



thank you so much for your purchase!

EDUCATION:

B.A. James Madison University

Psychology and Spanish

M.Ed. Vanderbilt University

Human Development Counseling

SOCIAL MEDIA:

Like what you see? Follow me!

Facebook: Music City School Counselor

Instagram: musiccity_schoolcounselor

EXPERIENCE:

I have served as a bilingual elementary school counselor for the past 8 years at a precious school with Nashville's sweetest students.

98% of my students are living in poverty and 80% speak a language other than English at home.

THE MUSIC CITY SCHOOL COUNSELOR PROMISE:

"Every child you pass in the hall has a story that needs to be heard. Maybe you are the one meant to hear it." All of the products in my store have been used with my students first to ensure they are highly successful, meaningful, engaging, and relevant! The wording and content throughout my store is both accessible to students from diverse backgrounds but also rigorous and thorough for all learners!

Directions:

thanks again for your purchase!

Included for you are 15 "I feel...I can..." feelings posters that are perfect for classroom/office décor and functional use with students! There are 4 versions included...please print the ones that best fit your needs!

- 1) Full color, full page posters
- 2) Black and white, full page posters
- 3) Full color, quarter sheet cards
- 4) Black and white, quarter sheet cards

* I love to hole punch the quarter sheet cards in the top left-hand corner and store them on a binder ring!

Please contact me any time at
musiccityschoolcounselor@gmail.com with any questions or suggestions! I'm here to help!



ANGRY

I FEEL...

- Sweaty and flushed
- My heart racing
- Tight and tense
- Shallow, quick breaths
- Like yelling and screaming
- Like I could explode

I CAN...

- Take deep, slow breaths
- Count to 10
- Go for a walk, get fresh air
- Talk to a grown-up I trust
- Write, journal, or draw



BORED

I FEEL...

- Sleepy
- Disinterested and distracted
- Like I can't concentrate or focus
- Frustrated

I CAN...

- Try or learn something new
- Ask a friend or sibling to play
- Get active and moving
- Look for something interesting or exciting about what I'm doing



CONFUSED

I FEEL...

- My eyes squinting
- Myself scratching my head and staring blankly
- Like I don't understand
- Embarrassed and ashamed
- Like I'm not as smart or as good as others

I CAN...

- Ask questions
- Ask for help
- Keep trying to understand and don't give up
- Remember that I am smart and capable



CURIOUS

I FEEL...

- My eyebrows raised
- My body leaning in
- Focused and interested
- Motivated, excited, and ready to learn

I CAN...

- Learn something new
- Ask questions
- Explore and discover the world around me
- Research and investigate



DISAPPOINTED

I FEEL...

- My mouth frowning
- My eyes looking down
- My shoulders slumped and loose
- Hopeless and worthless
- Depressed, sad, and let down
- Like I want to be alone
- Like I wish things were different

I CAN...

- Use an "I-message" to express how I feel and what would help me feel better
- Write, draw, or journal
- Look for the good and beauty even in tough situations



EMBARRASSED

I FEEL...

- Sweaty and hot
- My cheeks blushing
- My eyes looking away or down
- Like hiding my face or being alone
- Ashamed, awkward, silly, and foolish

I CAN...

- Understand that making mistakes is how I learn and grow
- Keep in mind that no one is perfect
- Remember that I am smart, capable, strong, and worthy



EXCITED

I FEEL...

A big smile on my face

A burst of energy

Butterflies in my stomach

Joyful, happy, and upbeat

I CAN...

- Look forward to something special happening

- Share my joy and happiness with others

- Be grateful for this wonderful moment

- Continue to find the good and beauty in every day



HAPPY

I FEEL...

- A smile on my face
- Energetic and positive
- Content and at peace
- Light, relaxed, and calm

I CAN...

- Spread my happiness to others and bring positivity wherever I go
- Focus, learn, and grow
- Make and keep friends
- Feel grateful for all of the joy in my life



NERVOUS

I FEEL...

- Sweaty or cold and clammy
- Shaky
- Butterflies in my stomach
- My heart racing
- Shallow breaths
- Worried and scared

I CAN...

- Take deep breaths
- Count to 10
- Take a break, relax
- Talk, write, or draw about my feelings
- Remember that I can handle this



