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heartandmindteaching@gmail.com

♥
Ashley

GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [I'm Happy-Sad Today](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

[Helpful links for using Google Classroom:](#)

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

BOOK COMPANION



I'm Happy-Sad Today by Lory Britain

This book companion lesson was created with written permission from the author.

Session Objective:

*Students will identify different feelings.

Materials:

*Book: "I'm Happy-Sad Today" by Lory Britain
*Handouts, scissors, tape/glue, pencils.

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: Effective coping skills. (B-SMS 7)

Guiding Questions:

*What are some different feelings you can feel?
*What are some healthy ways to express those feelings?

SEL Competencies:

*Self-awareness: Identifying emotions.

Session Details

*Say "Today we are going to be reading a book called I'm Happy Sad Today" by Lory Britain. In it, a girl learns that she can feel many different feelings at the same time." Read the book aloud. Have the students complete the story map as you are reading. Afterward, for grades K-1 use the Cut and Paste activity (p. 4-5), and for grades 2-5 use the Story Questions (p. 6-7) and the Think & Discuss pages (p. 8-11) to generate class/group discussion. Next, explain what perspective means. Say "Thinking about another person's perspective means you are thinking about how that person would view it as if you were looking at the situation from their eyes. For example, the girl's perspective about having a new baby brother might be that she is feeling jealous but happy, and her parent's perspective might be that they are excited and nervous for the new baby." Complete the perspective handout (p. 12). Say "Learning to identify emotions is what the girl in the book is discovering. Once we can identify what we are feeling, we are better able to cope. Let's look at ways to identify emotions." Complete the SEL handout (p.13). Next, choose the best option on pages 14-17 for your students writing ability and have them complete the writing prompt and writing craftivity. Next, say "Let's come up with our own word for two emotions", complete the creative activity. The writing craftivity and/or creative activity make for a great bulletin board display.

BOOK COMPANION



I'm Happy-Sad Today by Lory Britain

Table of Contents



Story Map.....p. 5



Cut and Pastep. 6-7



Story Questionsp. 8-9



Think & Discussp. 10-12



Character Perspectivep. 13



Social-emotional Learningp. 14



Draw & Writep. 15-19



Writing Craftivityp. 20-23



Creative Activityp. 24-25



Postersp. 26-27



Answer Keysp. 28-29

NAME: _____

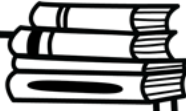
DATE: _____



Story Map



Setting:



I'M Happy- Sad Today by Lory Britain

Characters:



Beginning:



Middle:



End:



Problem:



Solution:

NAME: _____

DATE: _____



Cut & Paste

Cut and paste the situations into the feeling boxes.

Sad + Angry

Excited + Happy

Nervous + Sad

Sad + Angry

Excited + Happy

Nervous + Sad

Sad + Angry

Excited + Happy

Nervous + Sad

Cut each situation card out
and paste to the correct
feeling boxes.

Upcoming test.



Running late.



Getting hurt.



Breaking an
item.



Going on a trip.



Getting a gift.



Getting lost.



Winning an
award.



Losing a
loved one.



