

○ 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 snowman 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 9 feeling words. On the slide that says, "How do you feel today?", students can take turns dragging the snowman face to the body that shows 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.

SNOWMAN FEELINGS CRAFT:

Materials Needed: one snowman 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 Snowman Feelings Craft with students. All 9 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 cut out the snowman face topper and glue it to the top of the "I feel _____ when" page. Next, they write or draw about their experiences with that feeling, and how they can cope with it. Finally, they decorate their snowman topper. Please see the sample provided!

Craft Sample



Name: Hailey

I feel **SCARED** when...

I go too fast down the sledding
hill. I lose control and it's
scary.

When I feel **SCARED**, I can...

Take deep breaths, ask for
a hug, take a break, or
use positive self talk.



Directions Cont.:

BUILD A FEELINGS SNOWMAN:

Materials Needed: printed snowy scene and 2 pages of snowman pieces, crayons or markers (if using the black/white printables), glue

This is a fun activity that lets students express their emotions by building a feelings snowman. 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 snowy scene, snowman faces, and snowman accessories). Students can color (if you choose the black/white version) and cut out the snowman faces and snowman accessories. Then, students choose the snowman face that expresses how they are feeling today and place it on the snowman body on the snowy scene. Next, they choose any accessories that they'd like and place them on their snowman. Students can glue their pieces onto the snowman or you can use hook-and-loop fastener dots if you'd like it to be a reusable activity.

SNOWMAN 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 color the snowmen 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!

Build a Feelings Snowman SAMPLE:



