

○ MUSIC city COUNSELOR

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ASCA Mindsets & Behaviors:

Category 1: Mindset Standards

- M1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being

Category 2: Behavior Standards

- B-SMS 2: Self-discipline and self-control
- B-SMS 7: Effective coping skills
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment

Directions:

POWERPOINT:

I begin the lesson by explaining that some gingerbread friends will be teaching us all about our feelings and how to cope with them today. Next, I review the PowerPoint presentation that teaches the 8 feeling words. On the slide that says, "How do you feel today?", students can drag the gingerbread cookie decorations and facial expression to the cookie that show how they are feeling today (please make sure to do this in "edit" mode, the way the presentation looks when you first open it with a preview of each slide on the left, NOT in full-screen presentation mode). Next, as I teach about each emotion, I ask students to act out the feeling word by making that expression on their face. After I read the scenario for that feeling, I ask students to either share with the class or "turn and talk" with a neighbor about a time when they experienced that feeling. Next, we review the three coping strategies or choices that go along with each emotion. At the end of the PowerPoint, please ask students to share with the class or with a partner which coping strategies they like best/work best for them. Finally, students can share how they are feeling today and which coping strategies they could use to manage their feelings.

GINGERBREAD FEELINGS CRAFT:

Materials Needed: one gingerbread face topper and one "I feel _____ when" page per student, scissors, pencil, crayons or markers, glue stick

After the PowerPoint presentation, I like to create the Gingerbread Feelings Craft with students. All 8 emotions are included and you can choose to have students all work on the same emotion or any combination of the emotions.

You could also have multiple copies of each emotion available and allow students to choose which best describes how they are feeling today. Students can cut out the gingerbread cookie topper and glue it to the top of the "I feel _____ when" page. Next, they can write or draw about their experiences with that feeling, and how they can cope with it. Finally, they can decorate their gingerbread cookie topper. Please see the sample provided!

Directions Cont.:

DECORATE A FEELINGS GINGERBREAD COOKIE:

Materials Needed: printed cookie sheet and 2 pages of gingerbread cookie pieces, crayons or markers, glue

This is a fun activity that lets students express their emotions by decorating/building a feelings gingerbread cookie. You can choose to have one set of materials for a group of students, or to give each student their own set. Both full color and black/white are included. First, please print the 3 pages (the cookie sheet, gingerbread faces, and gingerbread pieces). Students can color (if you choose the black/white version) and cut out the cookie pieces and cookie sheet. Then, students choose the gingerbread cookie face that expresses how they are feeling today and place it on the cookie sheet. Next, they choose the body that they like best and place it under the face. Then, they attach the arms and legs. Finally, they can add any accessories that they'd like. Students can glue their pieces onto the cookie sheet or you can use hook-and-loop fastener dots if you'd like it to be a reusable activity.

GINGERBREAD FEELINGS CHECK-IN COLORING PAGE:

Materials Needed: one coloring page per student, crayons

This coloring page is a simple way to check-in with students about their feelings. They can color the gingerbread cookies that show how they are feeling today.

Looking for the digital activity for Google Slides™? It is included in the zip folder, too!

Questions or comments? Please contact me any time at laura@musiccitycounselor.com. I'm here to help! ☺ PS I SO appreciate when you please take a moment to leave a review on my resources. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow!

