

○ MUSIC city COUNSELOR

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Directions:

POWERPOINT:

I begin the lesson by explaining that some candy heart 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 candy hearts to the jar 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.

CANDY HEARTS FEELINGS CRAFT:

Materials Needed: one candy hearts 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 Candy Hearts 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 candy heart 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 candy heart topper. Please see the sample provided!

Directions Cont.:

FILL THE CANDY HEARTS JAR FEELINGS CHECK-IN

Materials Needed: printed candy hearts and jar, scissors, crayons or markers, glue

This is a fun activity that lets students express their emotions by filling the candy jar with candy hearts that match their feelings. You can choose to have one set of materials for a group of students, or to give each student their own set. First, please print the 3 pages (the candy jar and the candy heart emojis). (Both full color and black/white are included so please only print the pages that you need). Please cut out the jar and all of the candy hearts. If you're using the color version, you may want to attach hook-and-loop fastener dots in random spots on the jar and on the back of each candy heart. Then, students can select candy hearts that match how they're feeling today and place them "in" the jar. For the black/white version, students can color the jar and the candy hearts. Then, they can glue the candy hearts that show how they're feeling onto the jar.

CANDY HEART 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 candy hearts 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! ☺

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ASCA Mindsets & Behaviors:

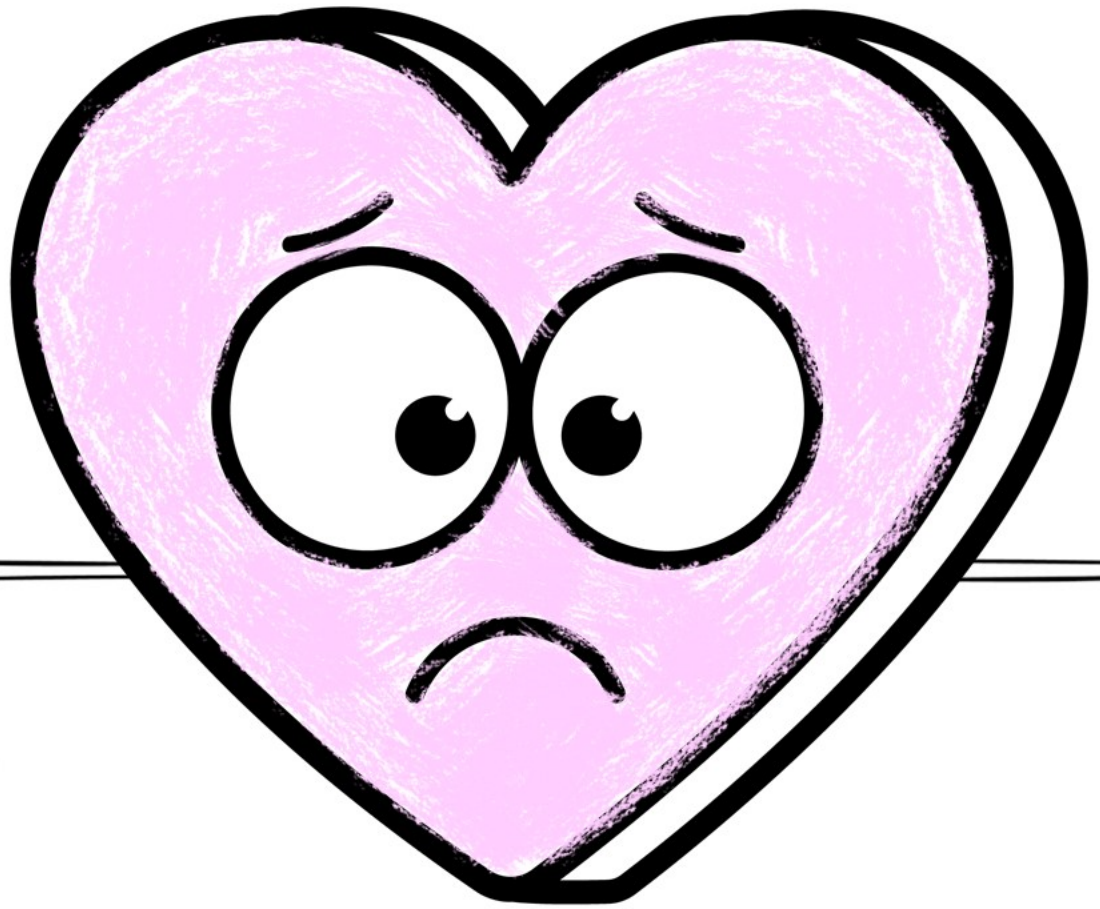
Category 1: Mindset Standards

- 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

Craft Sample



Name: Juana M.

I feel SAD when...

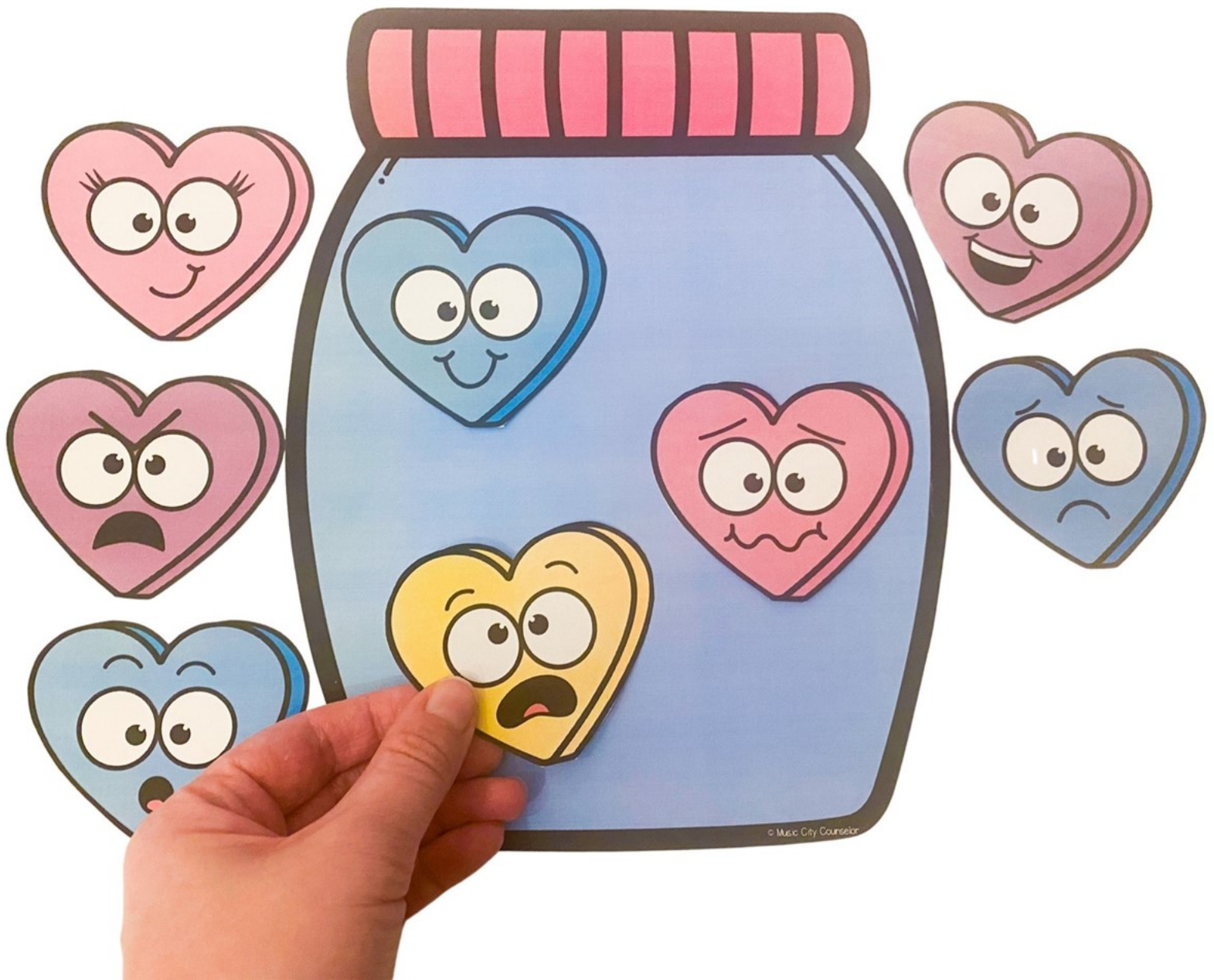
my brother doesn't include
me in his videogames.

When I feel SAD, I can...

think happy thoughts and
talk out my feelings.