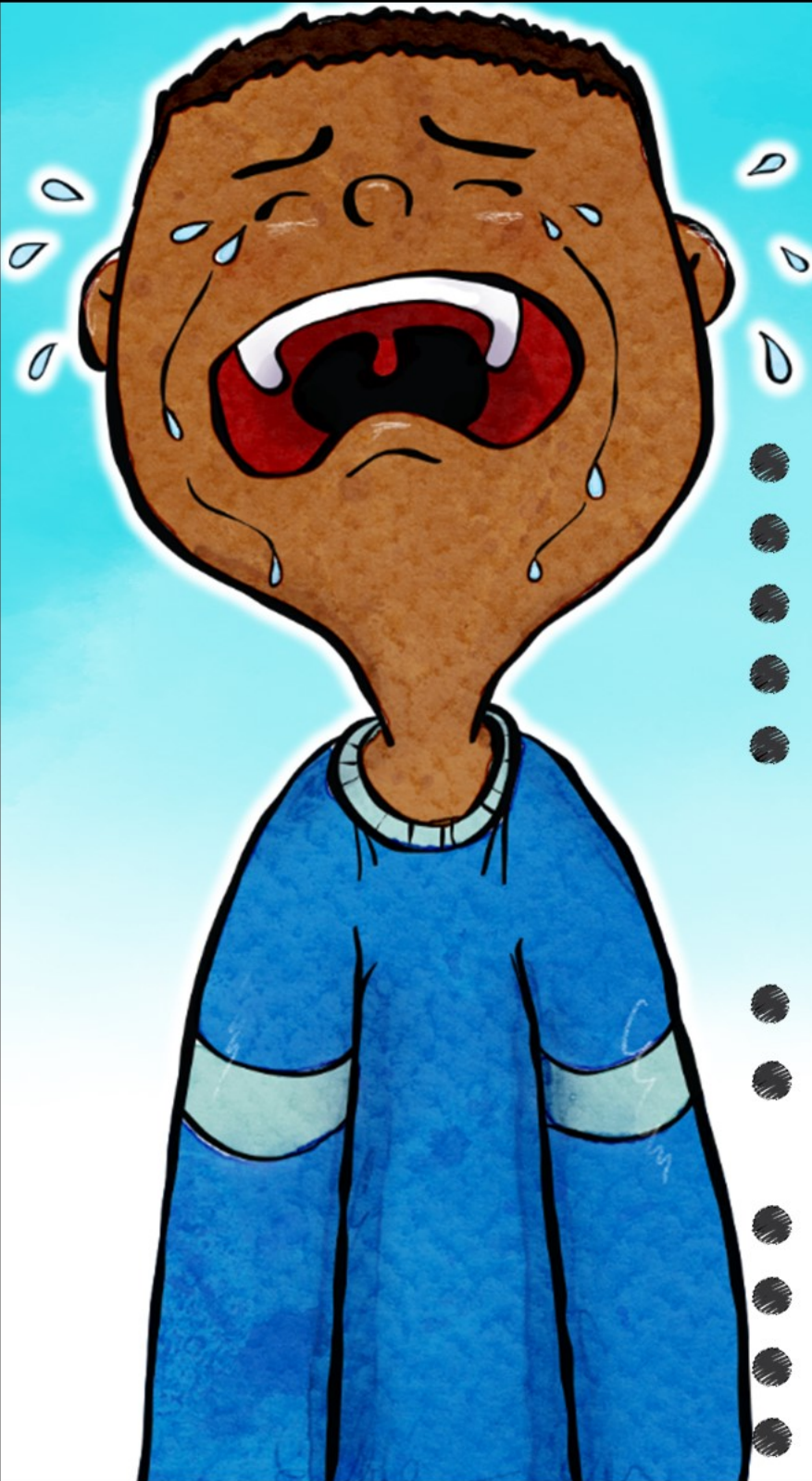
PROUD

I FEEL...

- My head held high and a warm smile
- Strong, confident, and capable
- Like I can accomplish anything I set my mind to
- Like my hard work and effort paid off

I CAN...

- Continue to set goals and work hard to achieve them
- Keep trying new things so I can learn and grow
- Be a role model for others
- Remember that a little progress each day adds up



SAD

I FEEL...

- My shoulders slumped
- My eyes looking down
- My lip trembling
- Like I could cry and want to be alone
- Like I need a hug, comfort, or someone to talk to

I CAN...

- Cry to help let my feelings out
- Talk, write, or draw about my feelings
- Take some time alone to relax
- Do something I love
- Go for a walk outside
- Ask for a hug



FRUSTRATED

I FEEL...

- A frown on my face
- My arms crossed
- My body tense
- Annoyed, upset, and disappointed
- Like I wish things were different
- Like I might as well just give up

I CAN...

- Talk, write, or draw about my feelings
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- Try to find the good in tough situations



SCARED

I FEEL...

- Sweaty or cold and clammy
- My eyes wide
- My teeth clenched
- My heart racing
- Butterflies in my stomach
- Like I want to run away and hide

I CAN...

- Find a comforting person, stuffed animal, or toy
- Imagine a safe and happy place
- Take deep breaths
- Use positive self-talk – tell myself that I am brave, strong, and will get through this!



SILLY

I FEEL...

- Myself making a funny face
- Wild and free
- Energetic and happy
- Like goofing off and making people laugh
- Like I want to have fun

I CAN...

