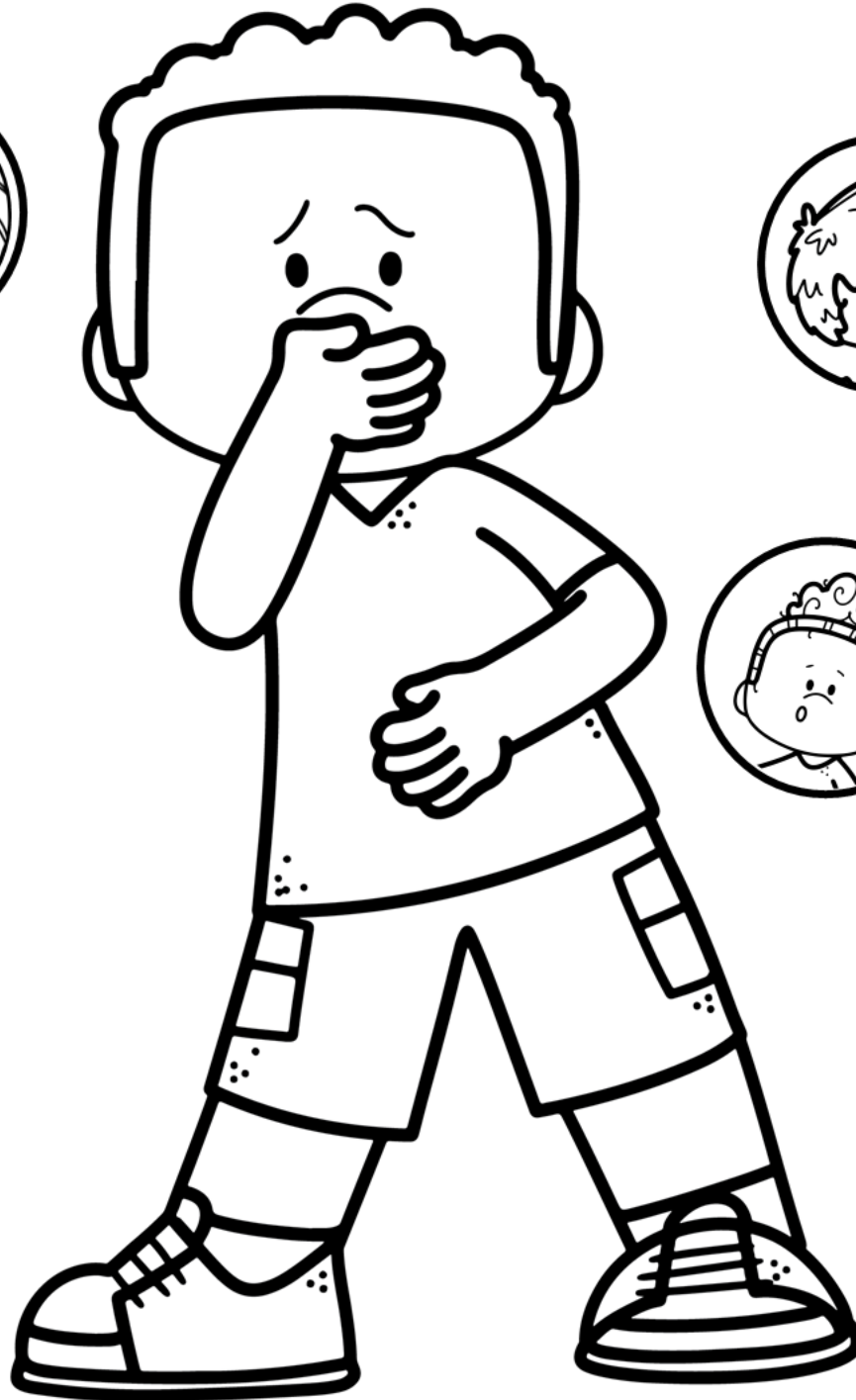
SHY CAN LOOK LIKE

DAB & COLOR



EMBARRASSED CAN LOOK LIKE

DAB & COLOR



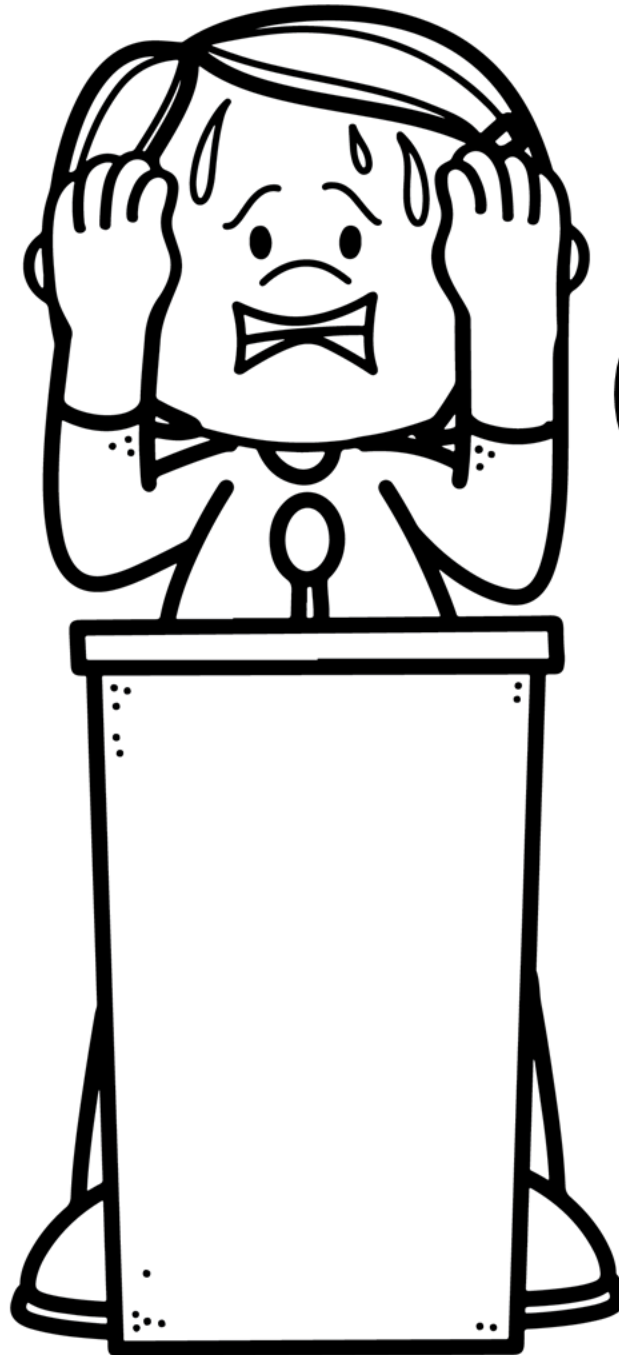
DISGUST CAN LOOK LIKE

DAB & COLOR



NERVOUS CAN LOOK LIKE

DAB & COLOR



PROUD CAN LOOK LIKE

DAB & COLOR



SCARED CAN LOOK LIKE

DAB & COLOR



CONFUSED CAN LOOK LIKE

DAB & COLOR