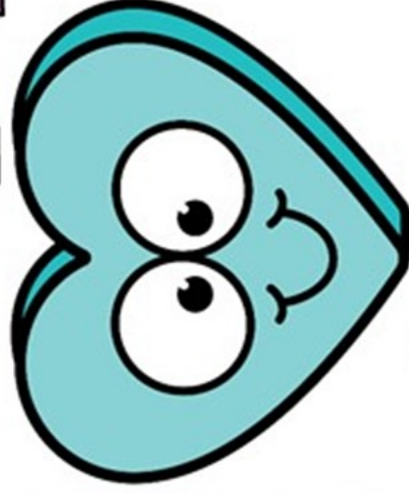


Fill the Candy Hearts Jar Feelings Check-In SAMPLE:

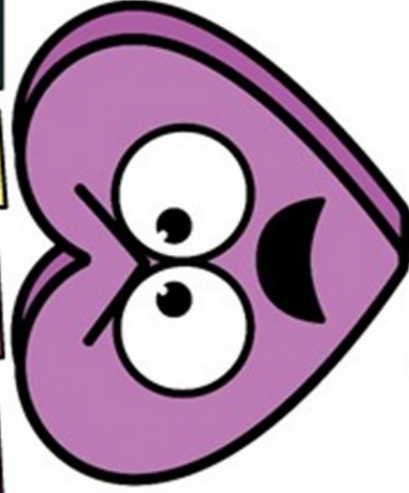


Feelings Poster

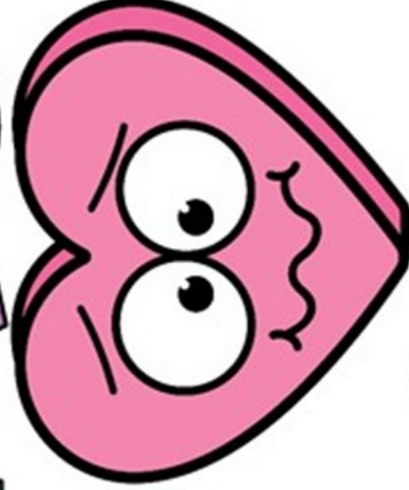
My Valentine's Day FEELINGS



Happy



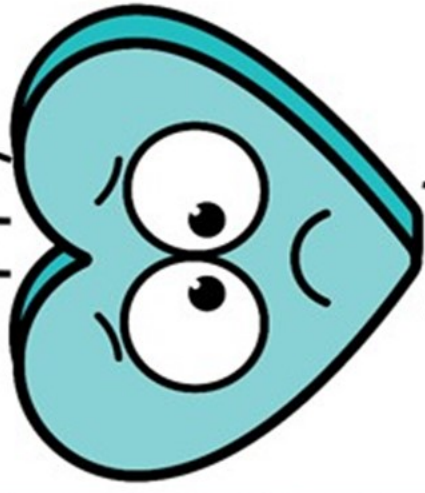
Angry



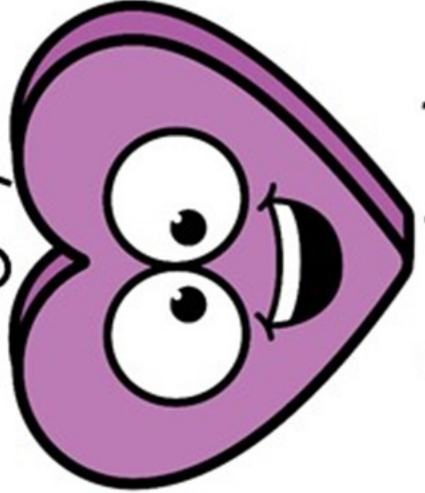
Nervous



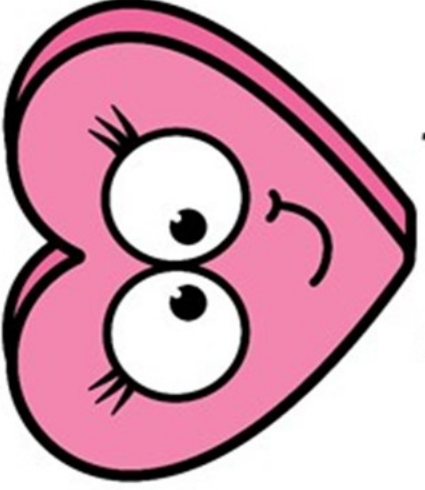
Scared



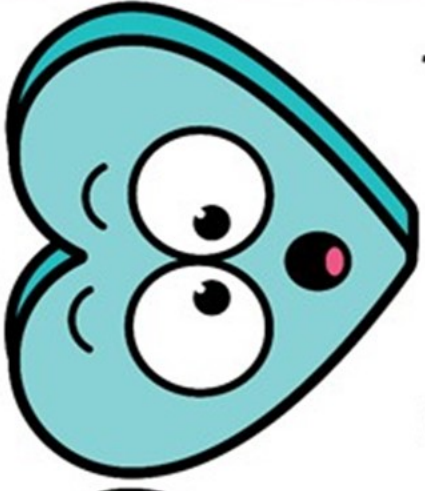
Sad



Excited