Craft Sample





Feelings Poster

My Gingerbread FEELINGS



Happy



Sad



Angry



Excited



Scared



Nervous

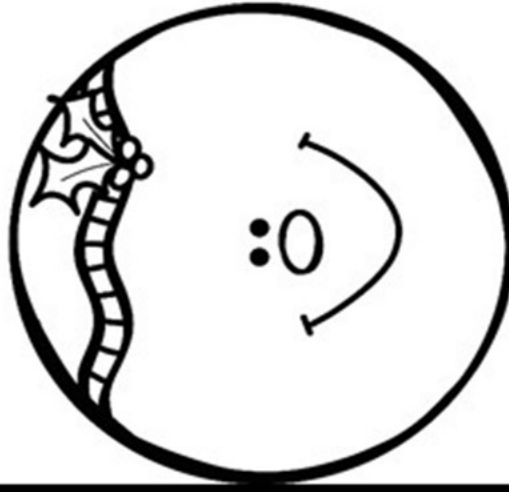


Proud

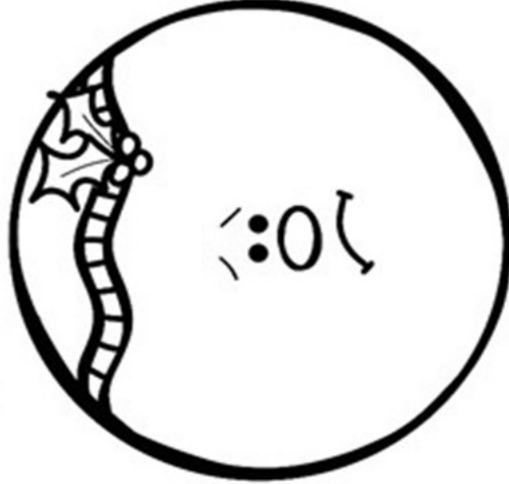


Surprised

My Gingerbread FEELINGS



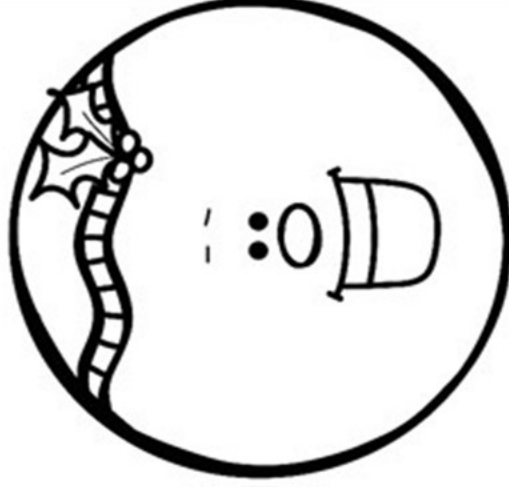
Happy



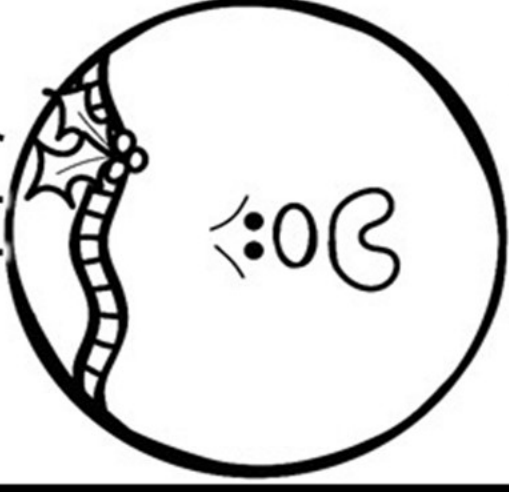
Sad



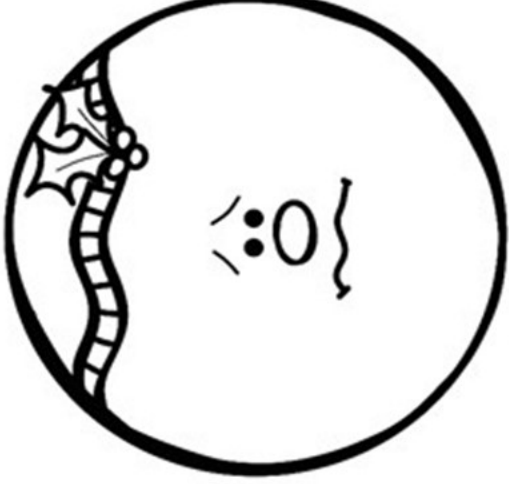
Angry



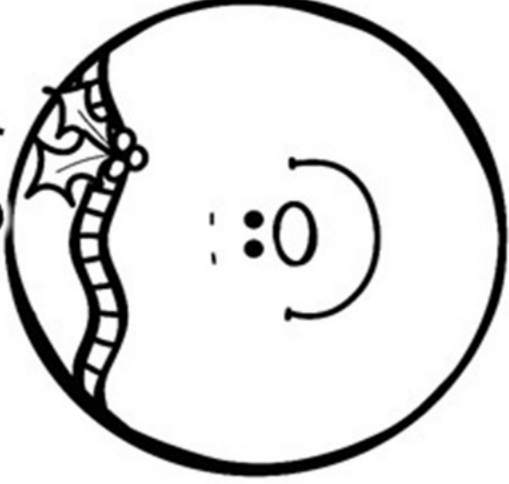
Excited



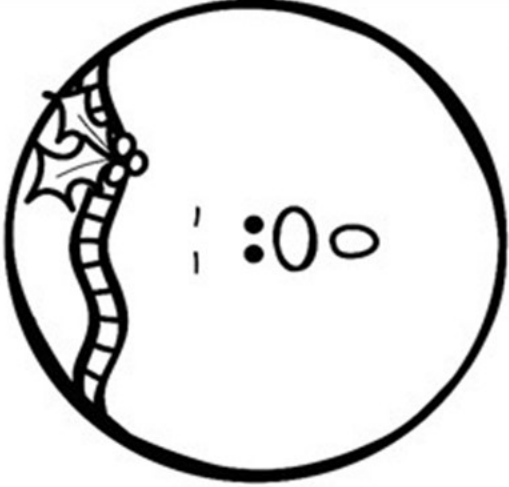