- Tell jokes and cheer up others
- Remember that there are times and places to be silly (at recess, while playing a fun game) and times and places NOT to be silly (in our classroom, at a nice restaurant)
- Exercise to let my energy out



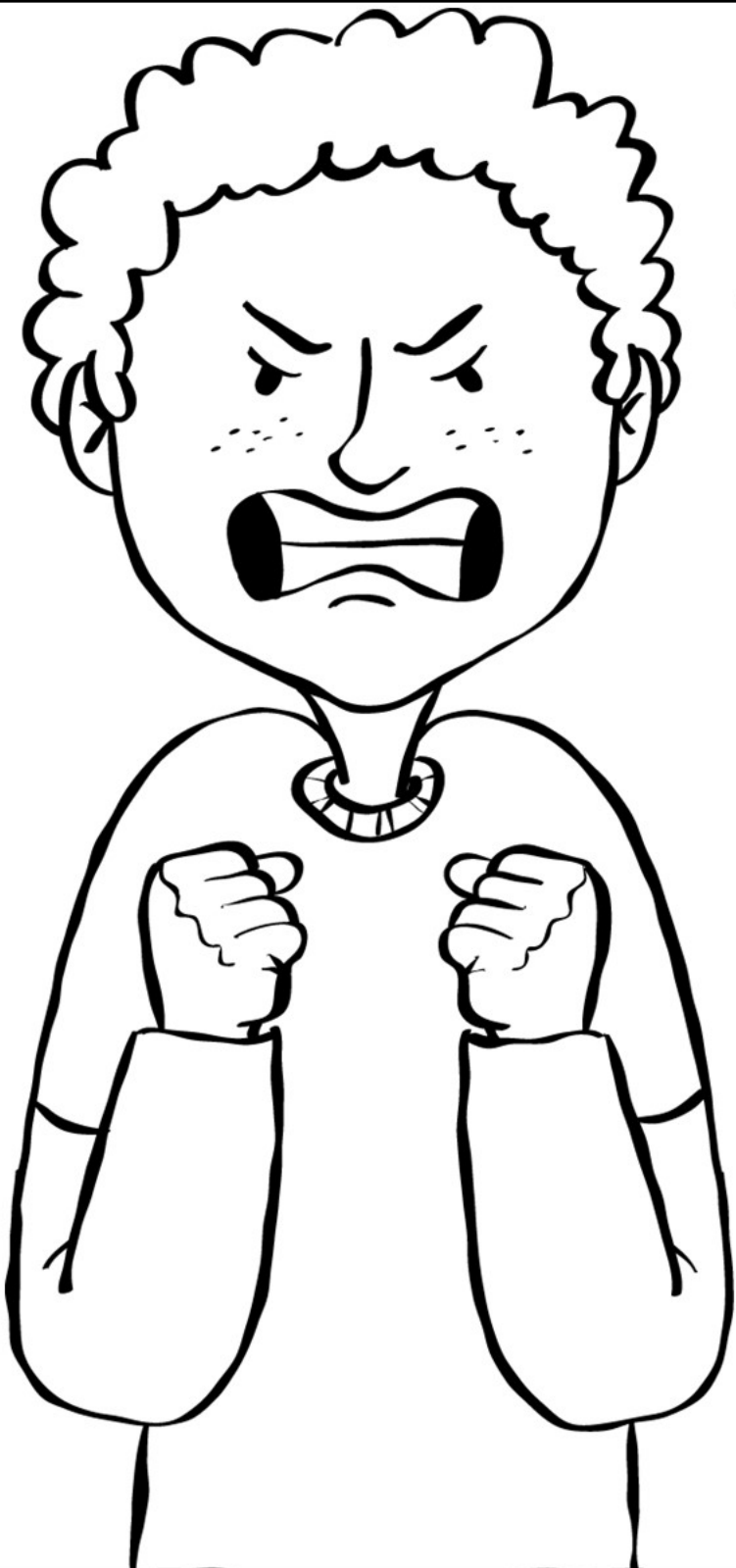
SURPRISED

I FEEL...

- My mouth wide open and my eyebrows raised
- Myself gasping
- Shocked and startled
- Like something unexpected happened

I CAN...

- If it's a happy surprise...celebrate, laugh, and enjoy
- If it's a bad or scary surprise...take deep breaths; imagine a happy, safe place; and find a familiar, comforting person or toy to help me calm down



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BORED

I FEEL...