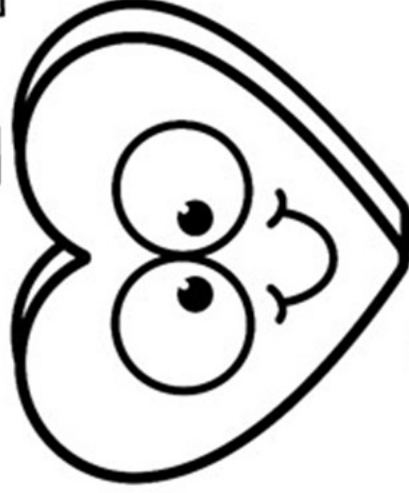


Proud



Surprised

My Valentine's Day FEELINGS



Happy



Angry



Nervous



Scared



Sad



Excited

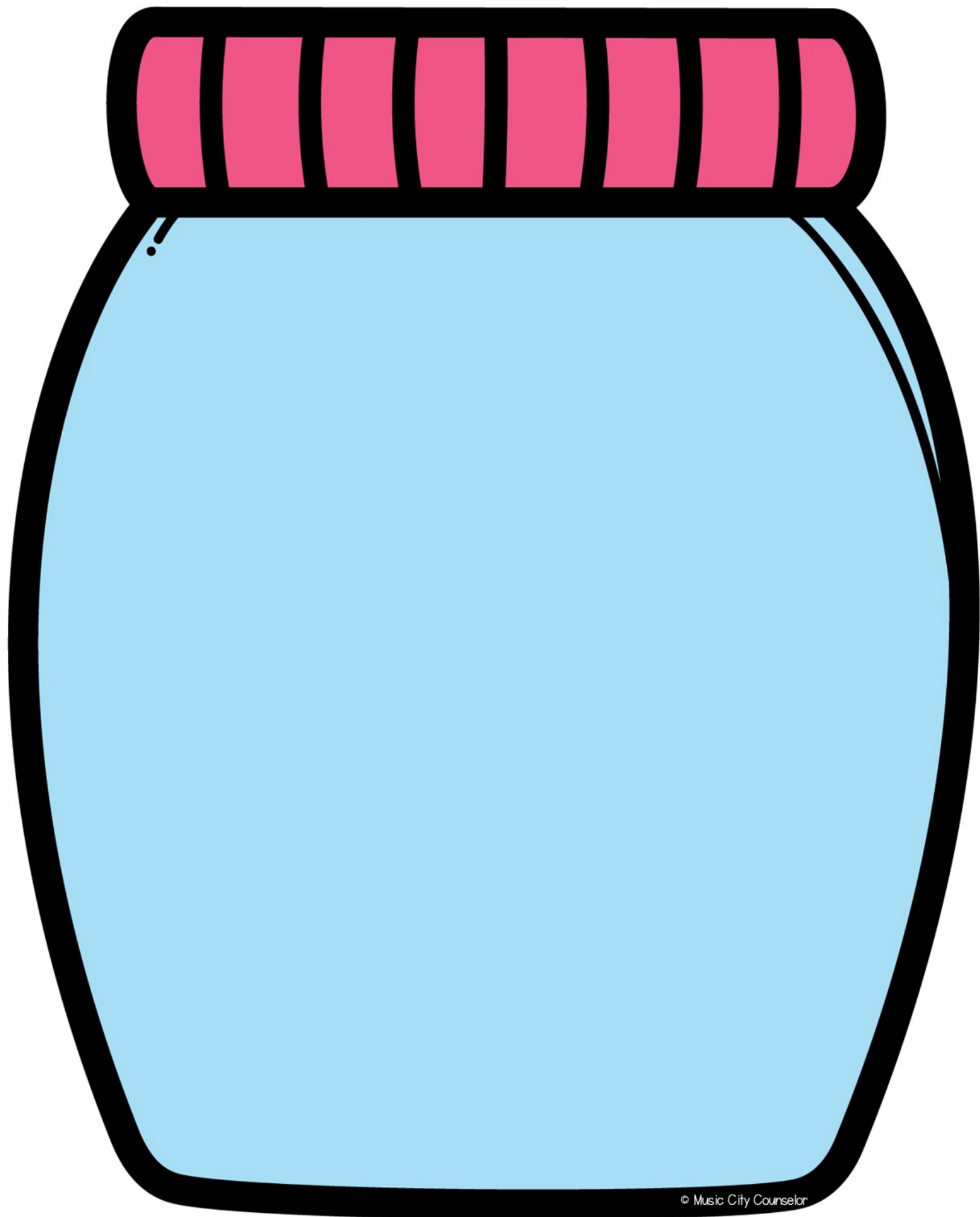


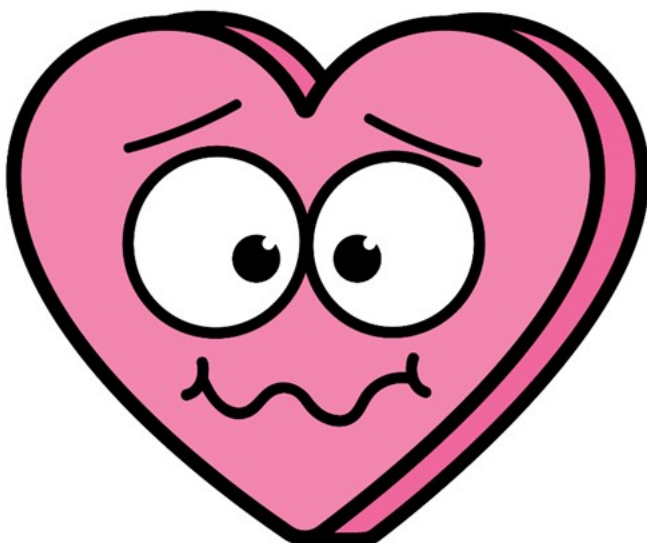
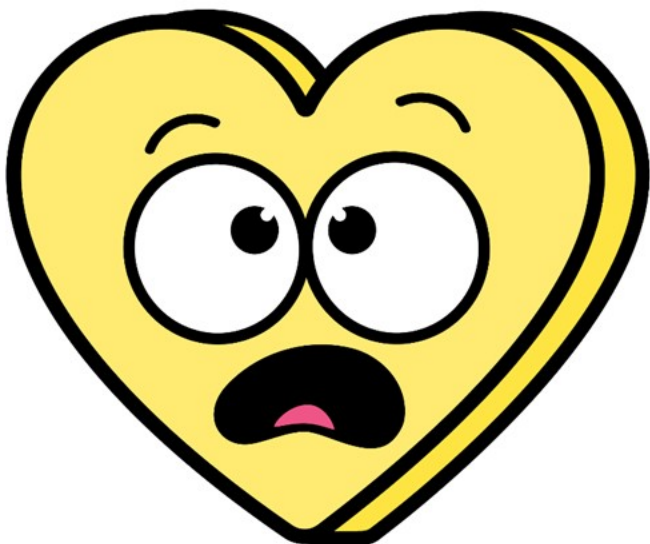
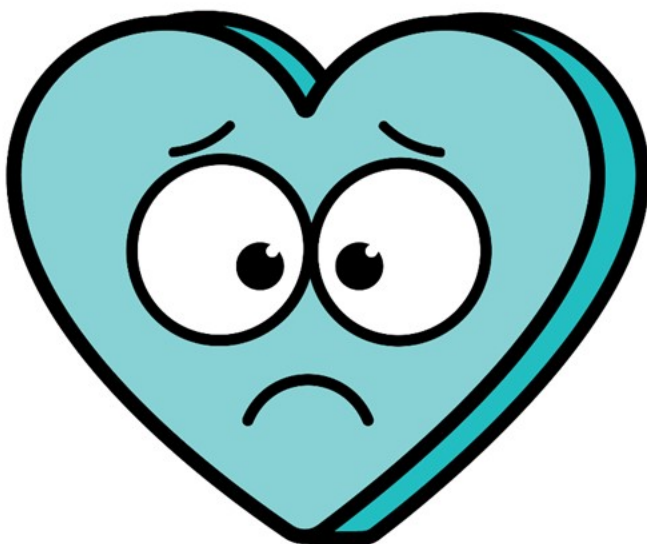
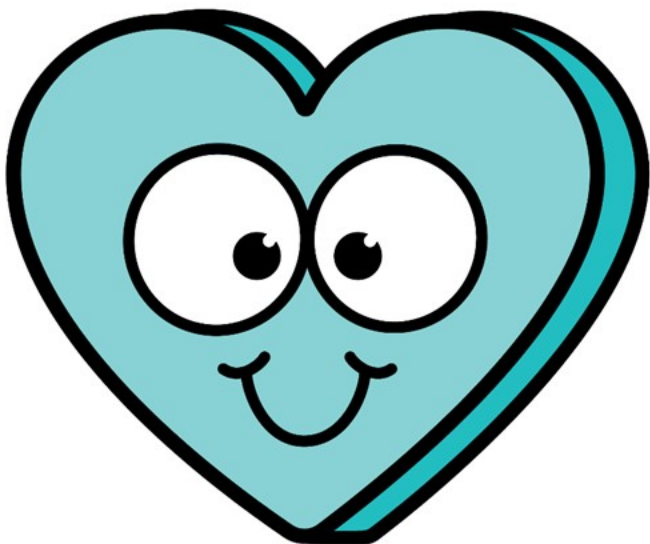
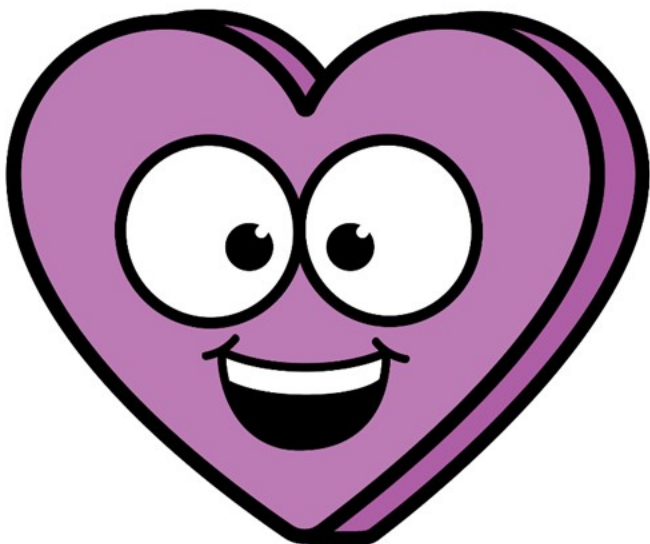
Proud

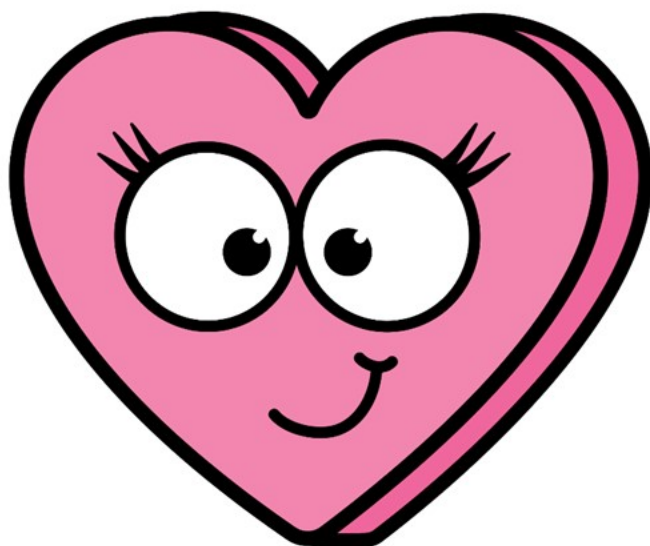
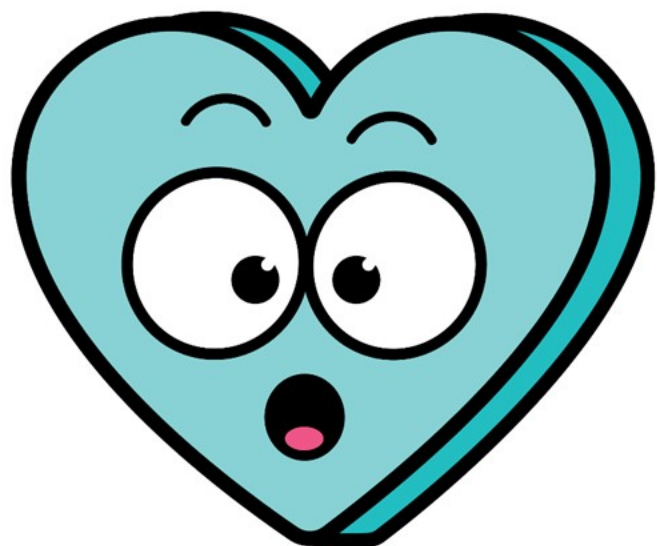