Scared



Nervous



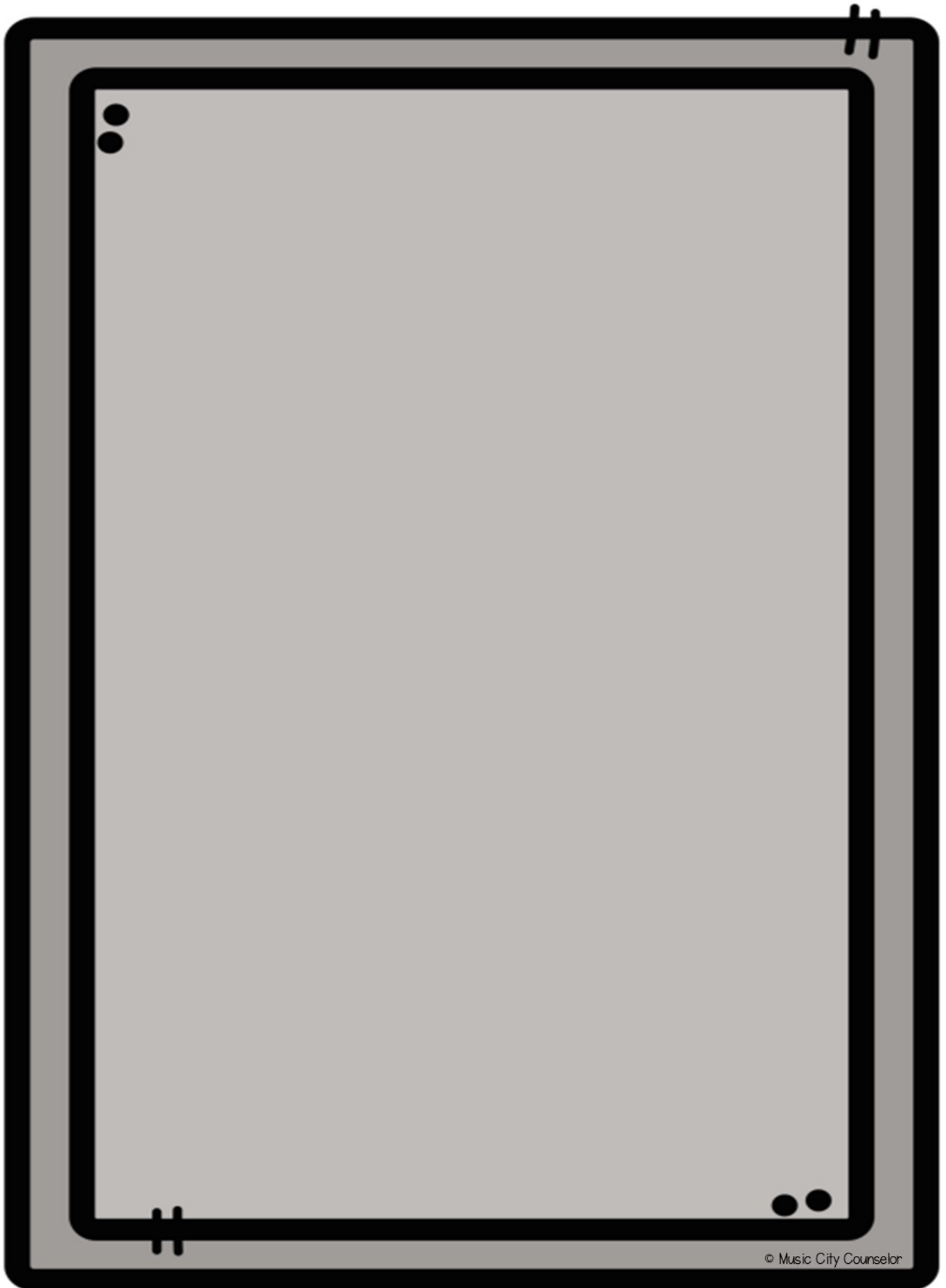
Proud



Surprised

**Decorate a
Feelings
Gingerbread
Cookie**

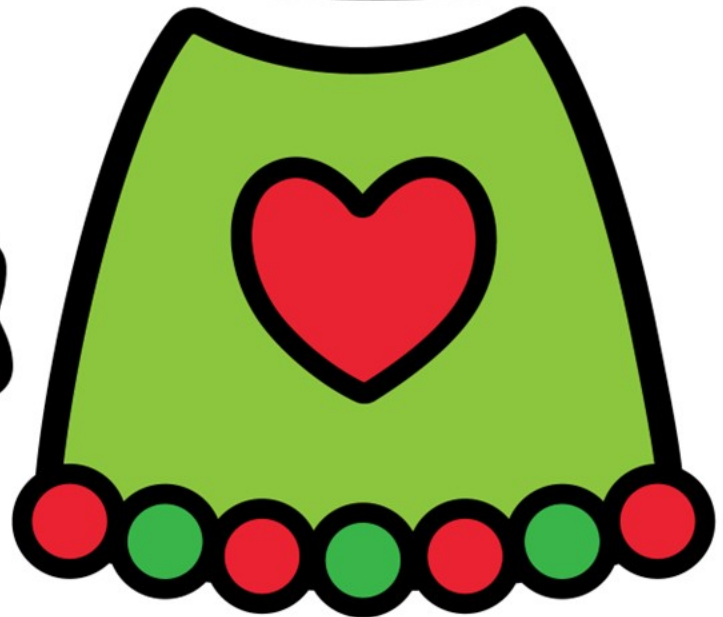
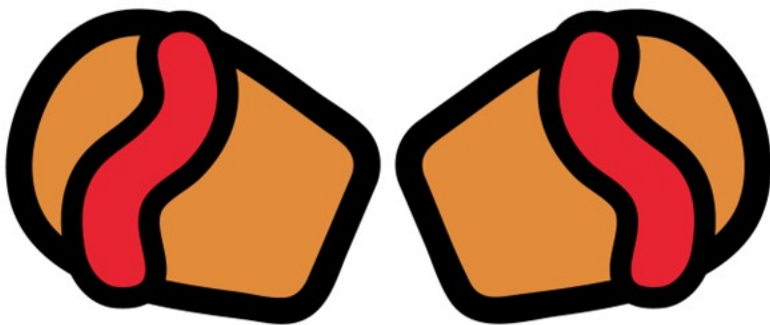
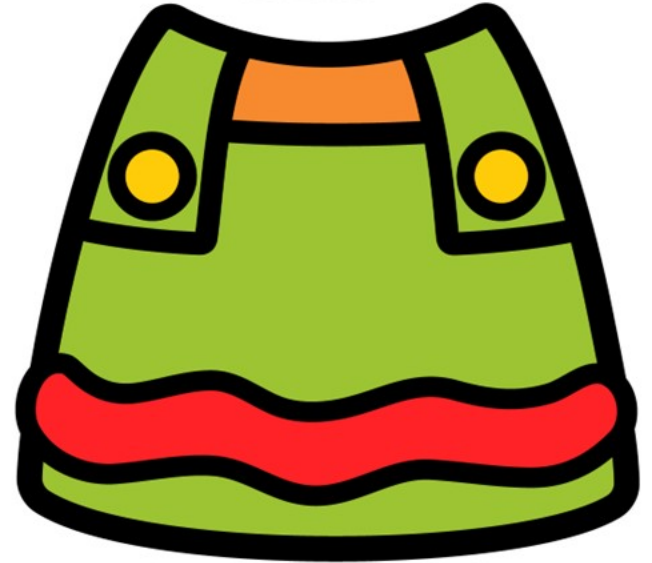
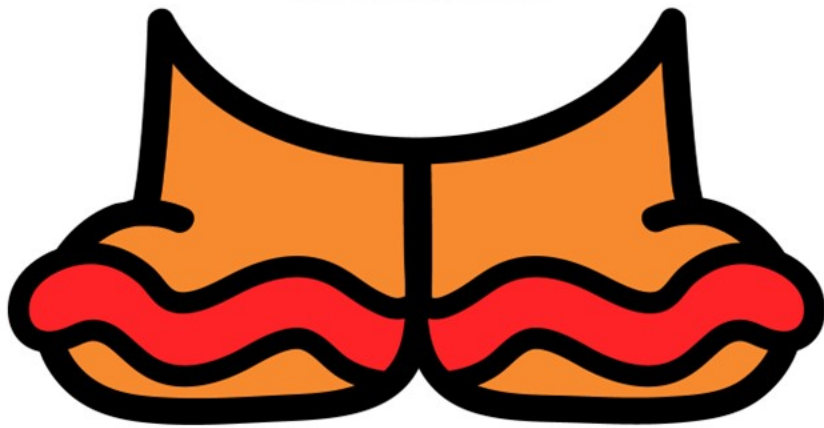
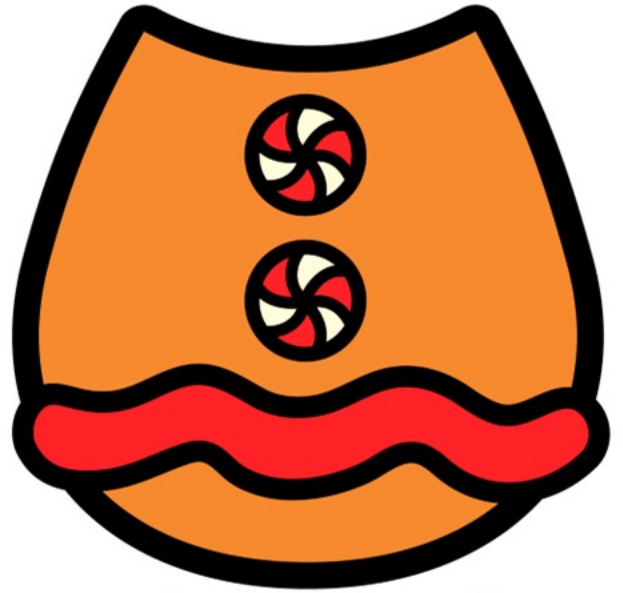
Please cut out the cookie sheet.



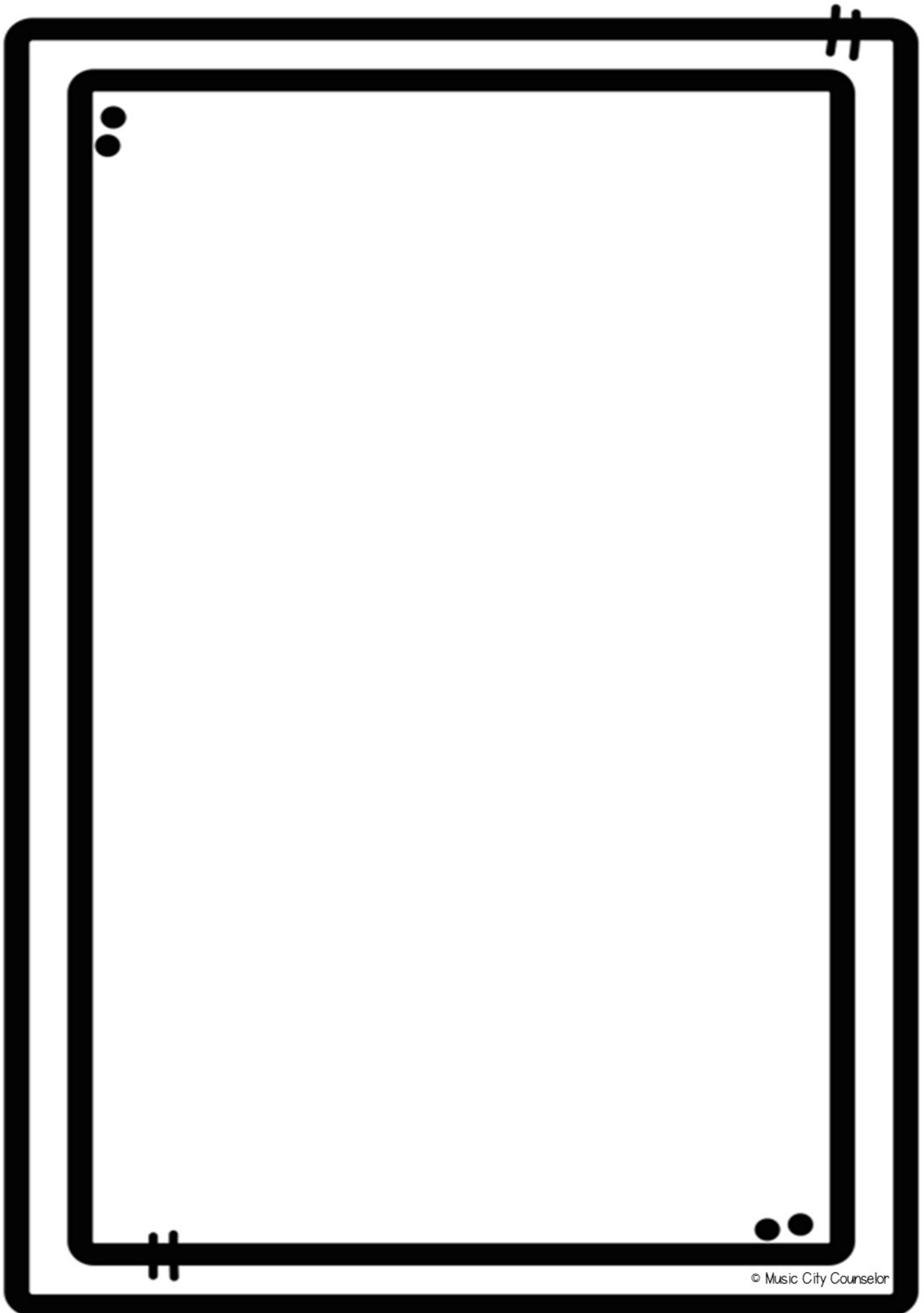
Choose a face that shows how you are feeling today.