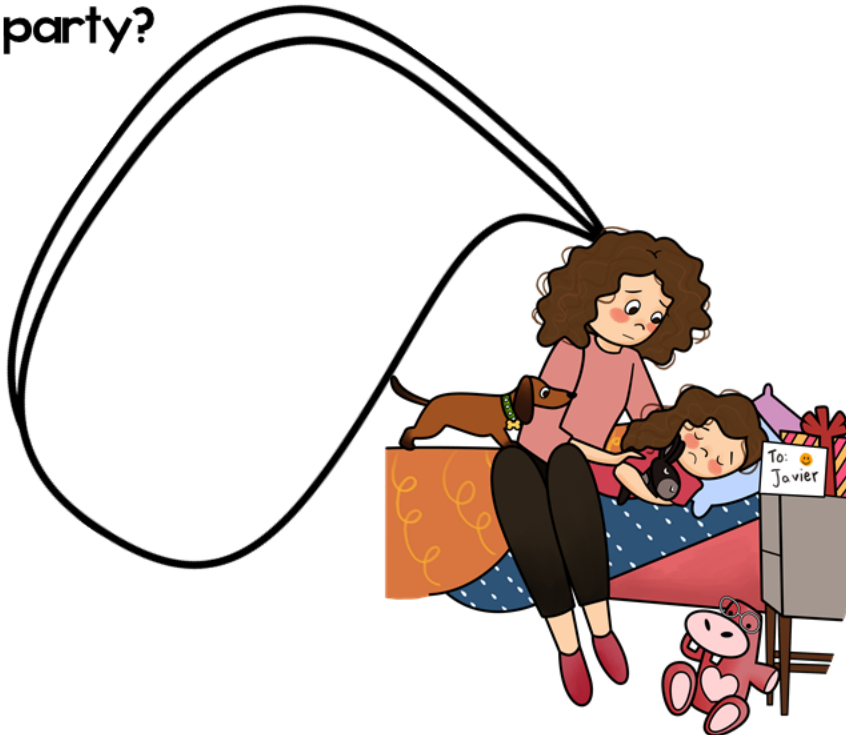
NAME: _____

DATE: _____

Story 
Questions

I'm Happy-Sad Today

What kind of sad was she feeling when she couldn't go to her friends party?



What emotion did she feel when her neighbor moved away?



What two emotions did she feel when she walked into her new classroom for the first time?




What two emotions did she feel at her first sleepover?



NAME: _____

DATE: _____

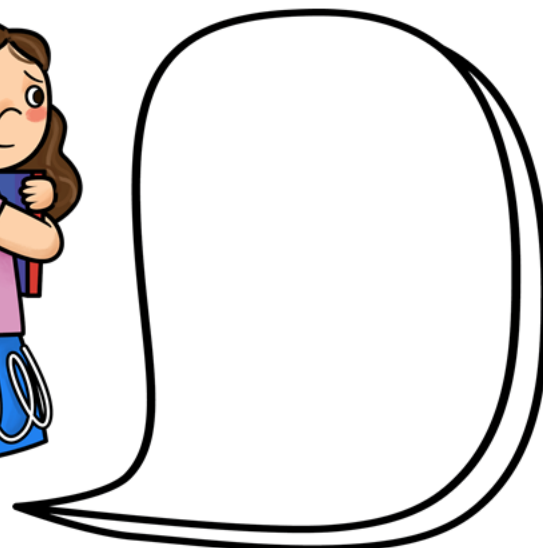
Story 
Questions

I'M Happy-Sad Today

What two emotions did she feel when her baby brother was born?



What does she say she can do when she has a lot of feelings going on at the same time?



What does she like to do when she is feeling two mixed up emotions?



What does she call it when she feels mad and sad?



NAME: _____

DATE: _____



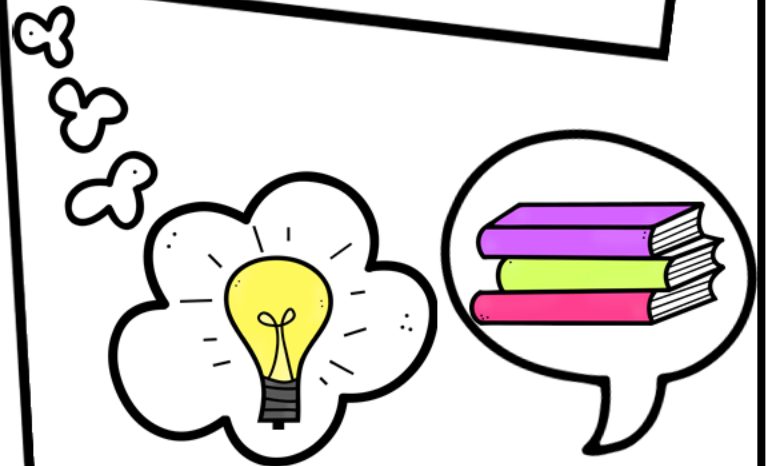
Think &
Discuss



Why is it important to understand how we are feeling?

What are some signs you can notice to help know how you are feeling?

How can you express your feelings in a healthy way?