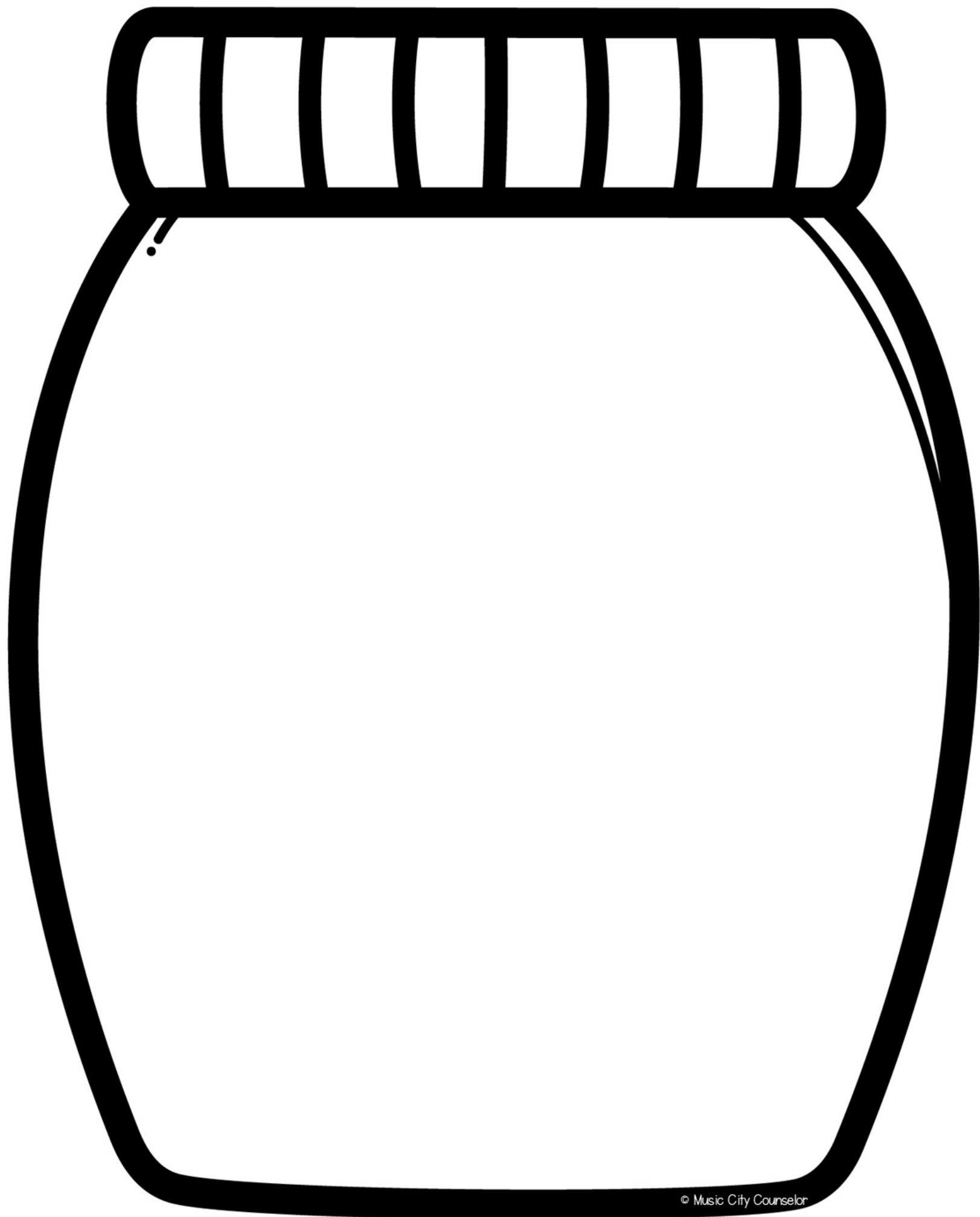
Surprised

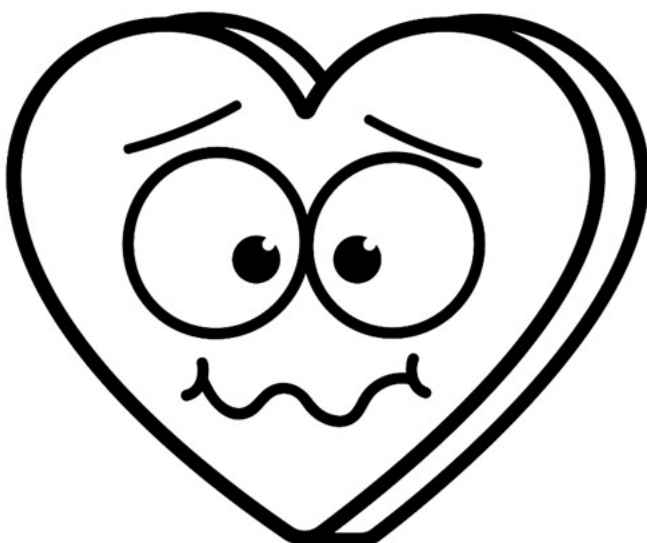
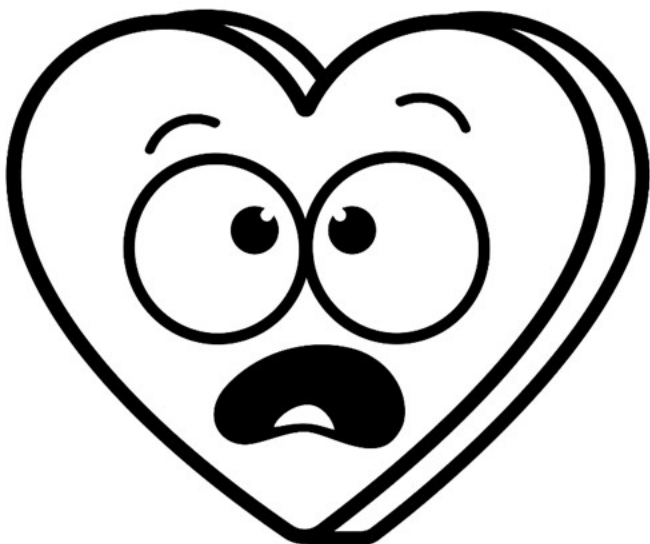
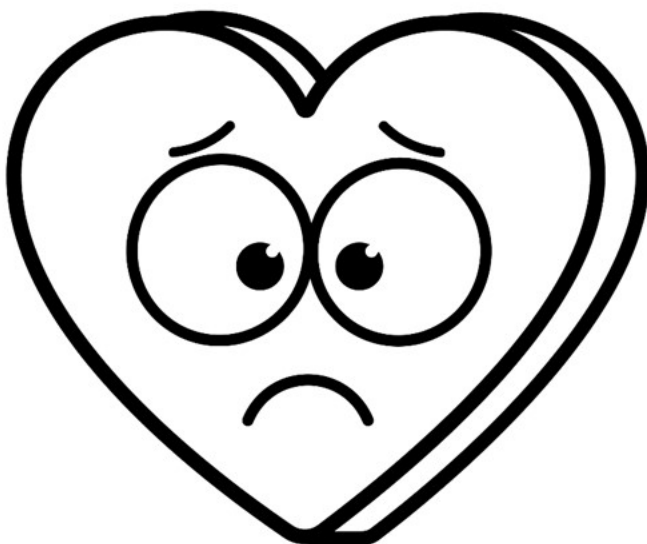
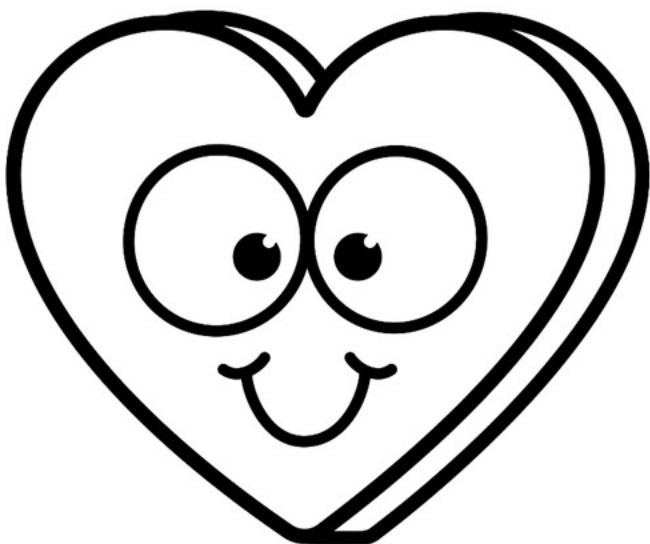
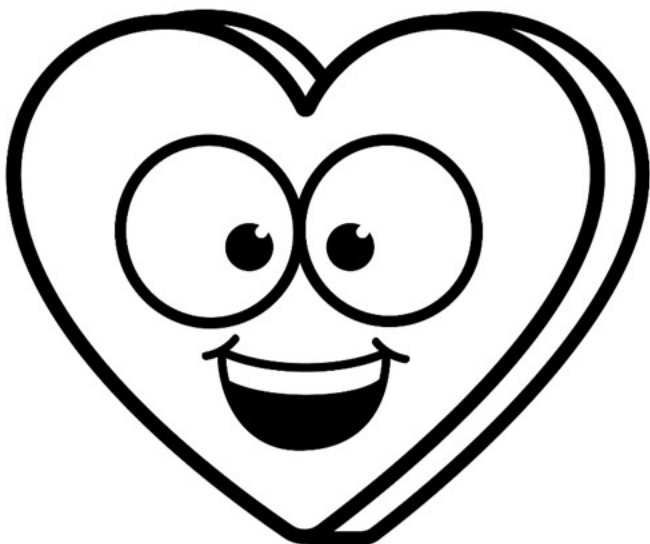
**Fill the Candy
Hearts Jar
Feelings
Check-In**

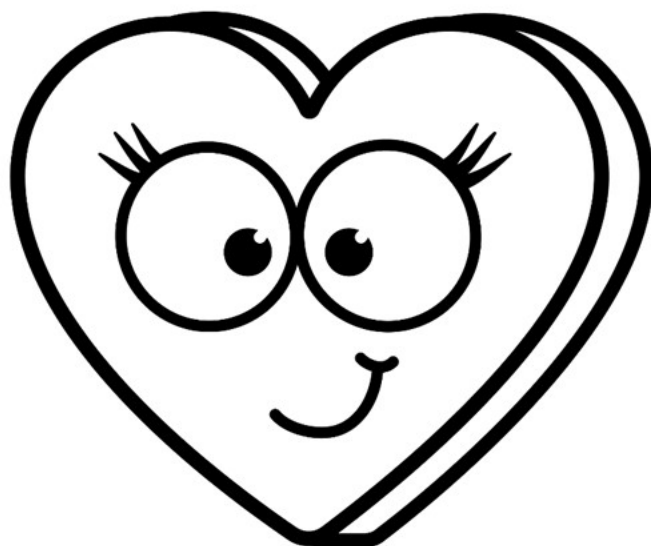
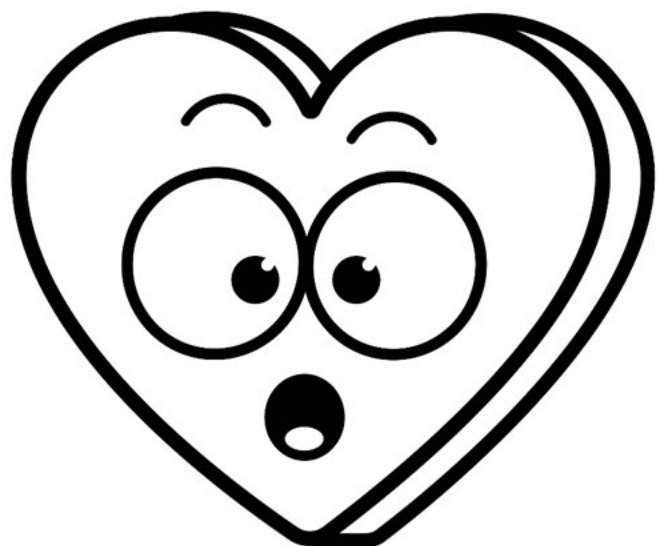