Feelings Poster

SNOWMAN FEELINGS



Happy



Sad



Frustrated



Nervous



Angry



Scared



Bored



Excited



Surprised

SNOWMAN FEELINGS



Happy



Sad



Frustrated



Nervous



Angry



Scared



Bored



Excited



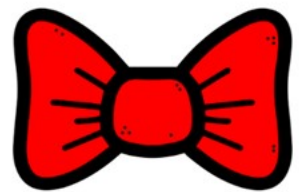
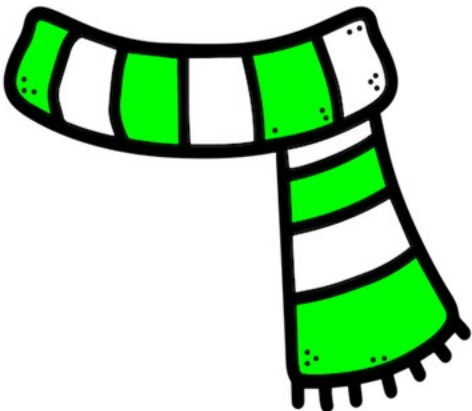
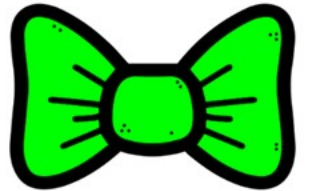
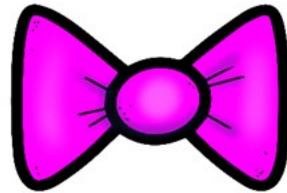
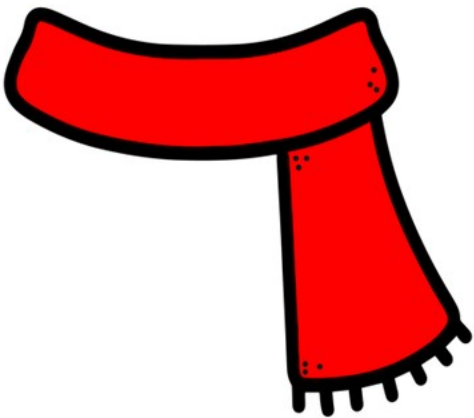
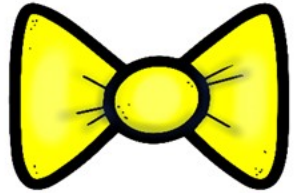
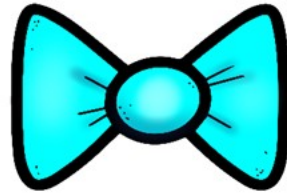
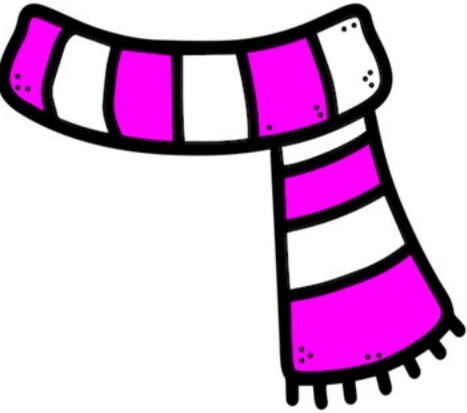
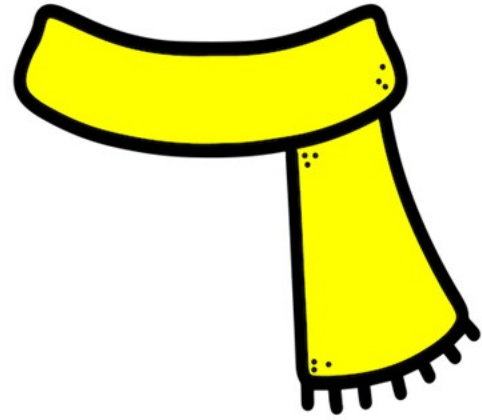
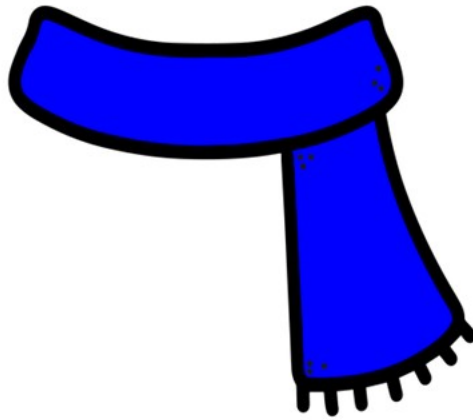
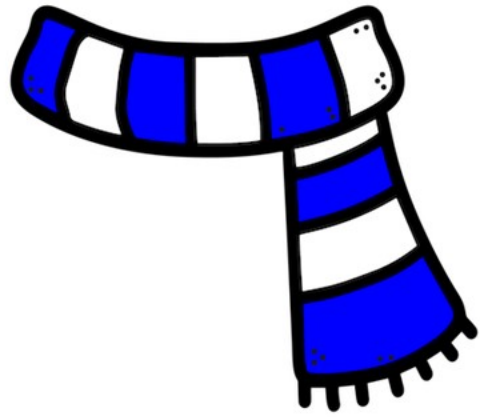
Surprised