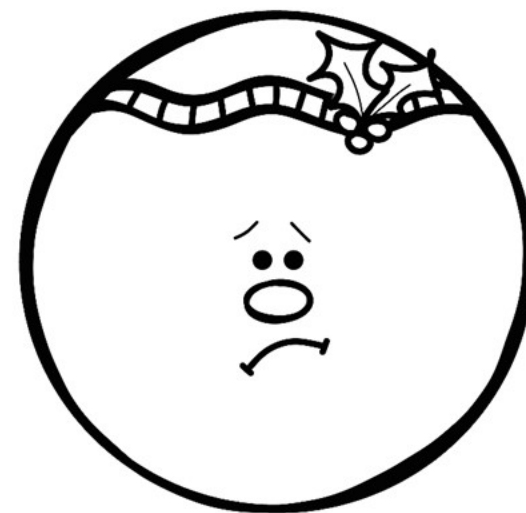
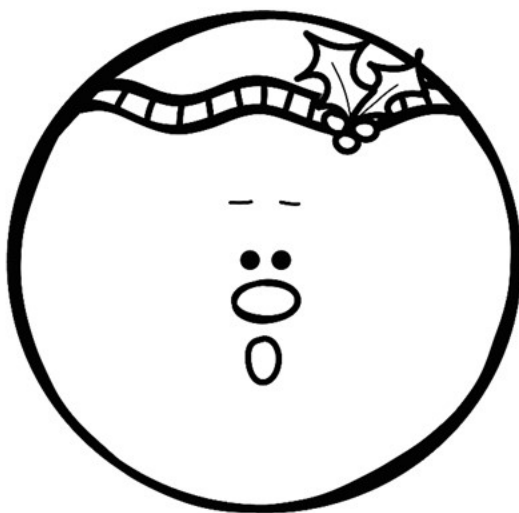
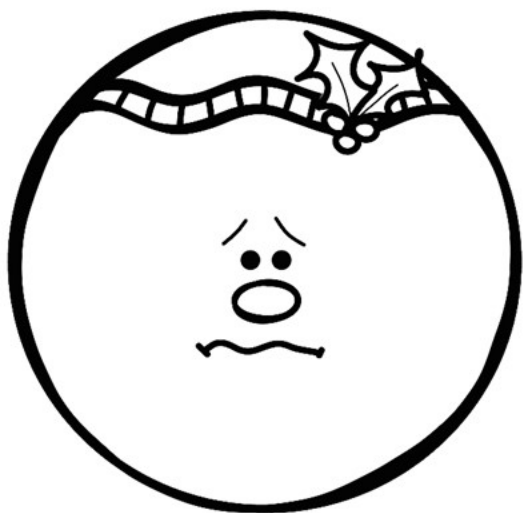
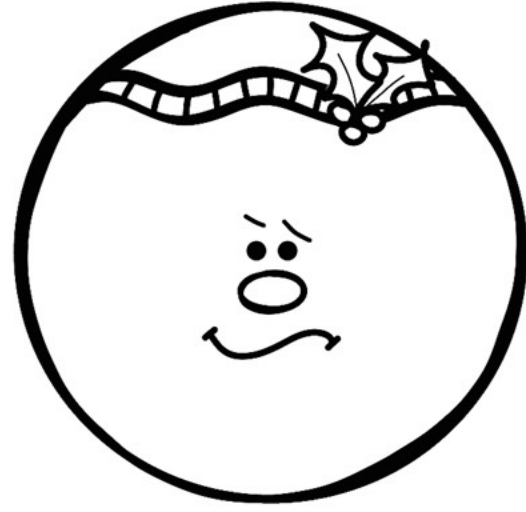
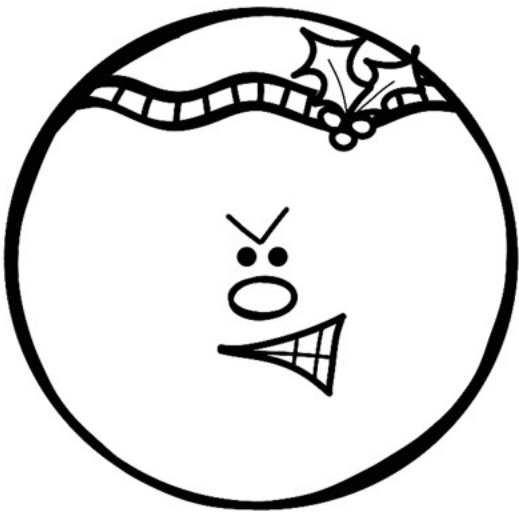
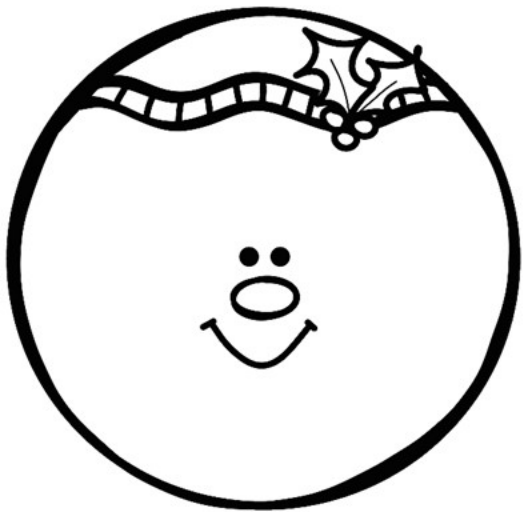
Choose the accessories and outfit that you like best and "make" your gingerbread cookie.