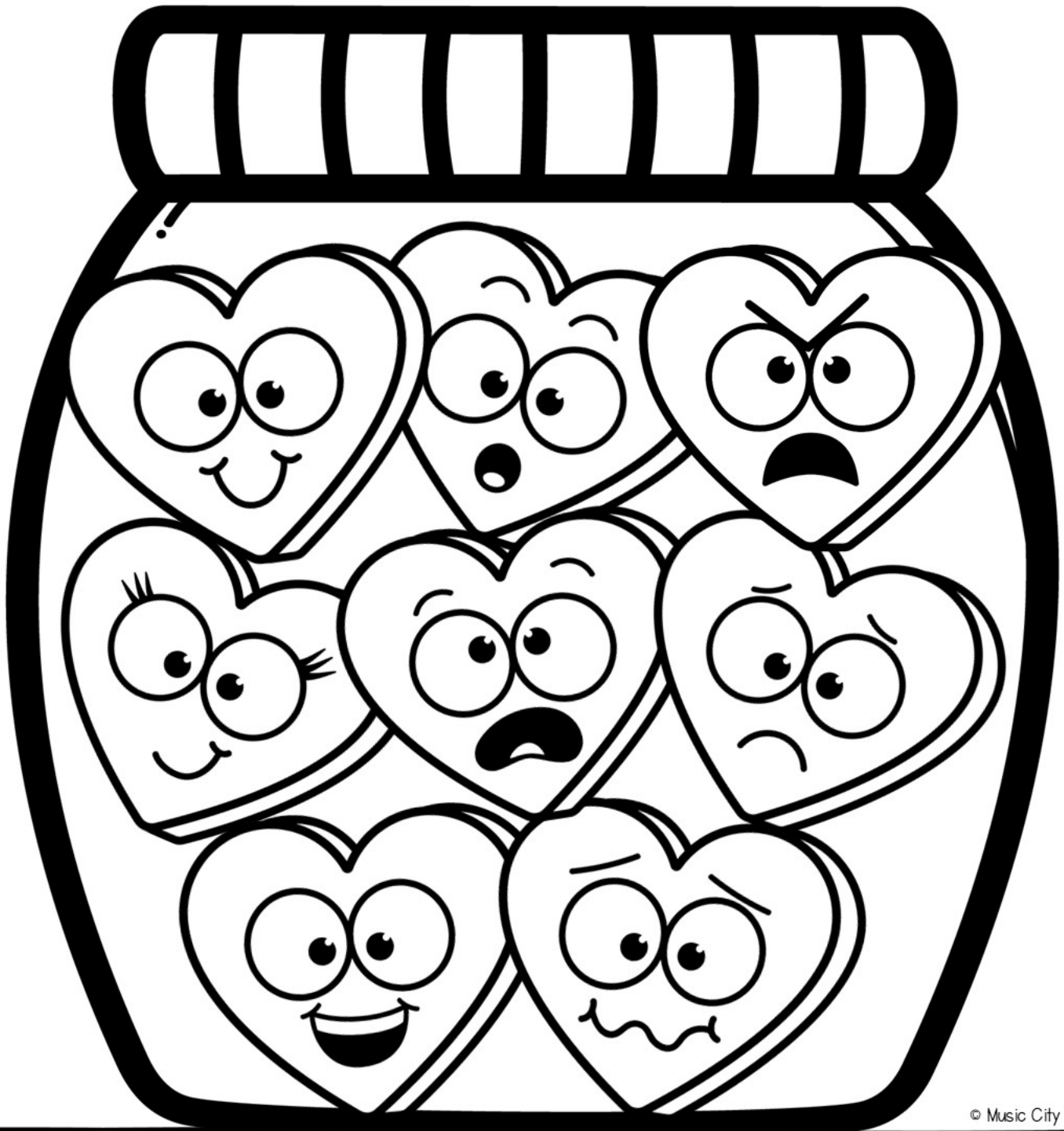


Candy Hearts Feelings Check-In Coloring Page

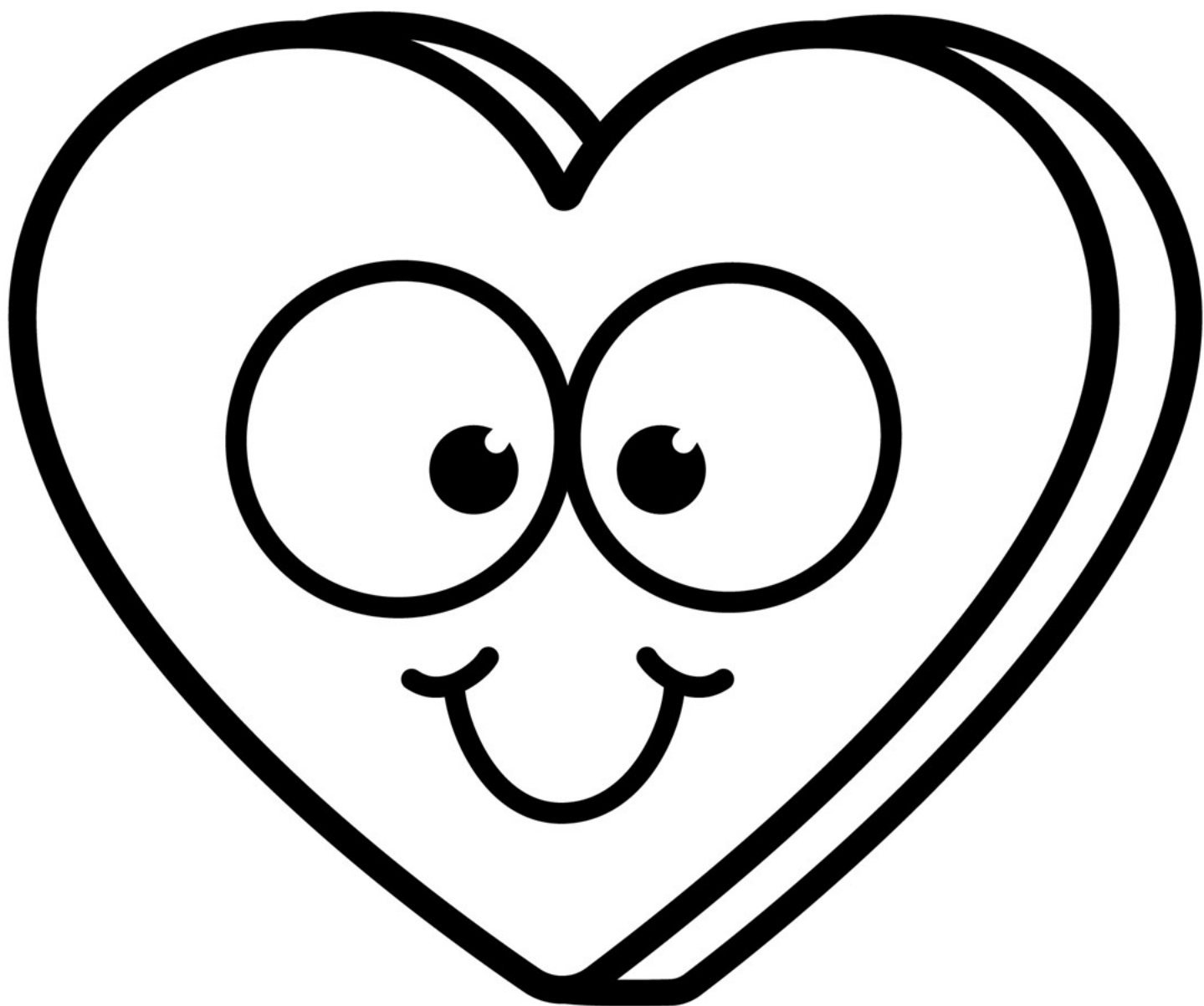
My Valentine's Day FEELINGS

Name: _____

Color the candy hearts that show how you are feeling today.