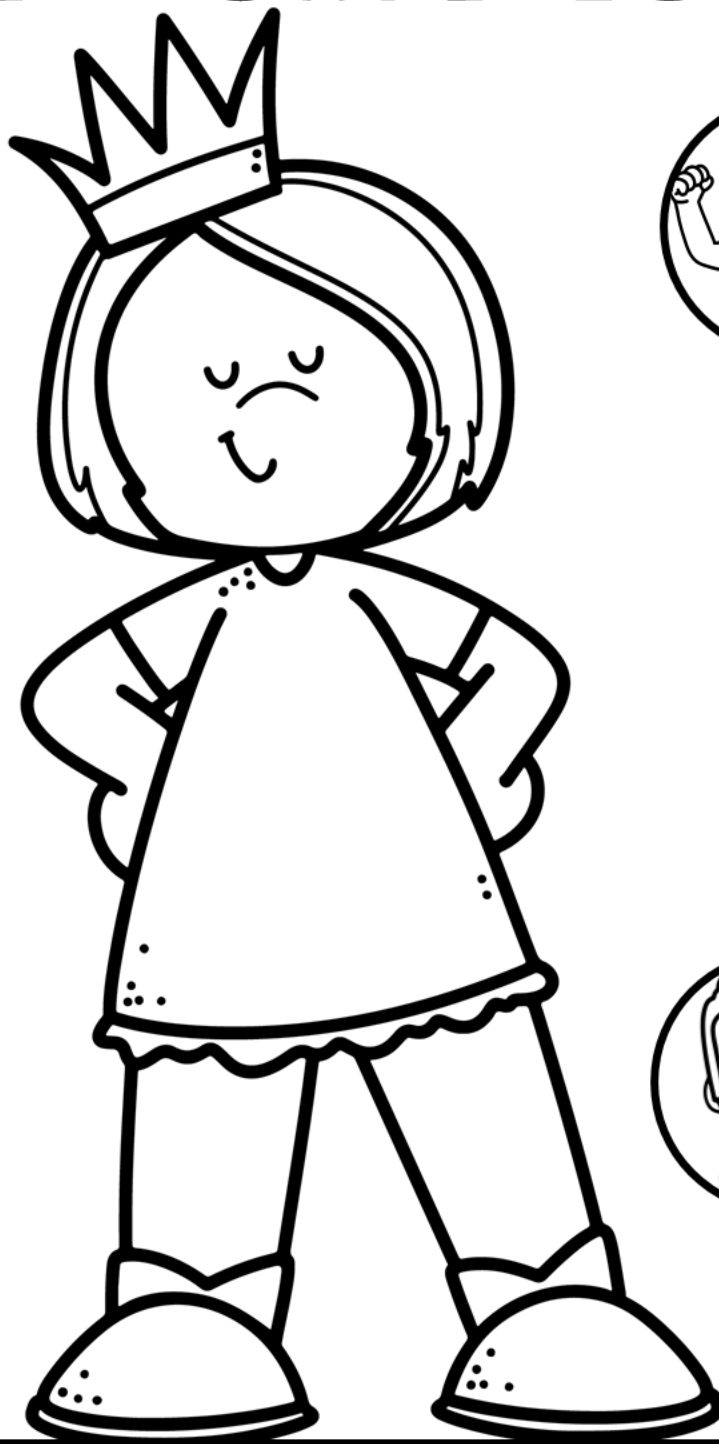
SURPRISED CAN LOOK LIKE

DAB & COLOR



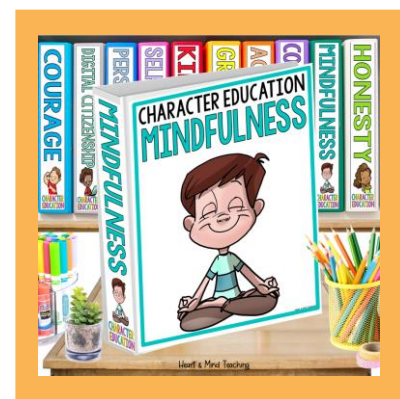
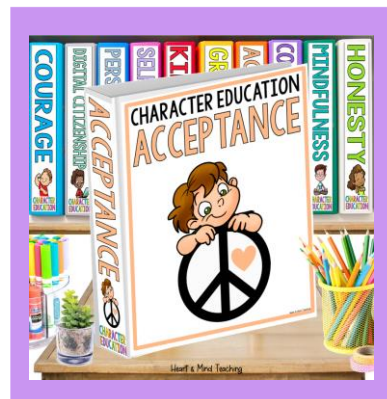
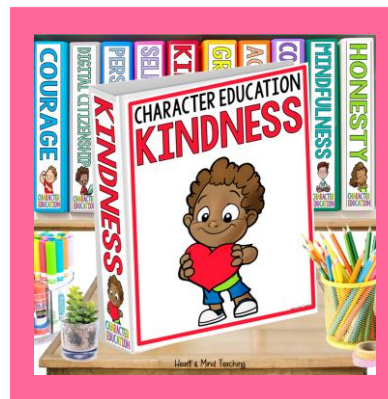
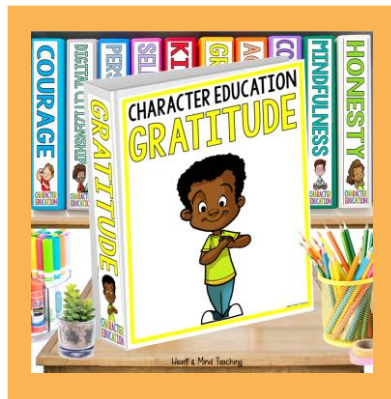
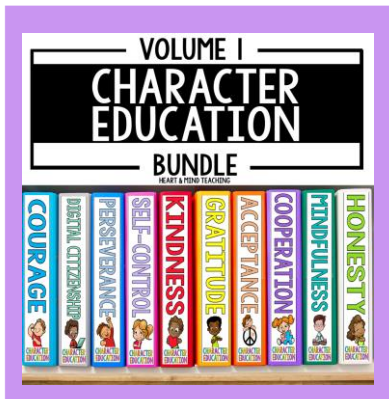
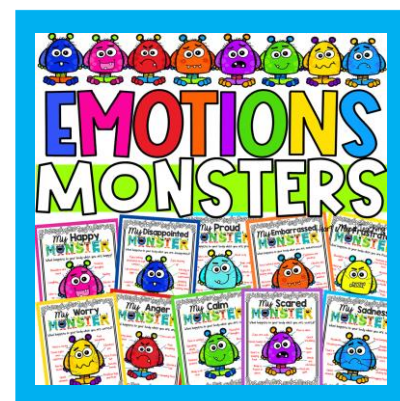
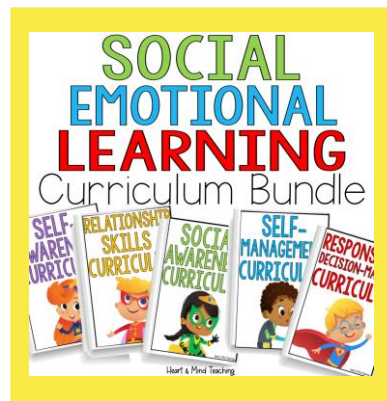