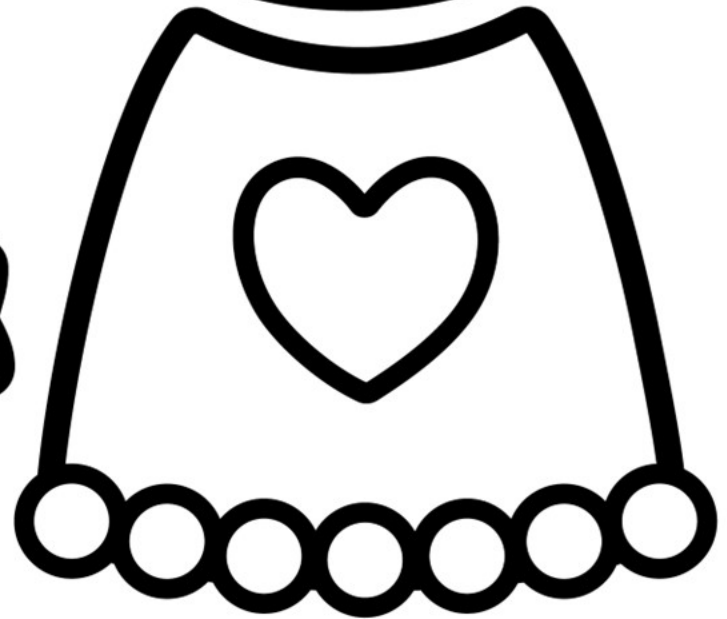
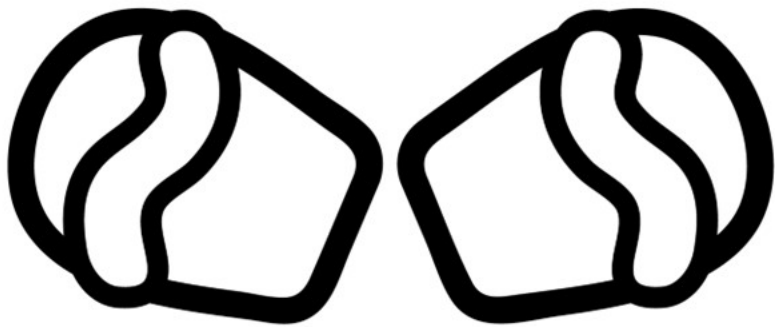
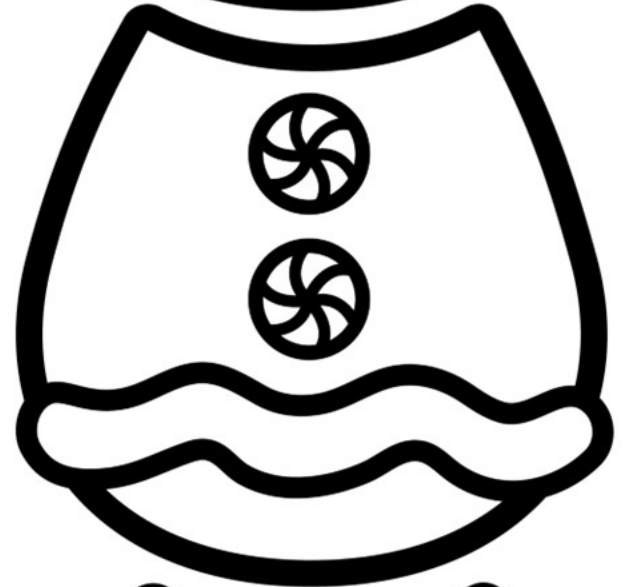
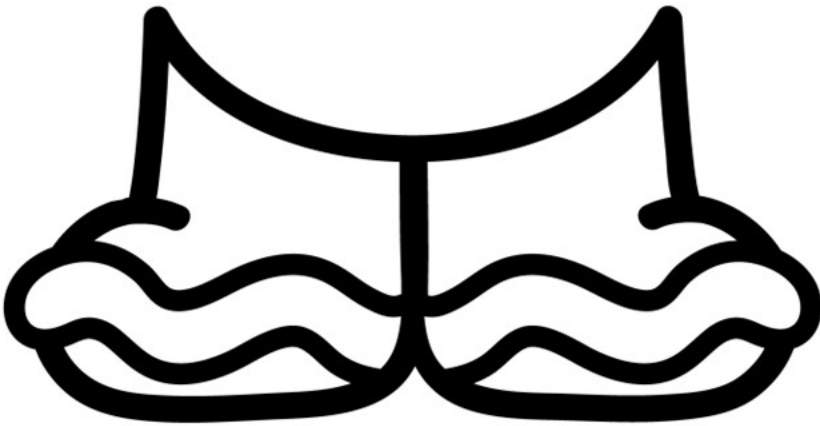
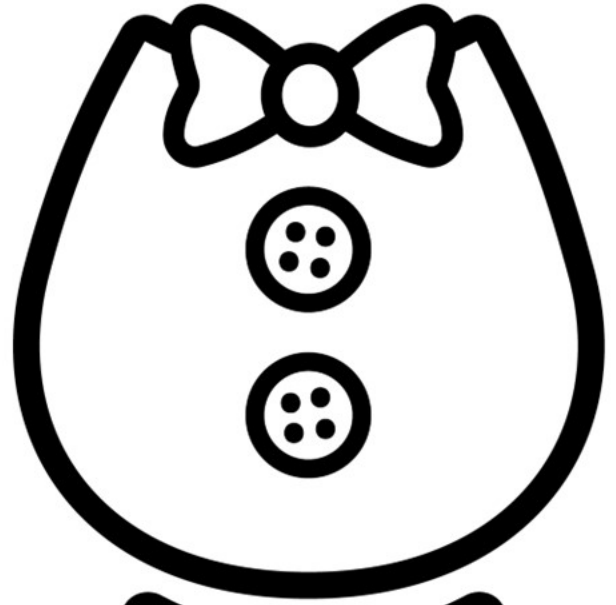
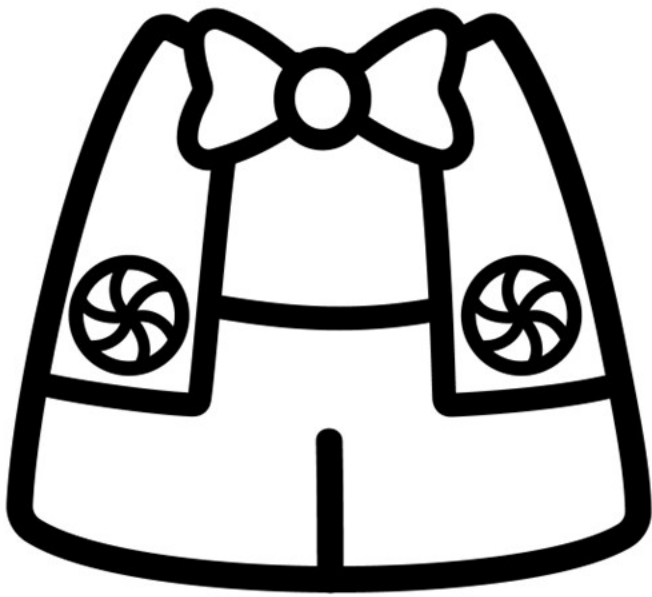
Please cut out and color the cookie sheet.



Choose a face that shows how you are feeling today.



Choose the accessories and outfit that you like best and "make" your gingerbread cookie.