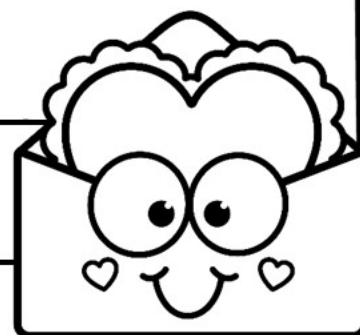
Candy Heart Feelings Craft

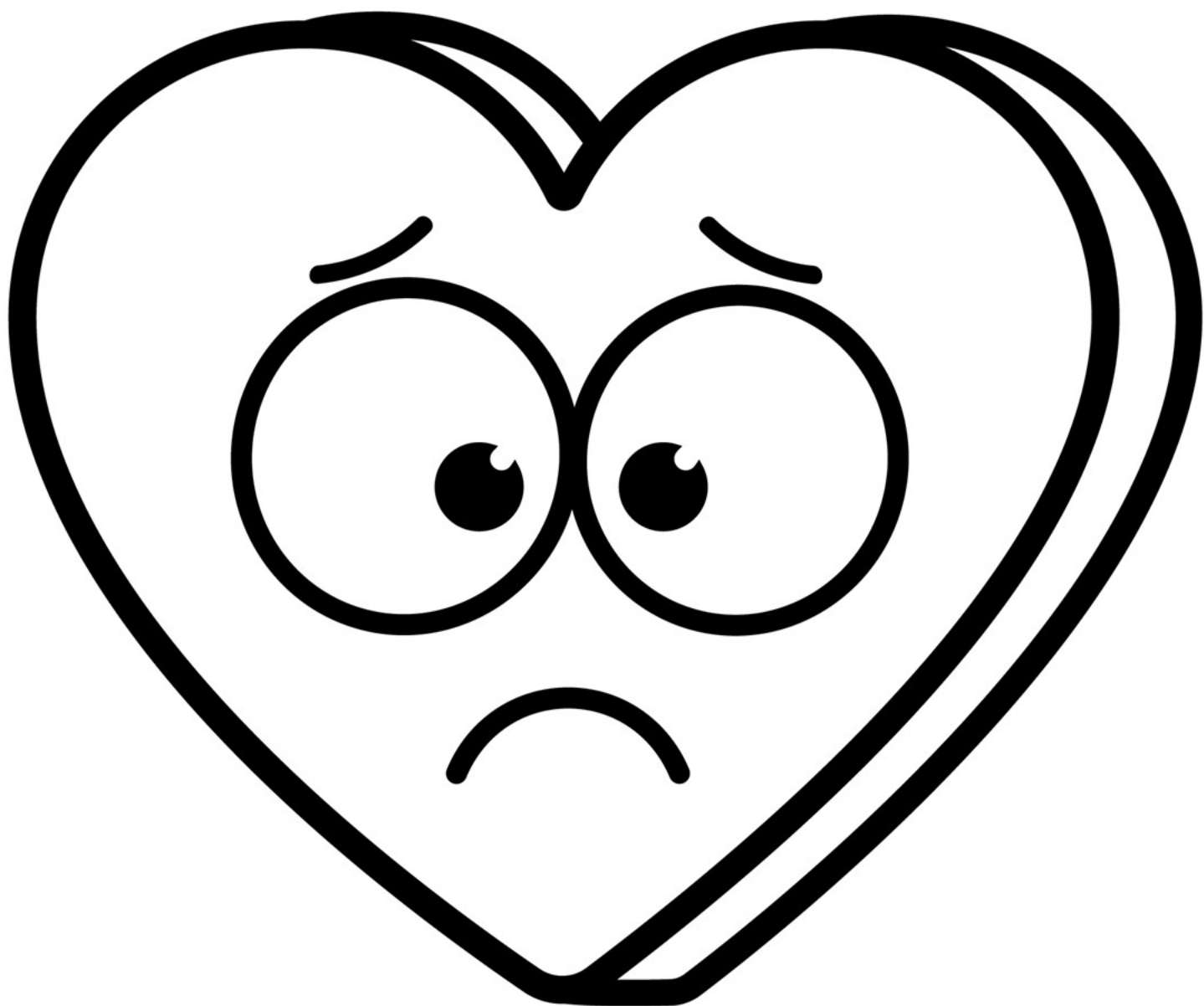


Name: _____

I feel HAPPY when...

When I feel HAPPY, I can...

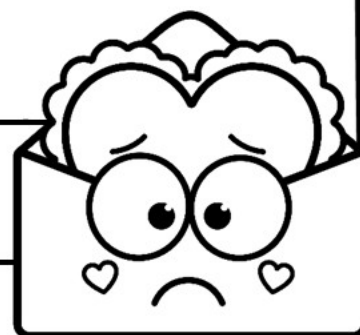


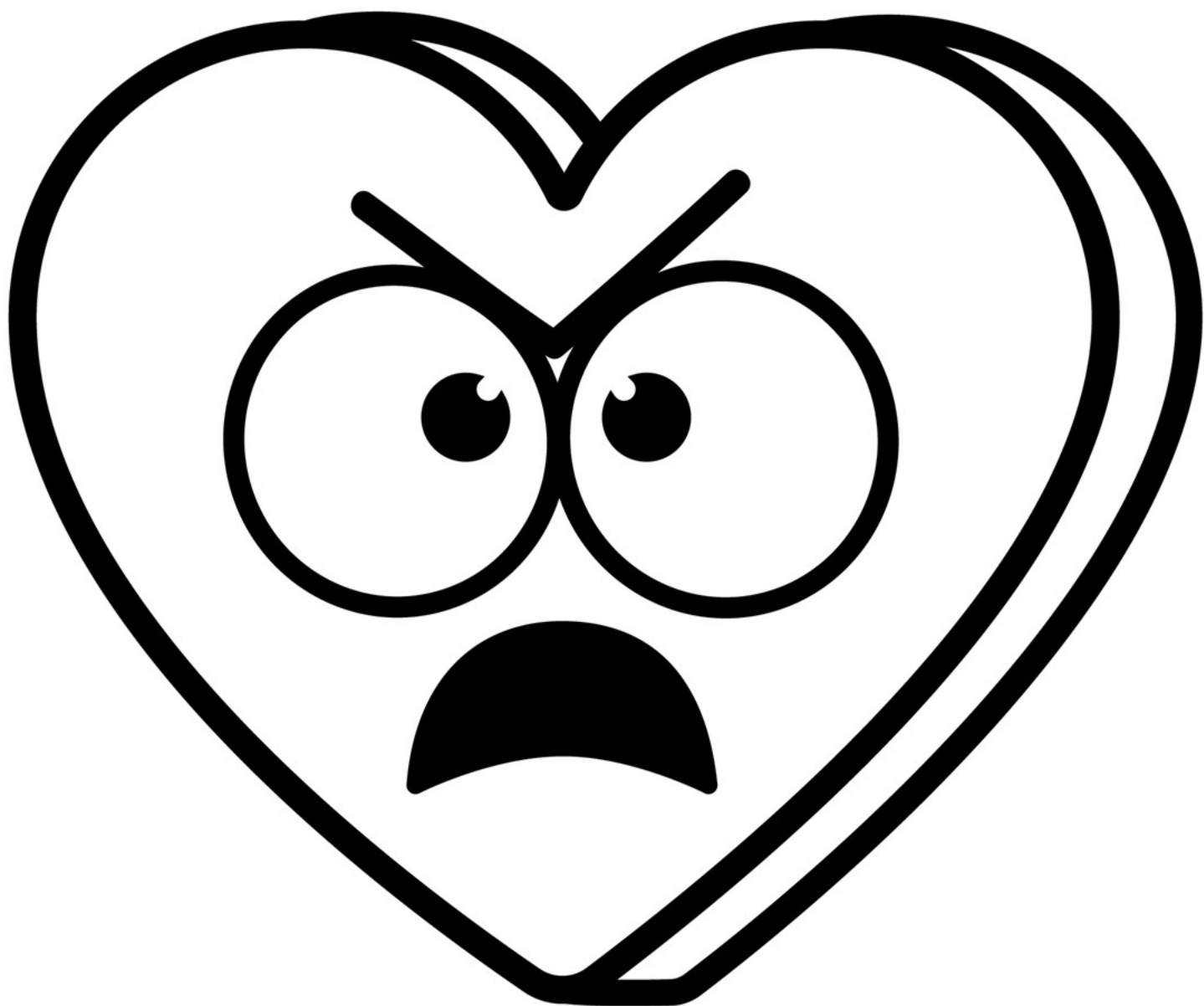


Name: _____

I feel SAD when...

When I feel SAD, I can...