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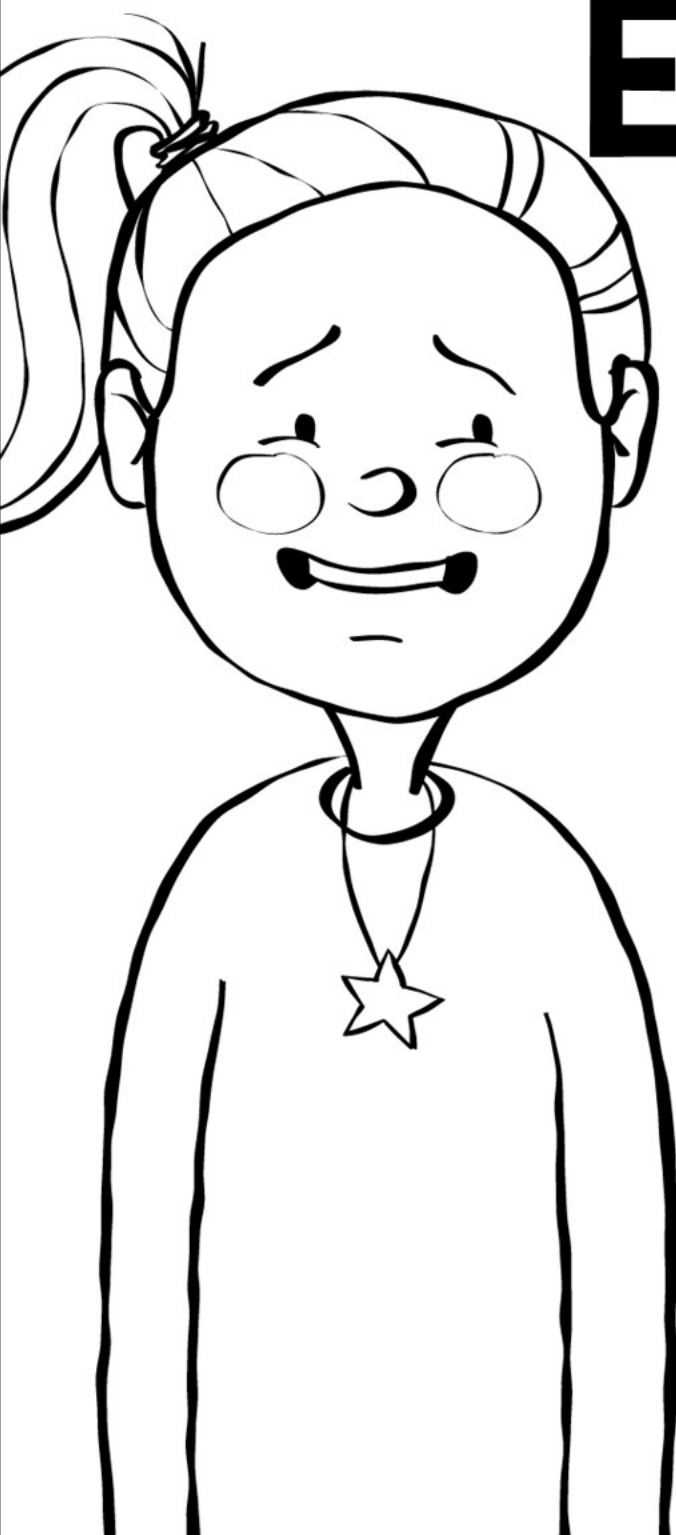
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