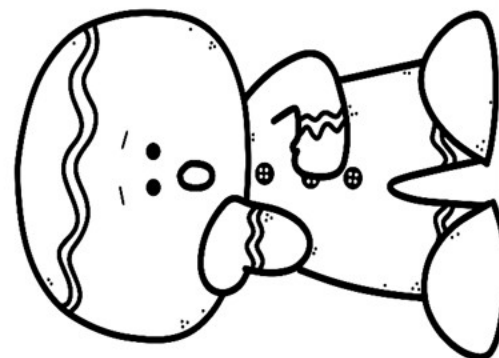
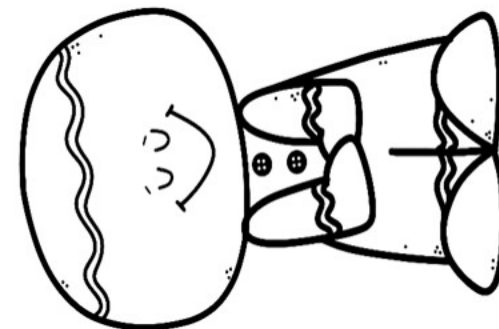
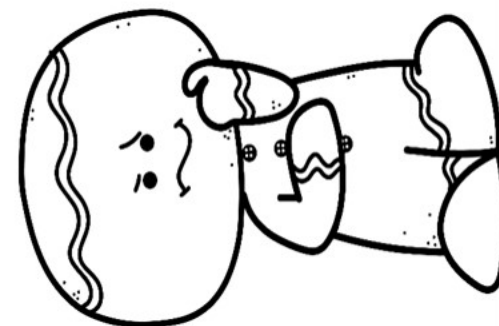
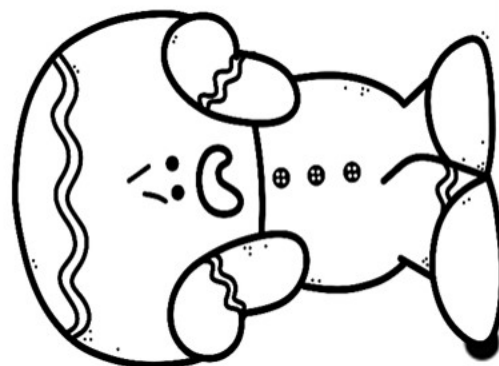
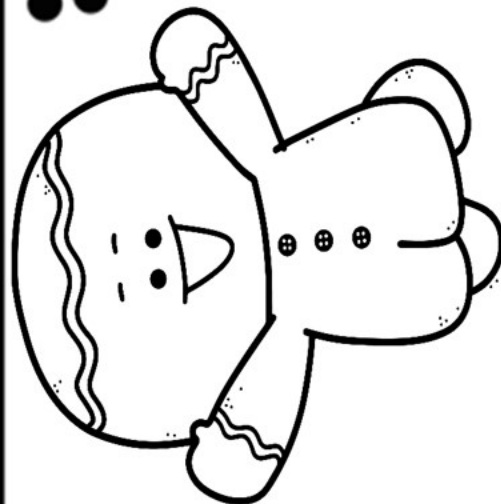
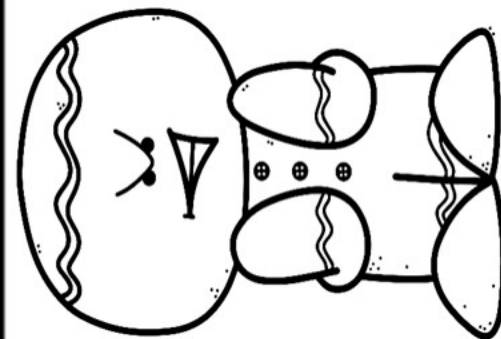
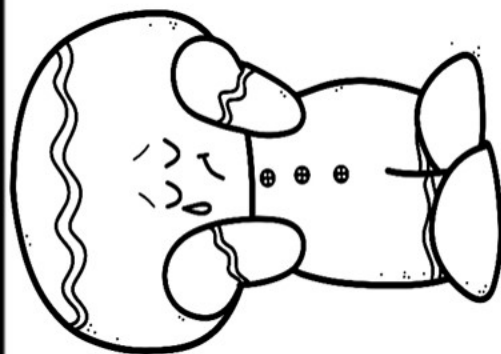
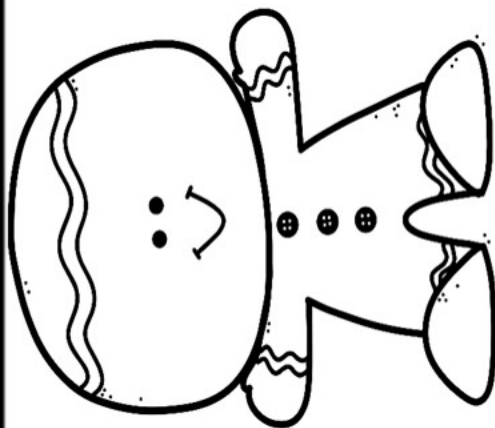


Gingerbread Feelings Check-In Coloring Page

Name: _____

My Gingerbread FEELINGS

Color the cookies that show how you are feeling today.



Gingerbread Feelings Craft



Name: _____

I feel HAPPY when...

When I feel HAPPY, I can...



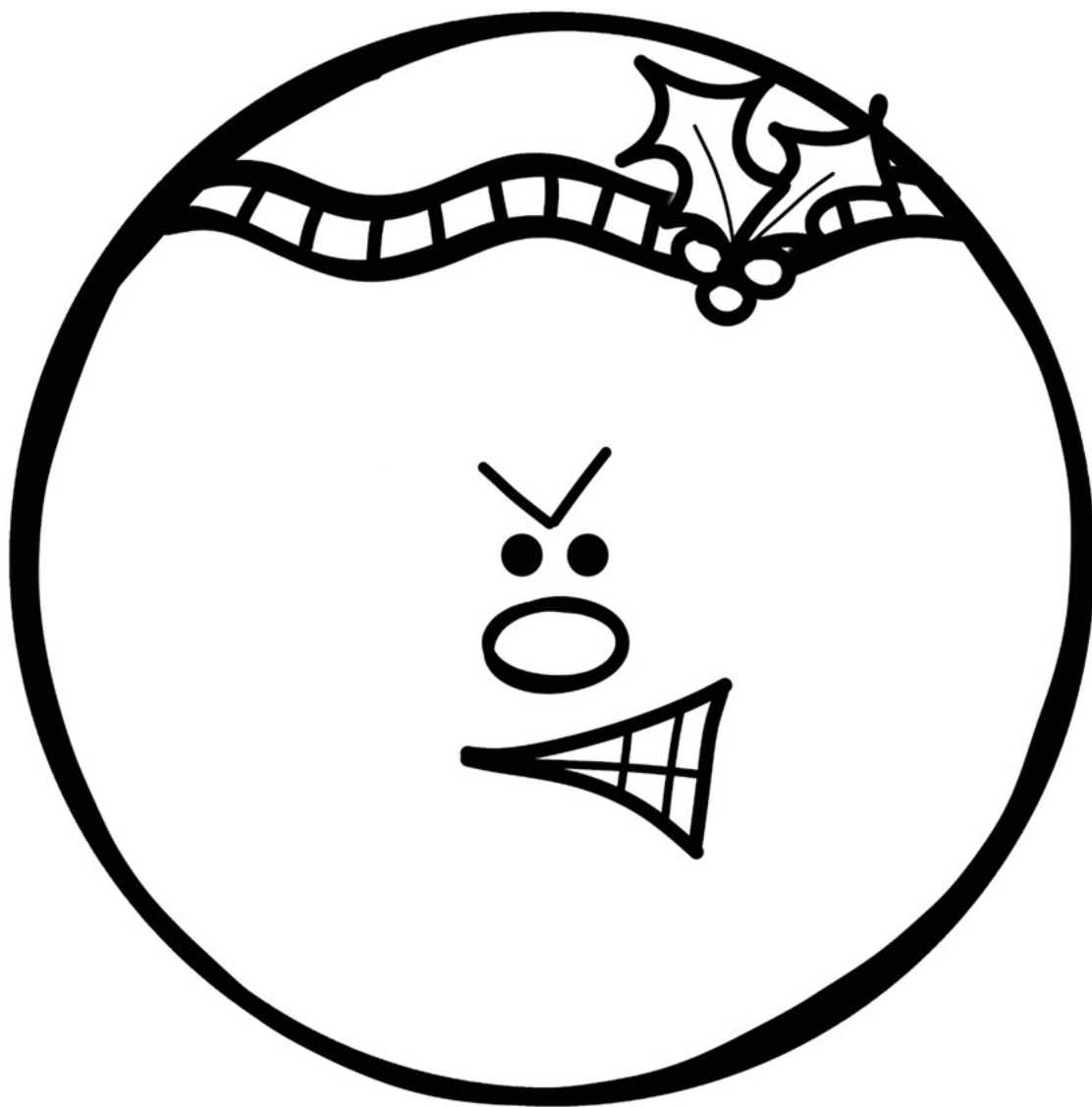


Name: _____

I feel SAD when...

When I feel SAD, I can...