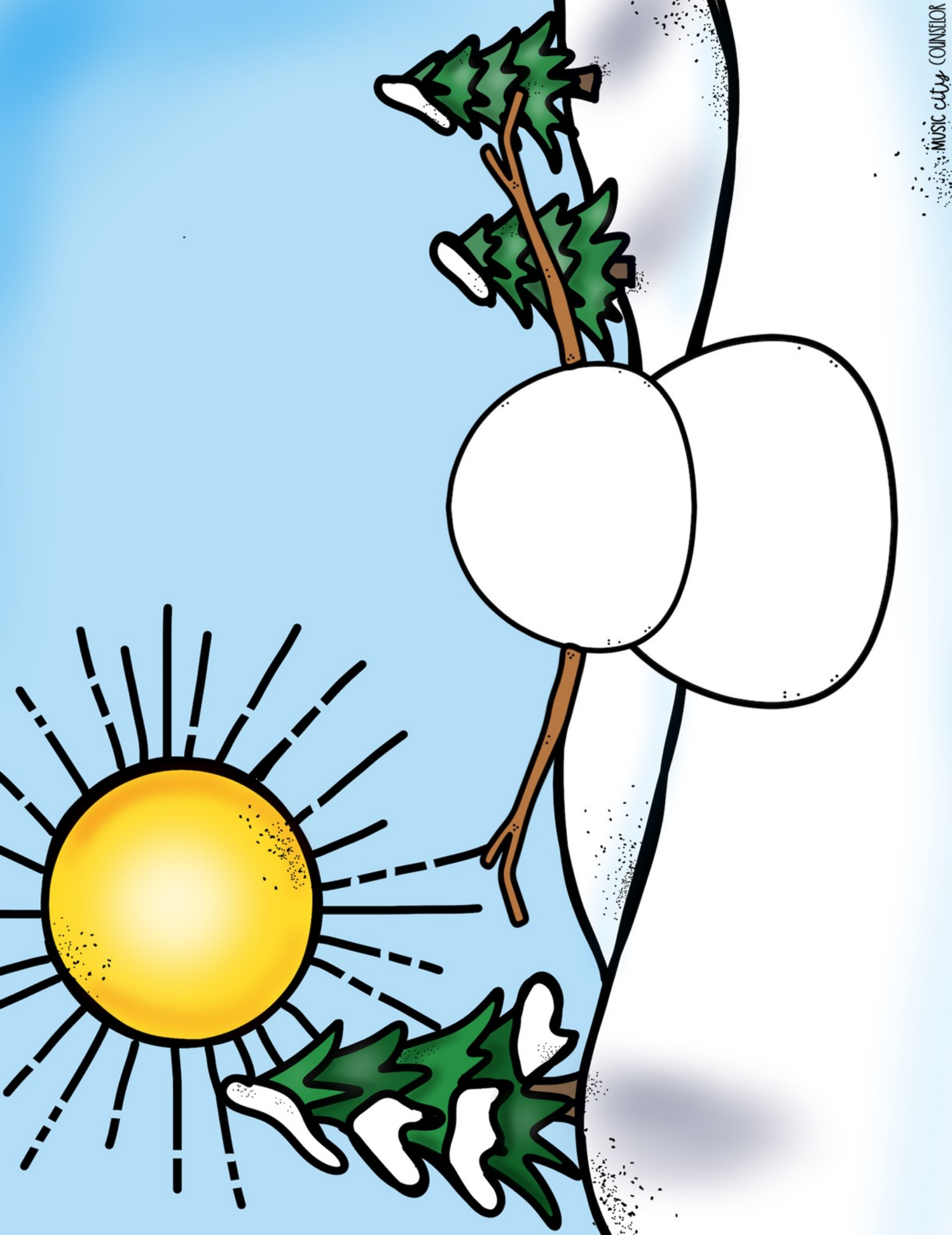
Build a Feelings Snowman Activity

**Choose a face that shows how
you are feeling today.**

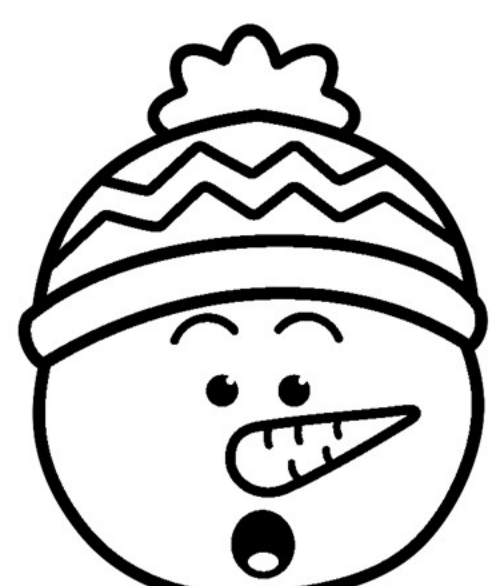


Choose accessories for your snowman to wear.