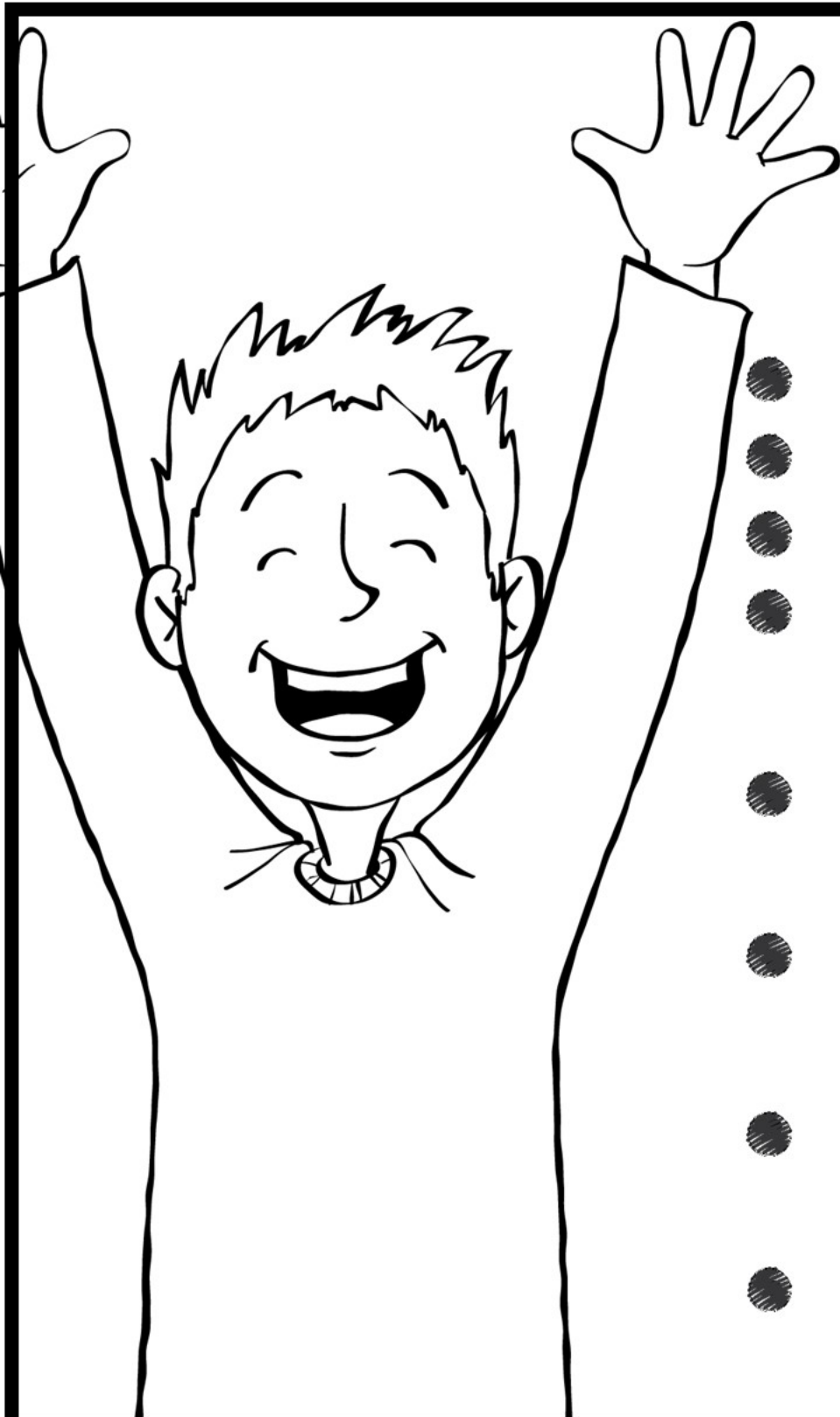
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I CAN...