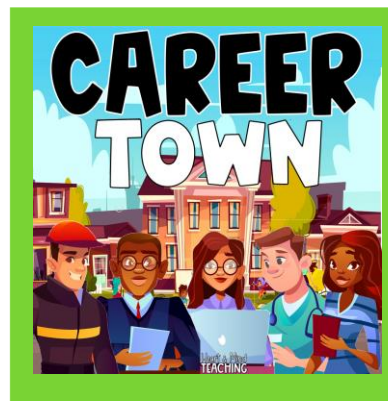
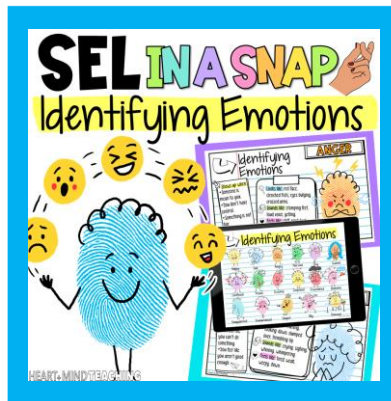
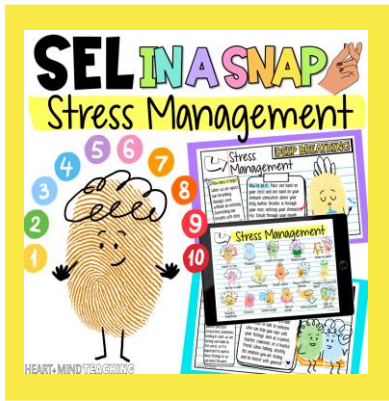
CONFIDENT CAN LOOK LIKE

DAB & COLOR



CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



COUNSELOR Collab

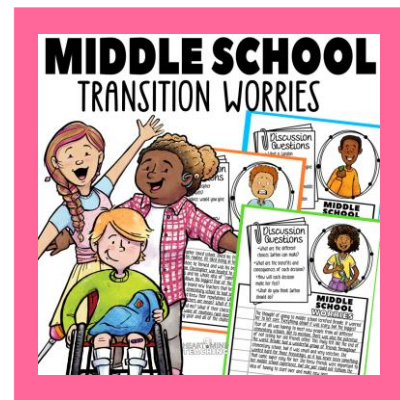
with Laura & Ashley

Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

CLICK TO COLLAB

MEMBER Perks

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.





THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

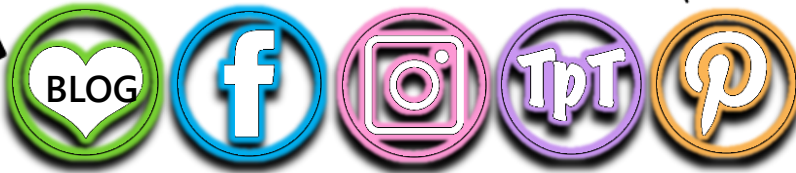
Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.



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Ashley

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CREDITS