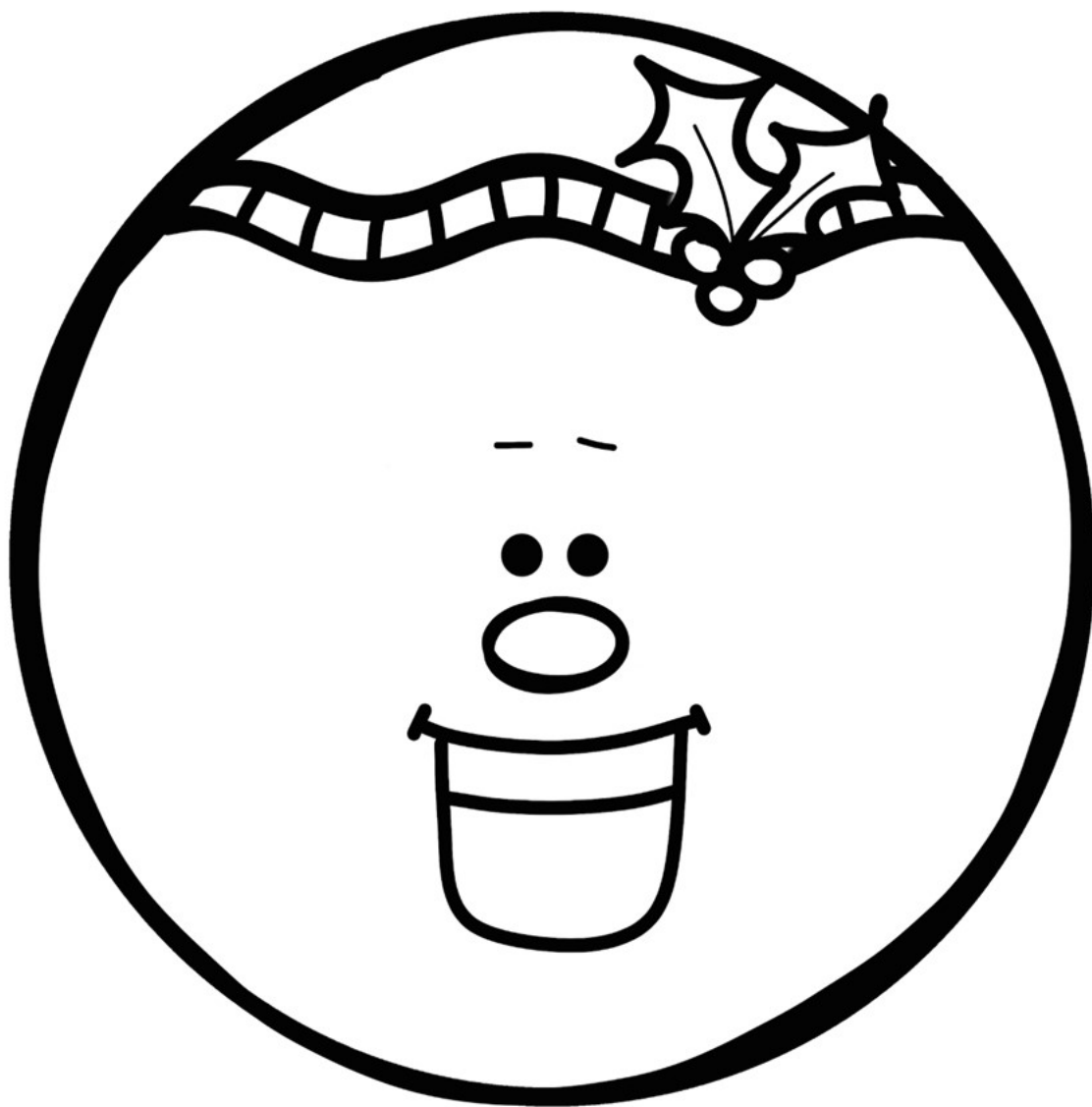


Name: _____

I feel **ANGRY** when...

When I feel **ANGRY**, I can...





Name: _____

I feel **EXCITED** when...

When I feel **EXCITED**, I can...



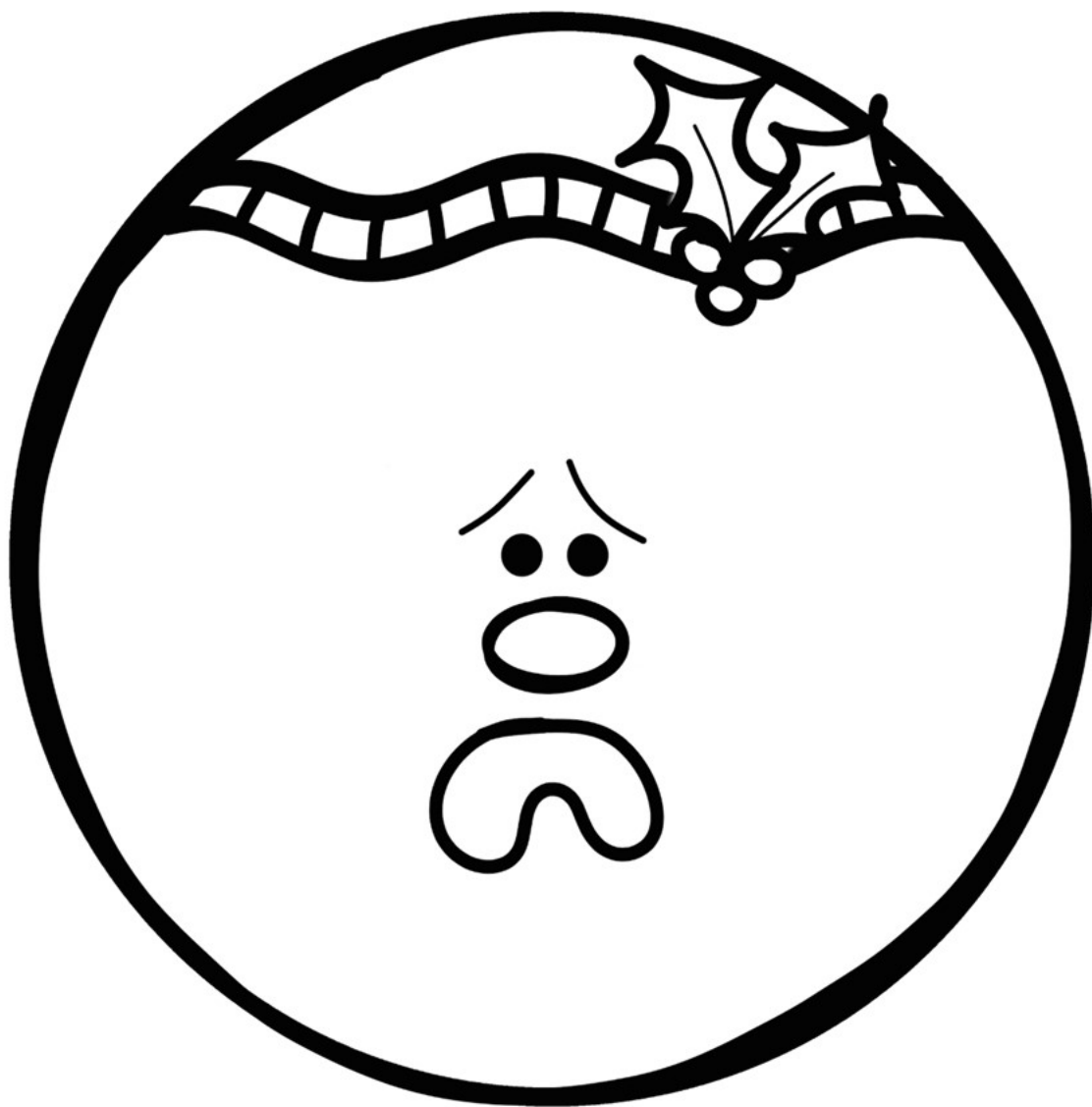


Name: _____

I feel PROUD when...

When I feel PROUD, I can...