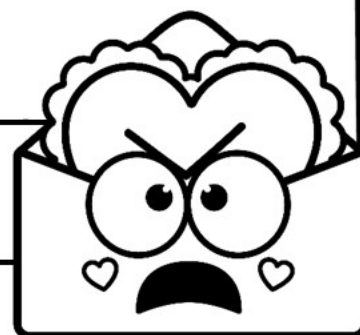


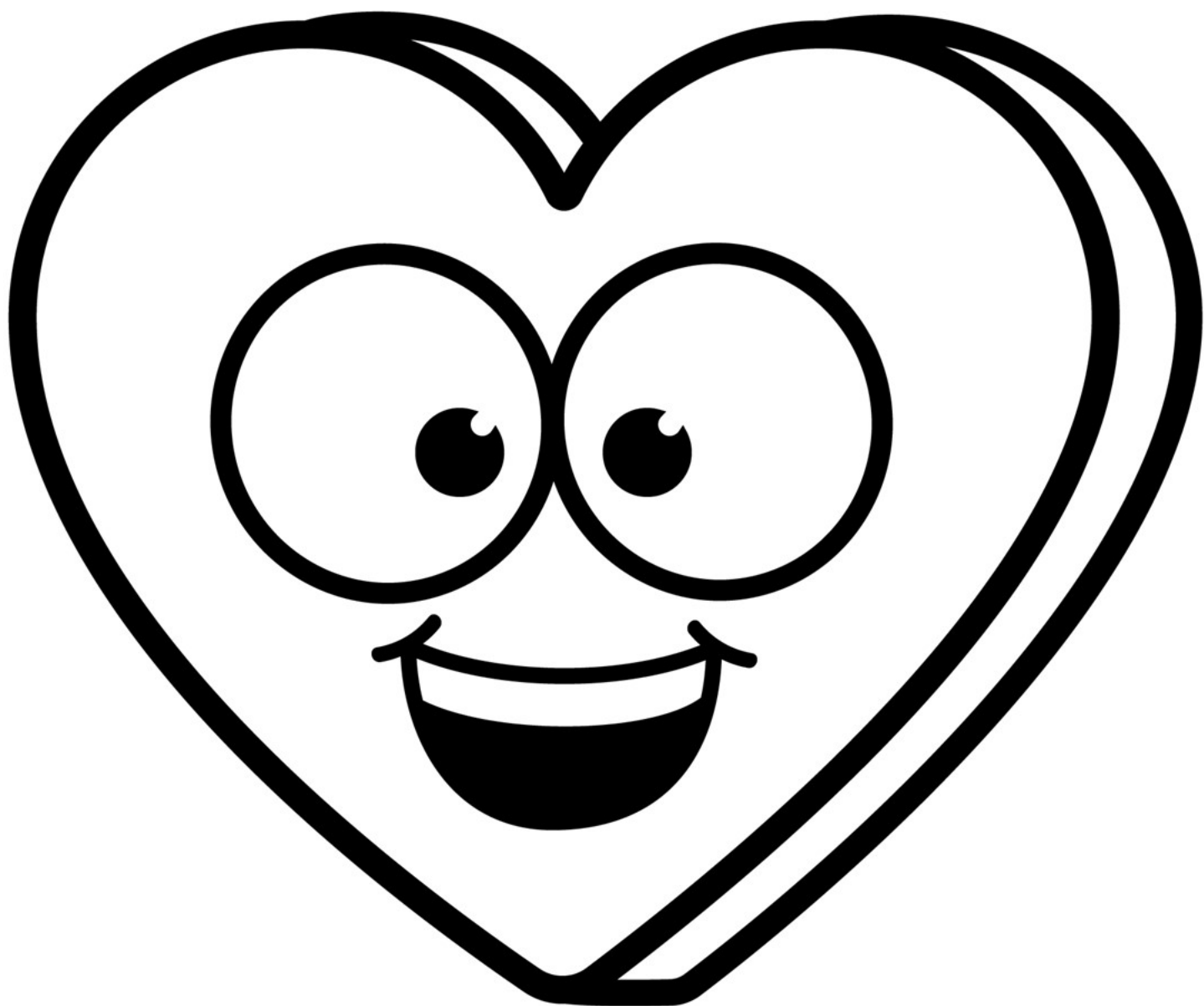


Name: _____

I feel **ANGRY** when...

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

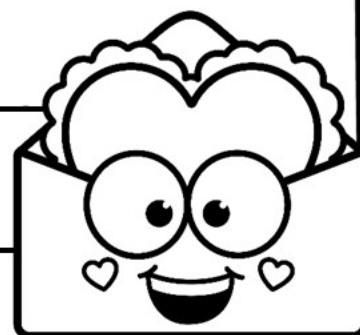


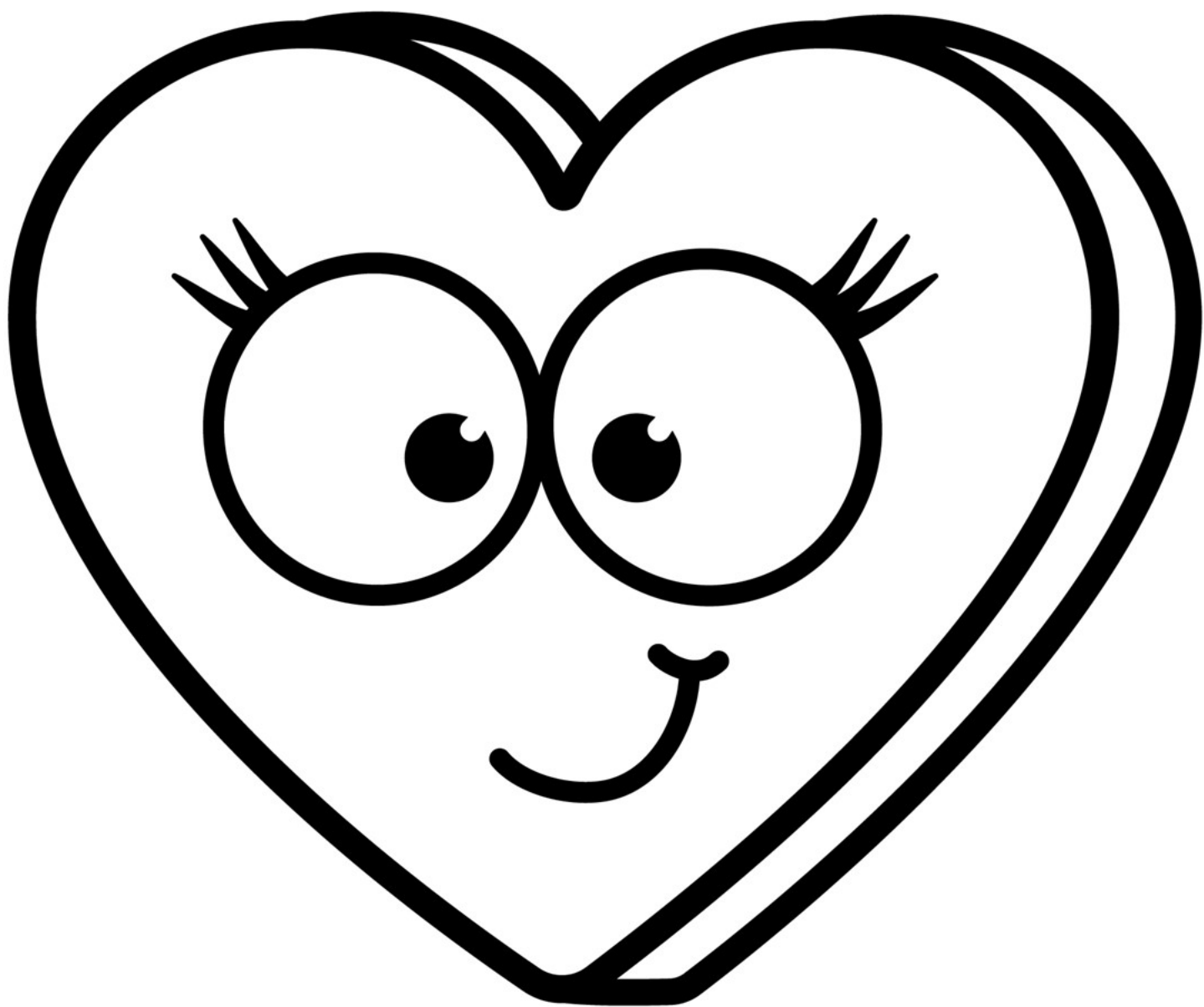


Name: _____

I feel **EXCITED** when...

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

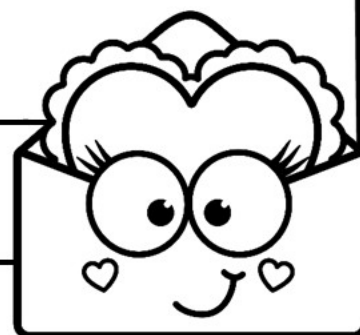


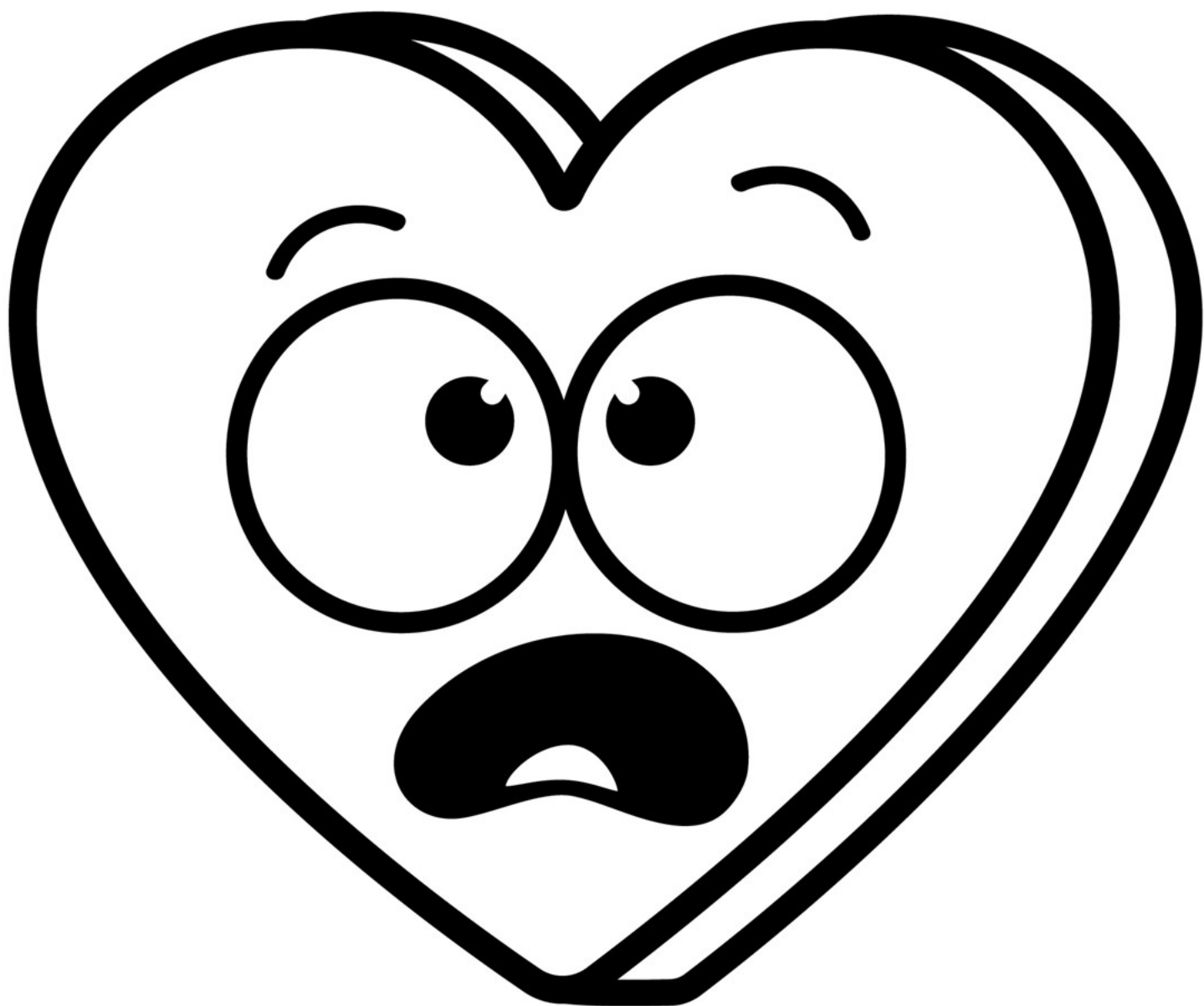


Name: _____

I feel PROUD when...