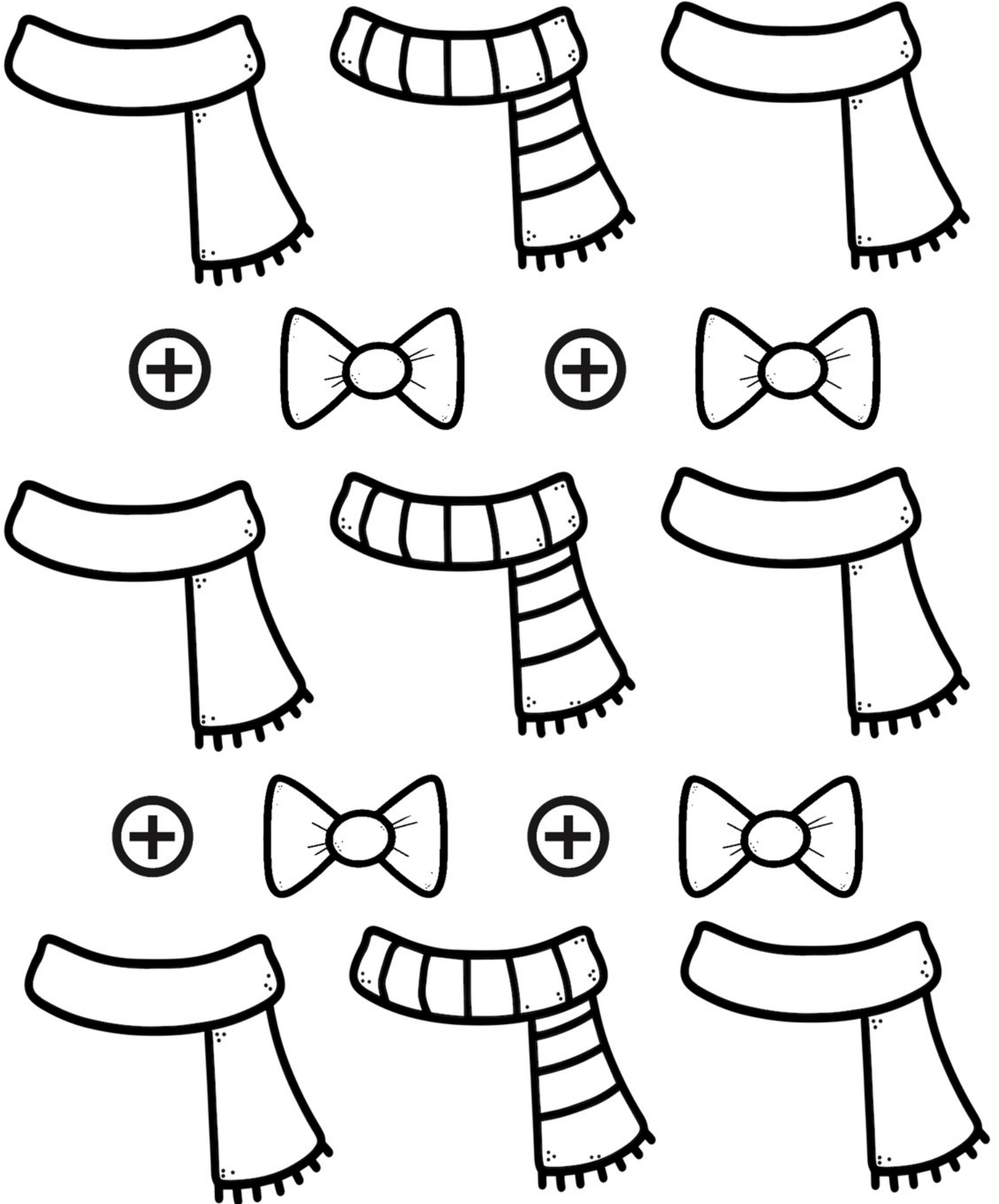


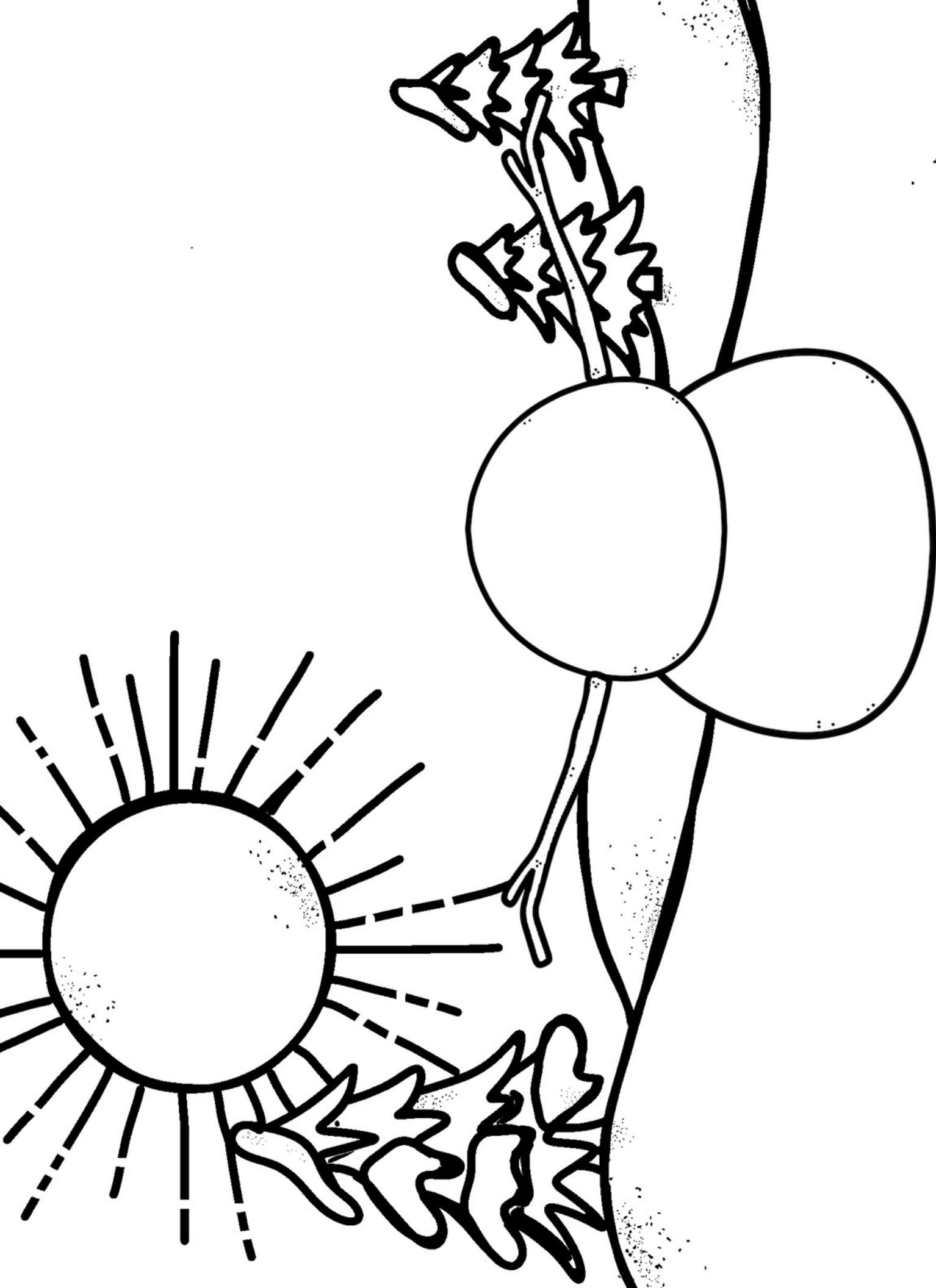


**Choose a face that shows how
you are feeling today.**



Choose accessories for your snowman to wear.