- Look forward to something special happening
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- Be grateful for this wonderful moment
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- Feel grateful for all of the joy in my life



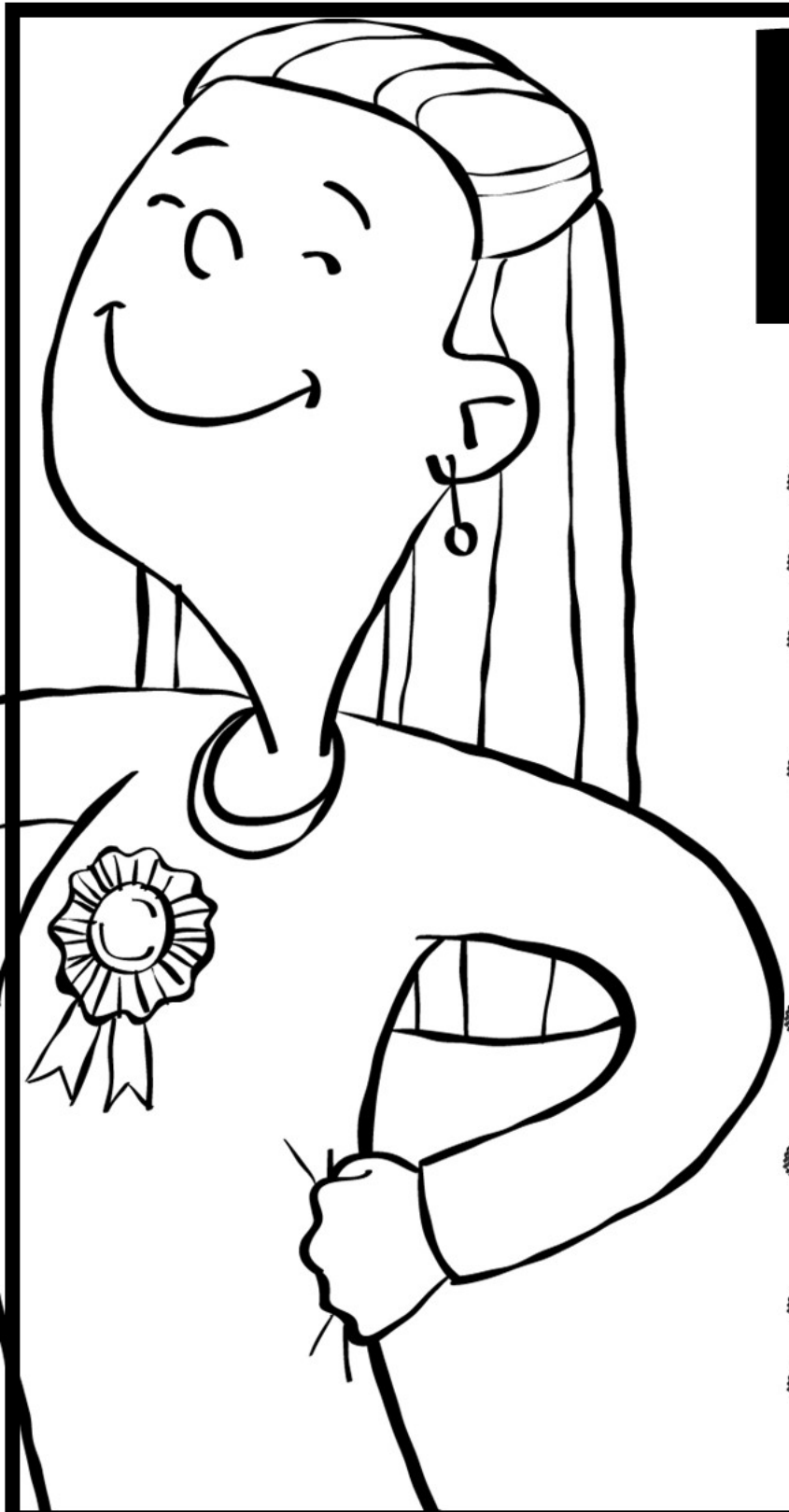
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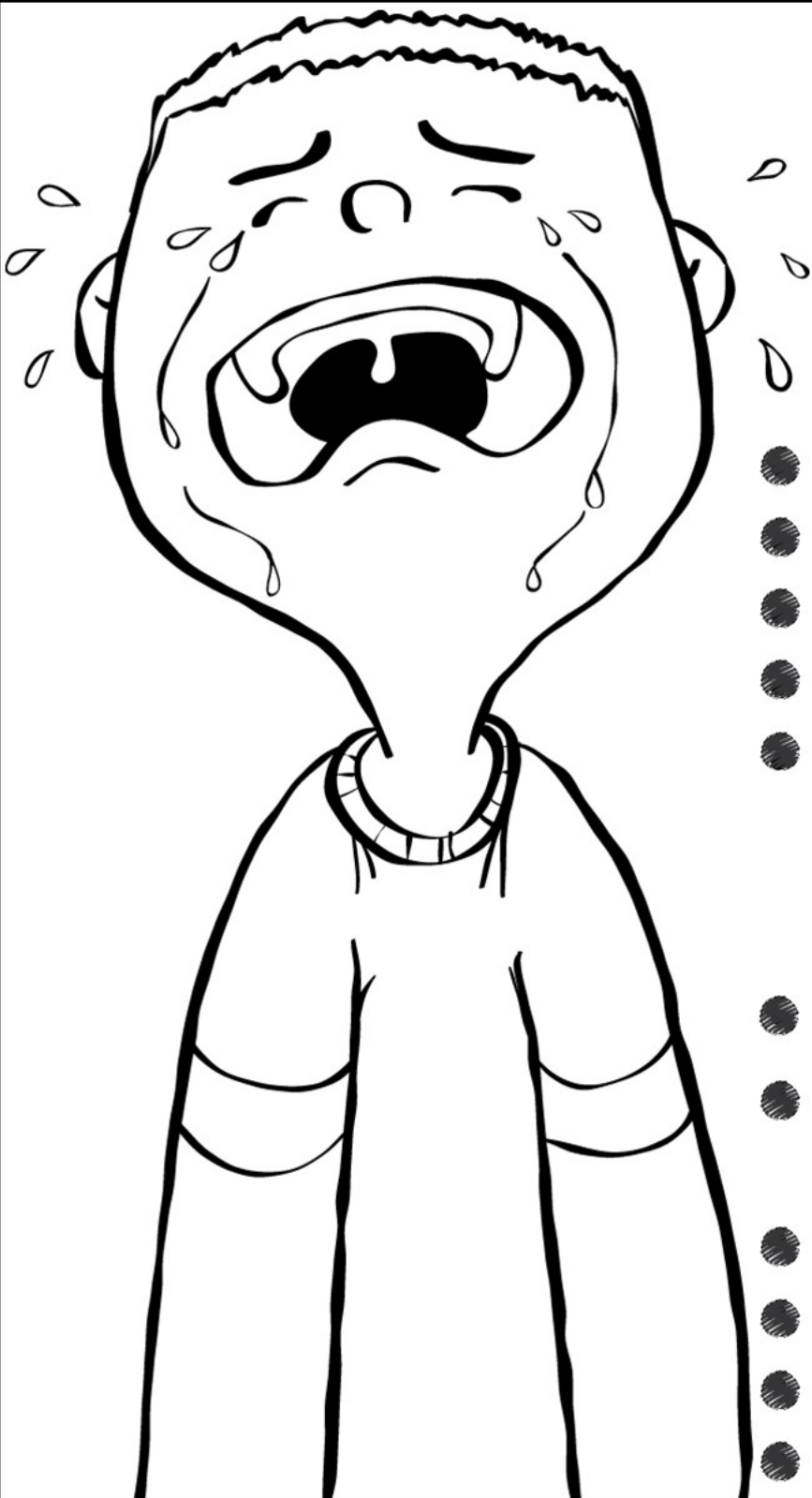
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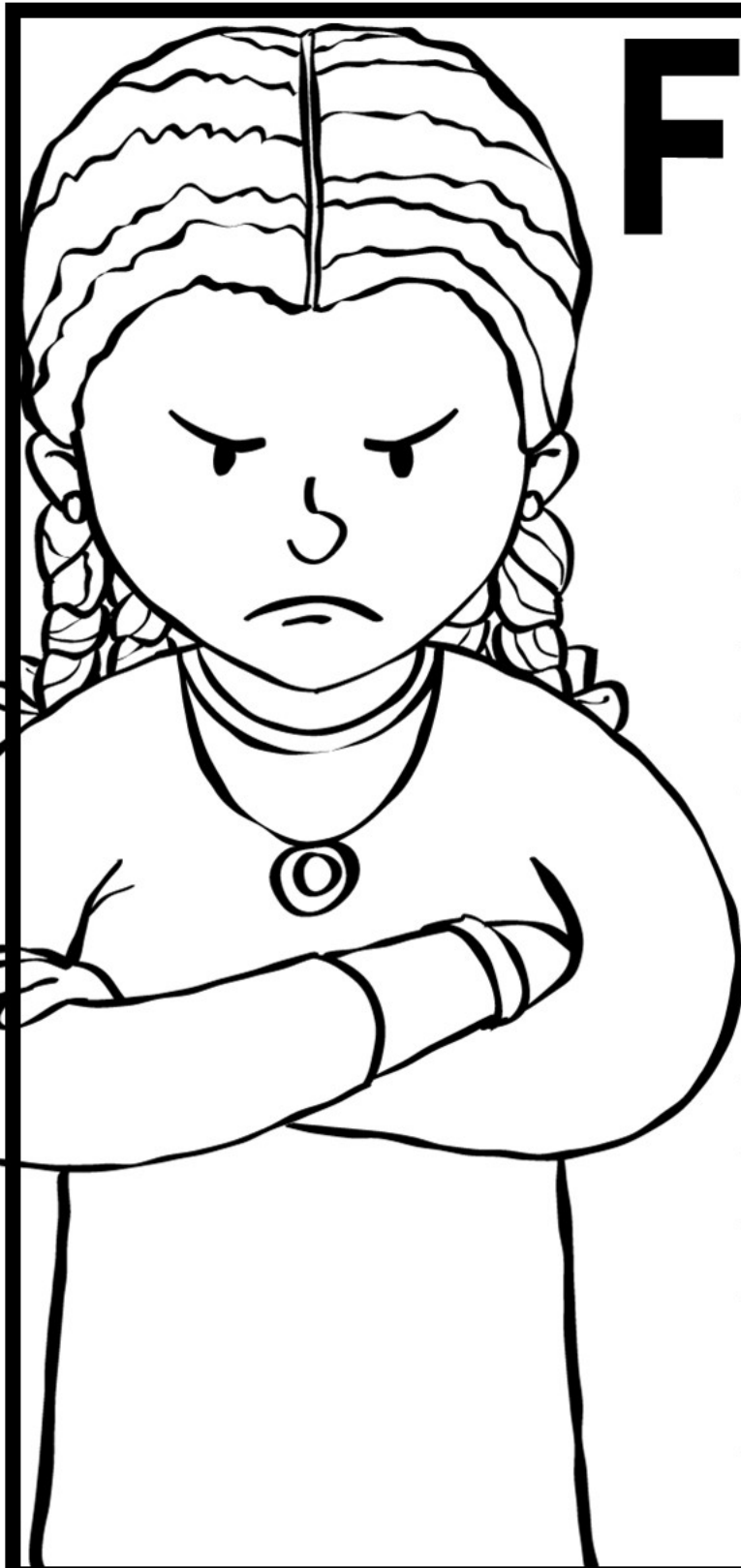
SAD