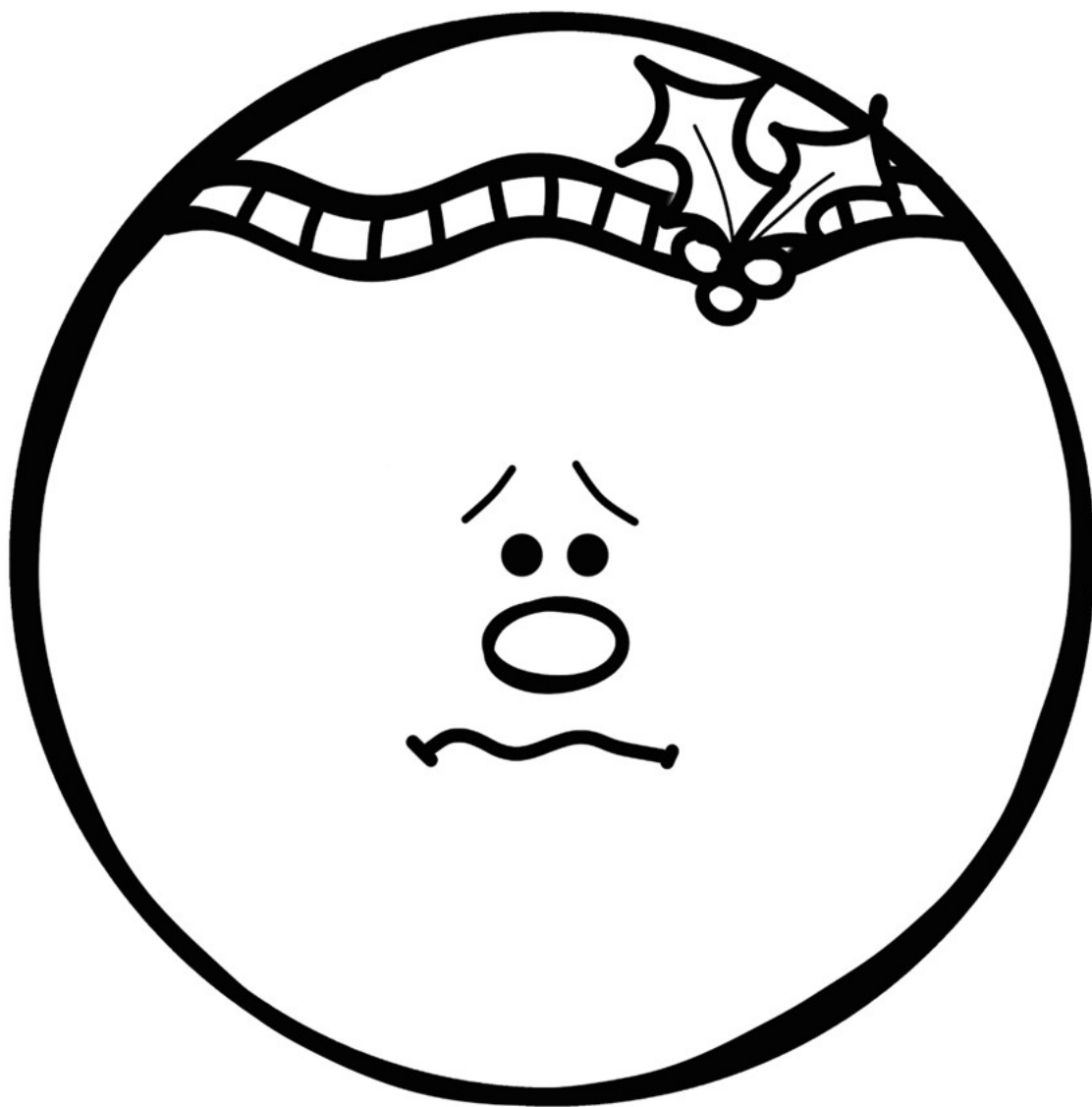


Name: _____

I feel SCARED when...

When I feel SCARED, I can...



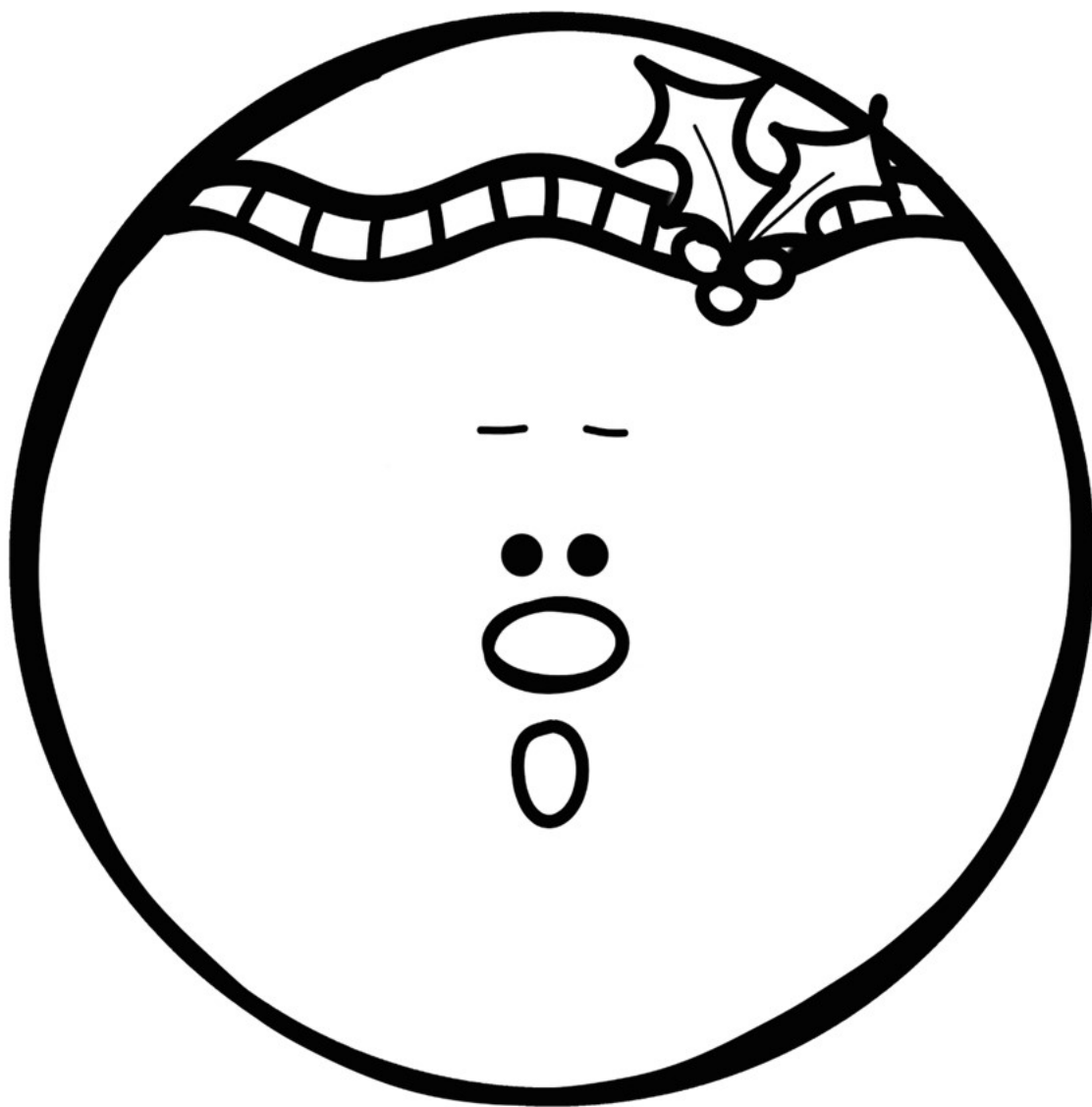


Name: _____

I feel NERVOUS when...

When I feel NERVOUS, I can...





Name: _____

I feel SURPRISED when...

When I feel SURPRISED, I can...



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