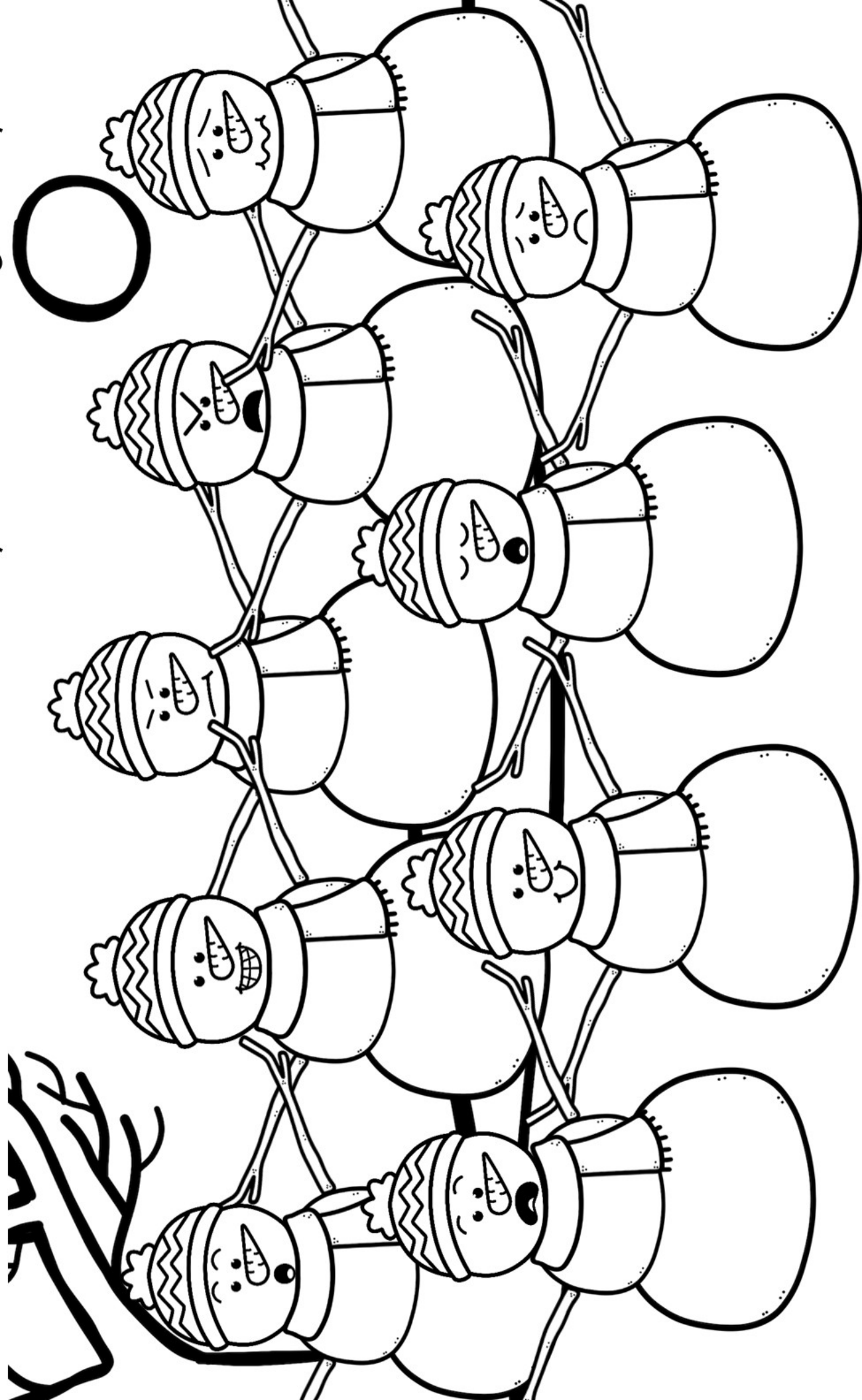


Snowman Feelings Check-In Coloring Page

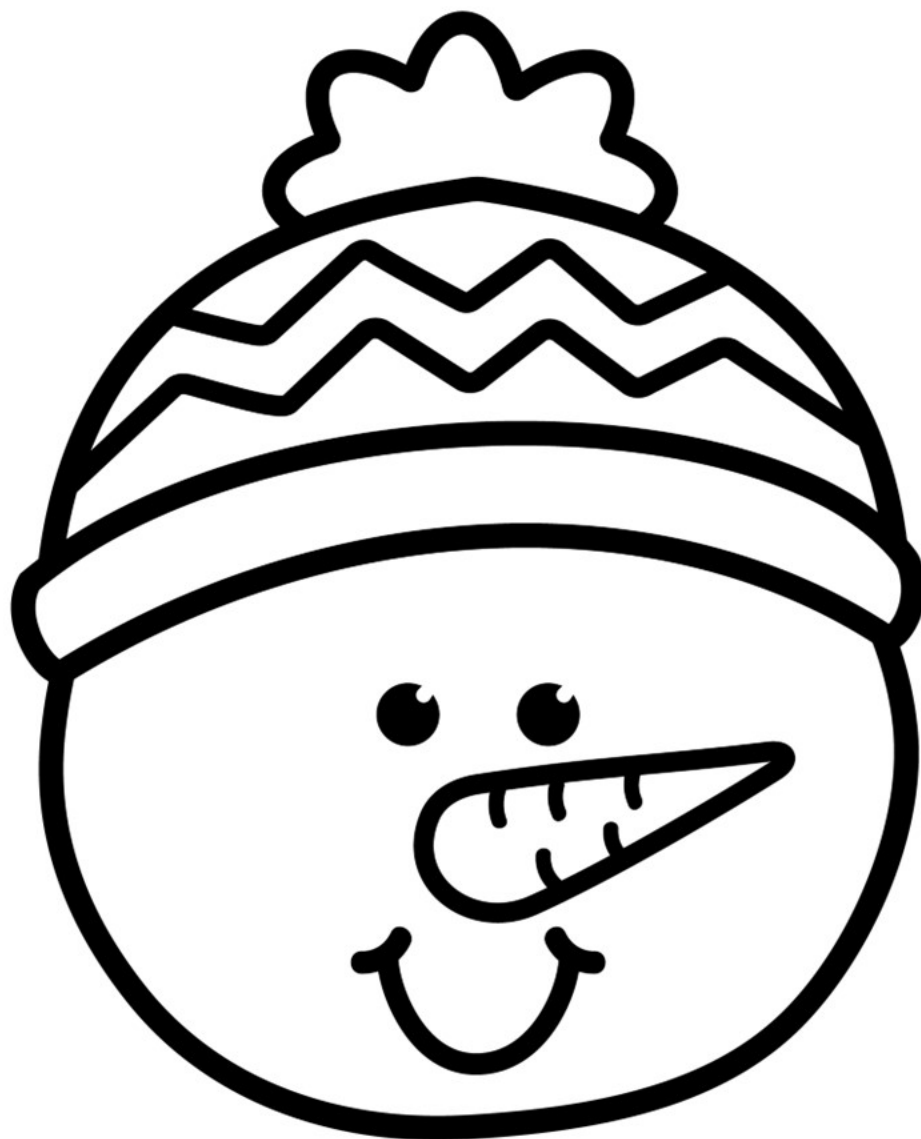
Name: _____

My Snowman FEELINGS

Color the snowmen that show how you are feeling today.



Snowman 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...

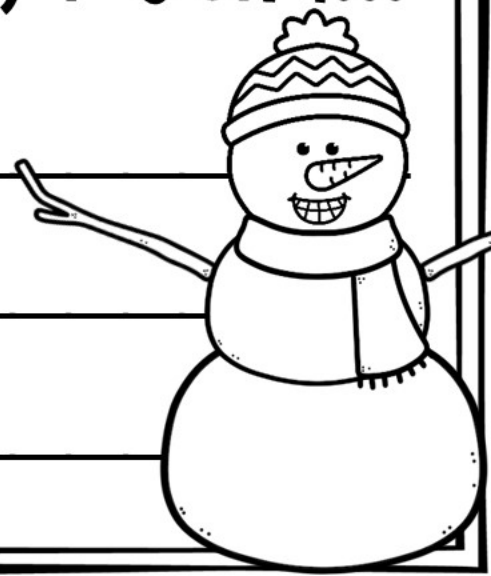




Name: _____

I feel **EXCITED** when...