I FEEL...

- My shoulders slumped
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- Like I could cry and want to be alone
- Like I need a hug, comfort, or someone to talk to

I CAN...

- Cry to help let my feelings out
- Talk, write, or draw about my feelings
- Take some time alone to relax
- Do something I love
- Go for a walk outside
- Ask for a hug



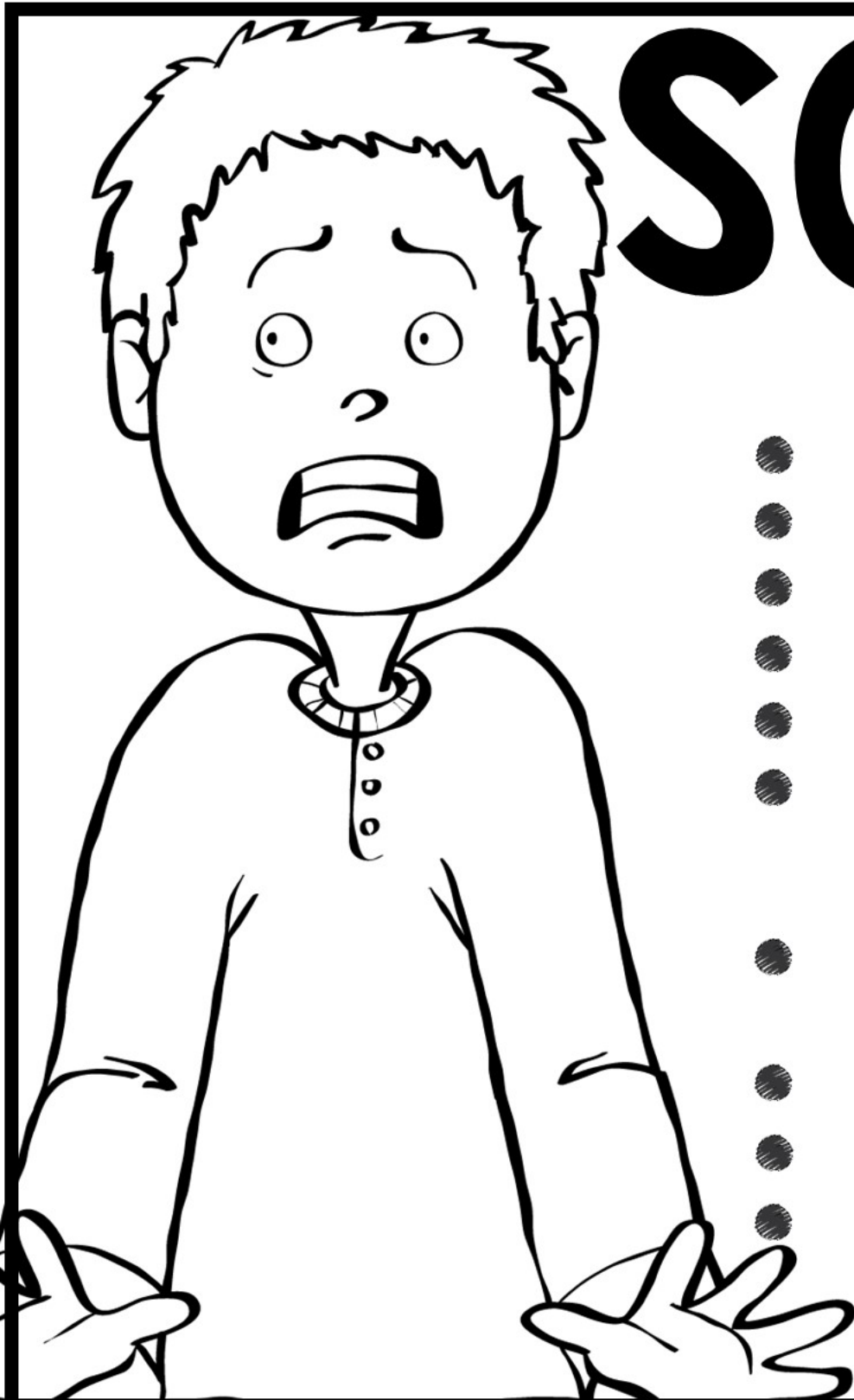
FRUSTRATED

I FEEL...

- A frown on my face
- My arms crossed
- My body tense
- Annoyed, upset, and disappointed
- Like I wish things were different
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I CAN...

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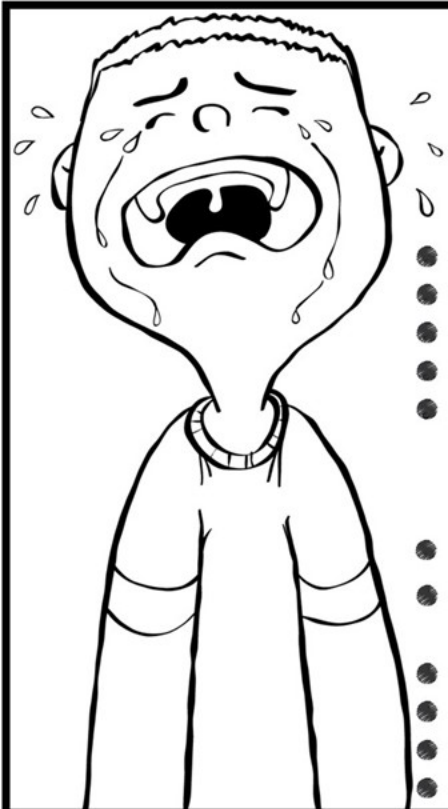
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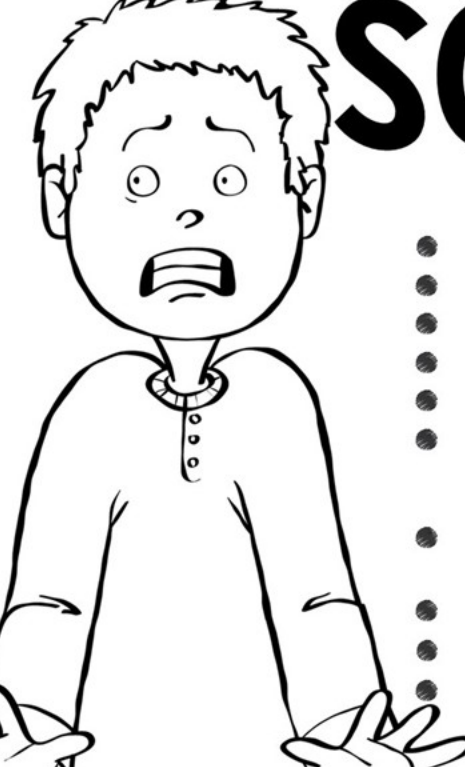
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THANK YOU TO...



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geswein
fonts