When I feel PROUD, I can...

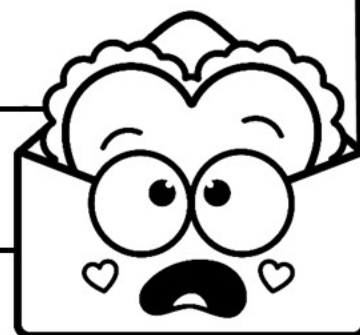


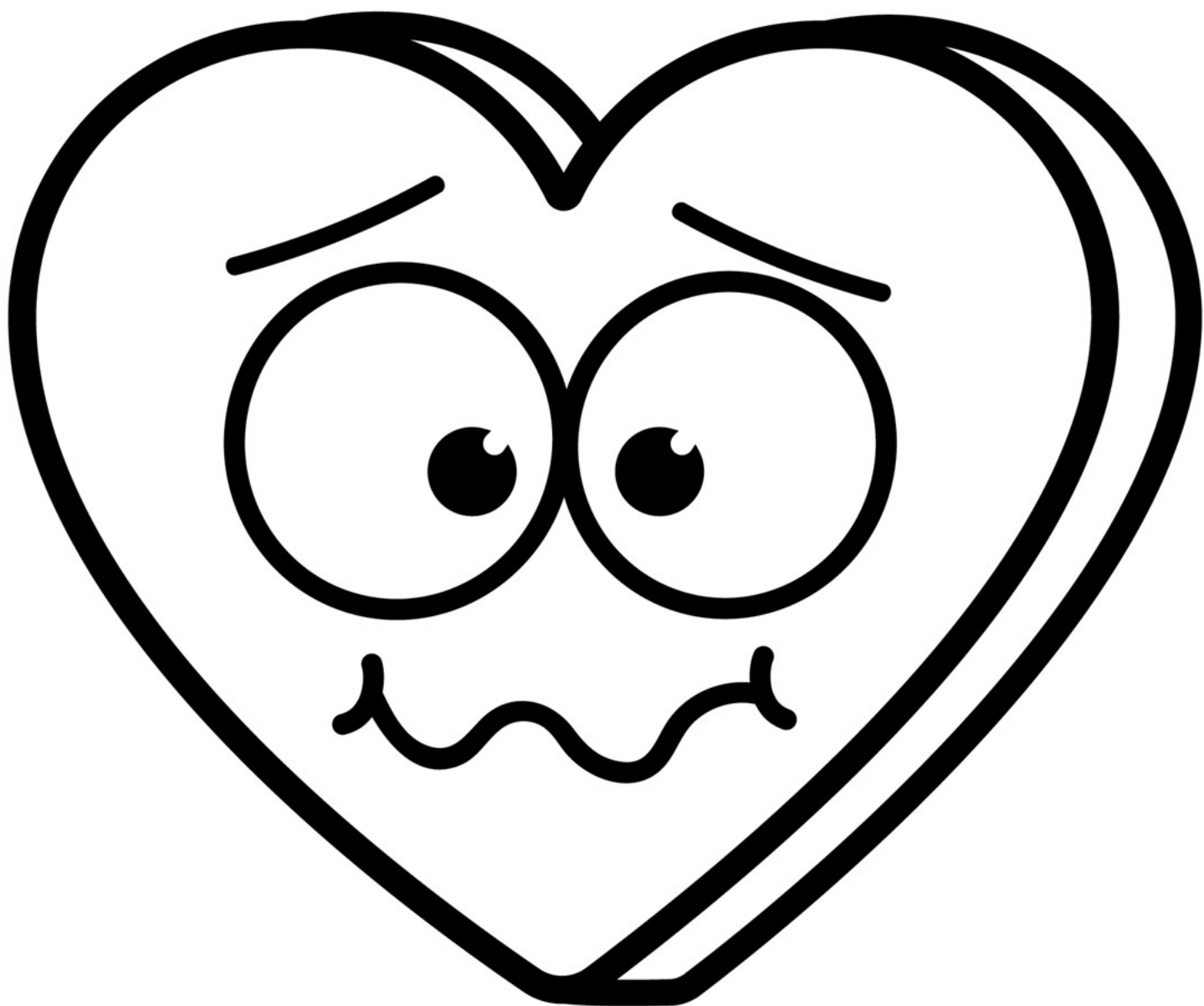


Name: _____

I feel SCARED when...

When I feel SCARED, I can...

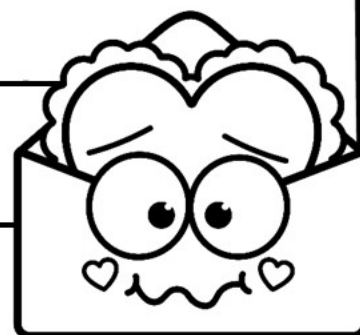


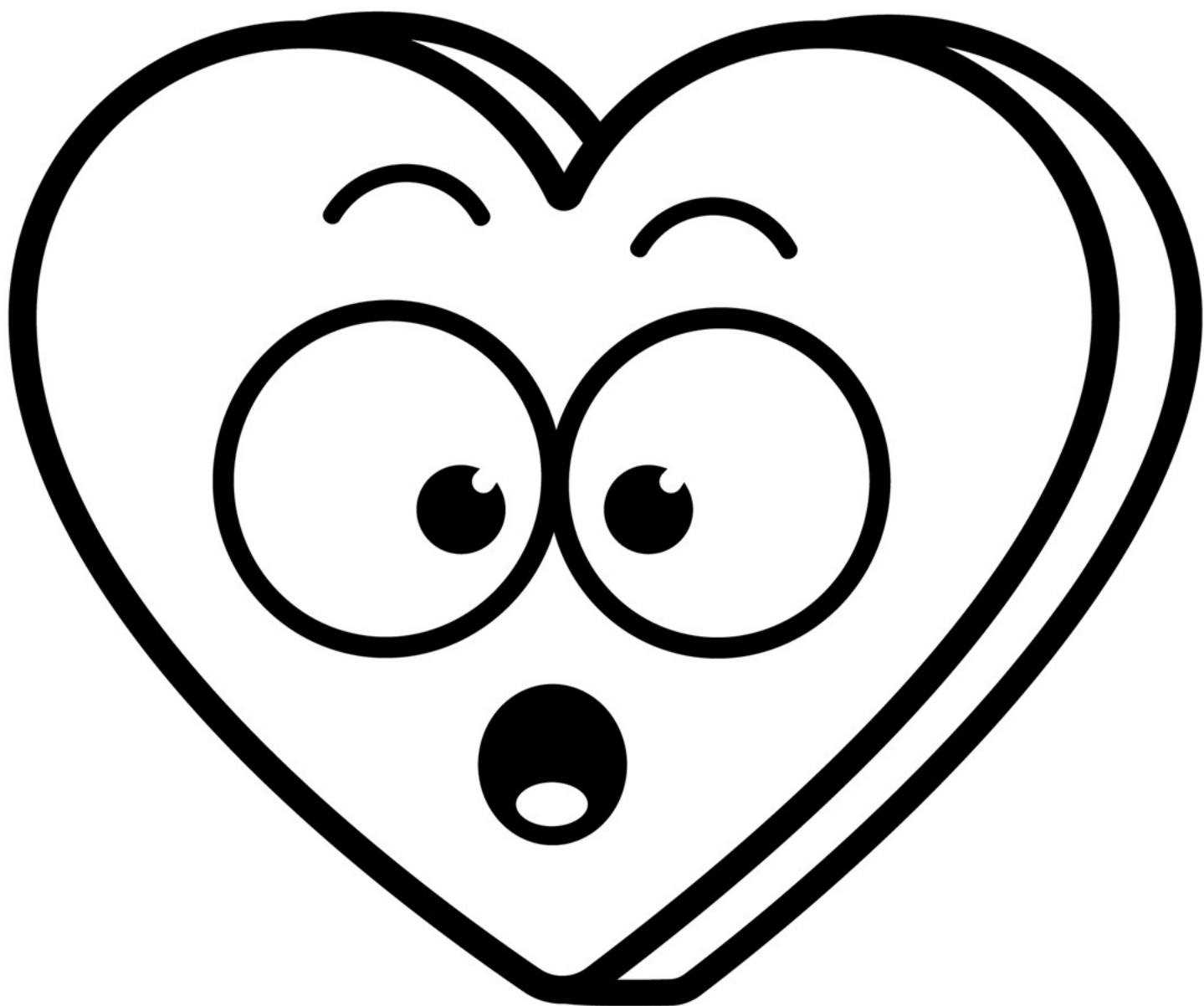


Name: _____

I feel NERVOUS when...

When I feel NERVOUS, I can...

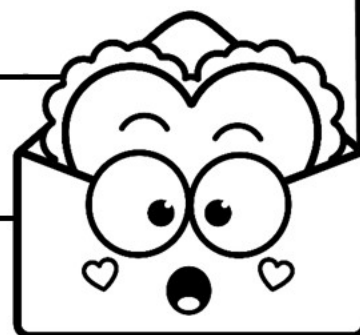




Name: _____

I feel SURPRISED when...

When I feel SURPRISED, I can...



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