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





Name: _____

I feel **FRUSTRATED** when...

When I feel **FRUSTRATED**, I can...





Name: _____

I feel SCARED when...

When I feel SCARED, I can...



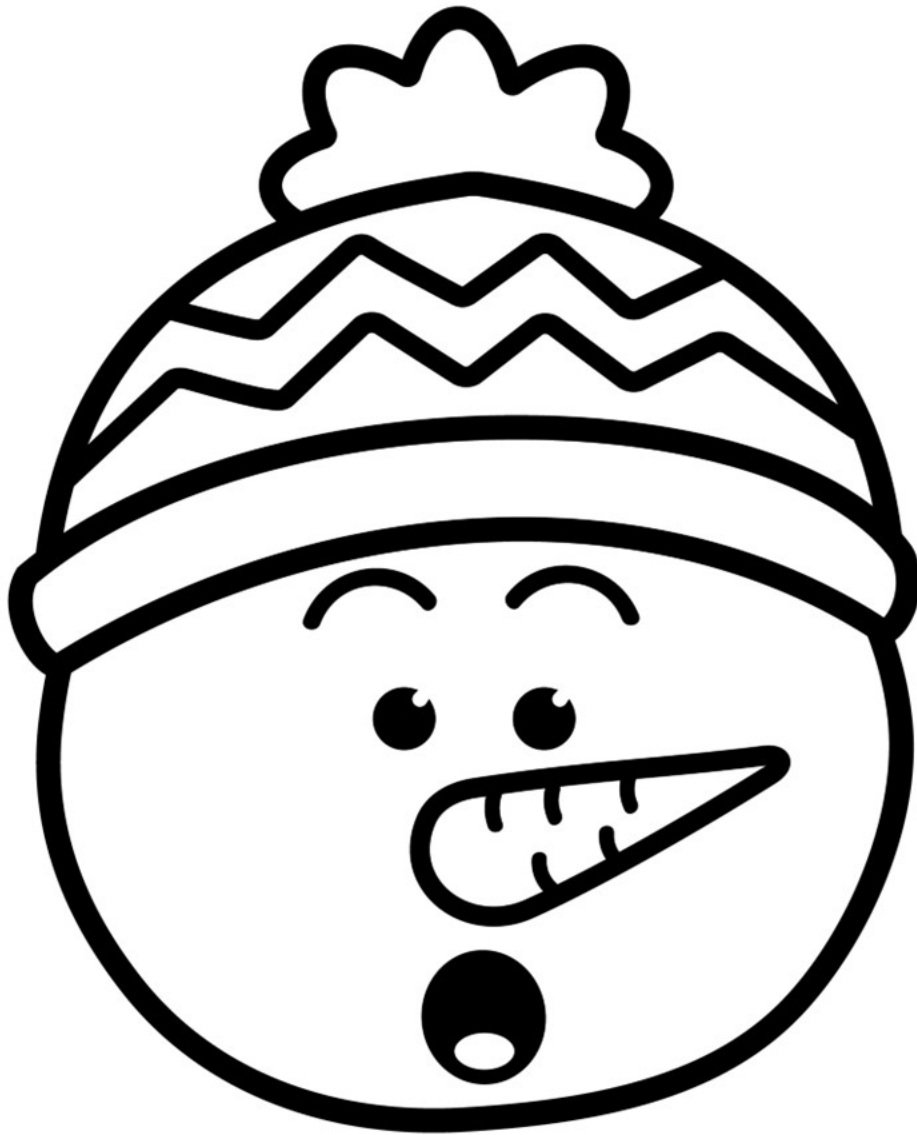


Name: _____

I feel NERVOUS when...

When I feel NERVOUS, I can...





Name: _____

I feel SURPRISED when...

When I feel SURPRISED, I can...





Name: _____

I feel BORED when...

When I feel BORED, I can...



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