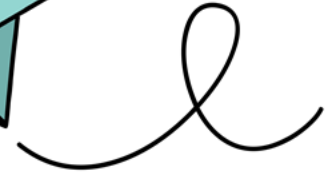
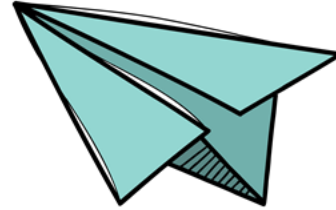
NAME: _____

DATE: _____



Think &
Discuss

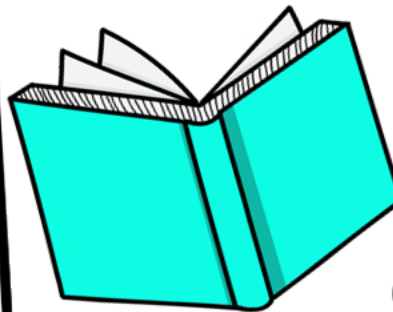
What are some situations that you have a hard time controlling your emotions? Why?



What can you do to change your feelings?



How do your feelings affect what you do?



NAME: _____

DATE: _____



Think & Discuss



Read the situations and think about what emotions you might feel. You can put more than one.



It starts raining and you don't have an umbrella.

You got a new puppy.

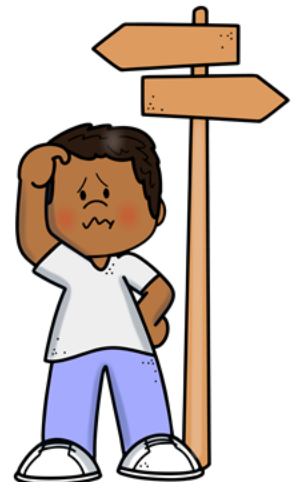
- Mad + Sad
- Happy + Excited
- Happy + Mad
- Nervous + Mad

- Happy + Excited
- Happy + Nervous
- Nervous + Excited
- Sad + Mad

You are learning a new skill, to dance.



You are lost and are going to be late to an appointment.



- Excited + Happy
- Excited + Nervous
- Nervous + Happy
- Mad + Nervous

- Nervous + Mad
- Sad + Mad
- Nervous + Sad
- Mad + Happy

NAME: _____

DATE: _____



Think & Discuss



Put a checkmark on the emotions you would feel for each situation. You can put more than one.

When...

Happy Angry Sad Nervous

You go to your first sleepover.				
You get a good grade.				
You meet a new friend.				
You stub your toe.				
Someone hurts your feelings.				
Someone takes your toy.				
You are performing in the talent show.				
Your cousin is coming to visit.				
Your mom is expecting a new baby.				
Someone did something nice for you.				
Someone gave you a gift.				

Character Perspective



NAME: _____

DATE: _____

Think about the different perspectives that each character from the book might have when the her baby brother was born. Write in the boxes below what you think their perspectives might be.



The girl



Her MOM

Her family



Perspective means:

A way of thinking about and understanding something; a point of view.

Social Emotional Learning



NAME: _____

DATE: _____

Recognizing your feelings.



Naming the emotion.



Self-Awareness: Identifying emotions



Understanding why you feel that way.

Expressing your emotions in a healthy way.

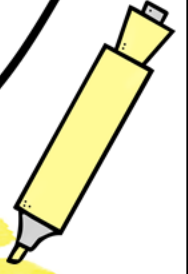
What clues tell me how I am feeling?

How can I explain my feelings to someone else?



Identifying emotions means: Recognizing and understanding how you feel.

Draw & Write



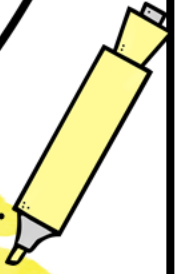
NAME: _____

DATE: _____

Draw a time when you felt two emotions at one time.
Show what happened, how it felt, and what you learned.



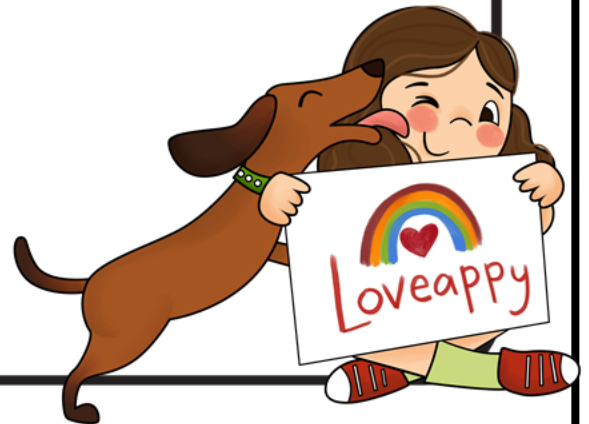
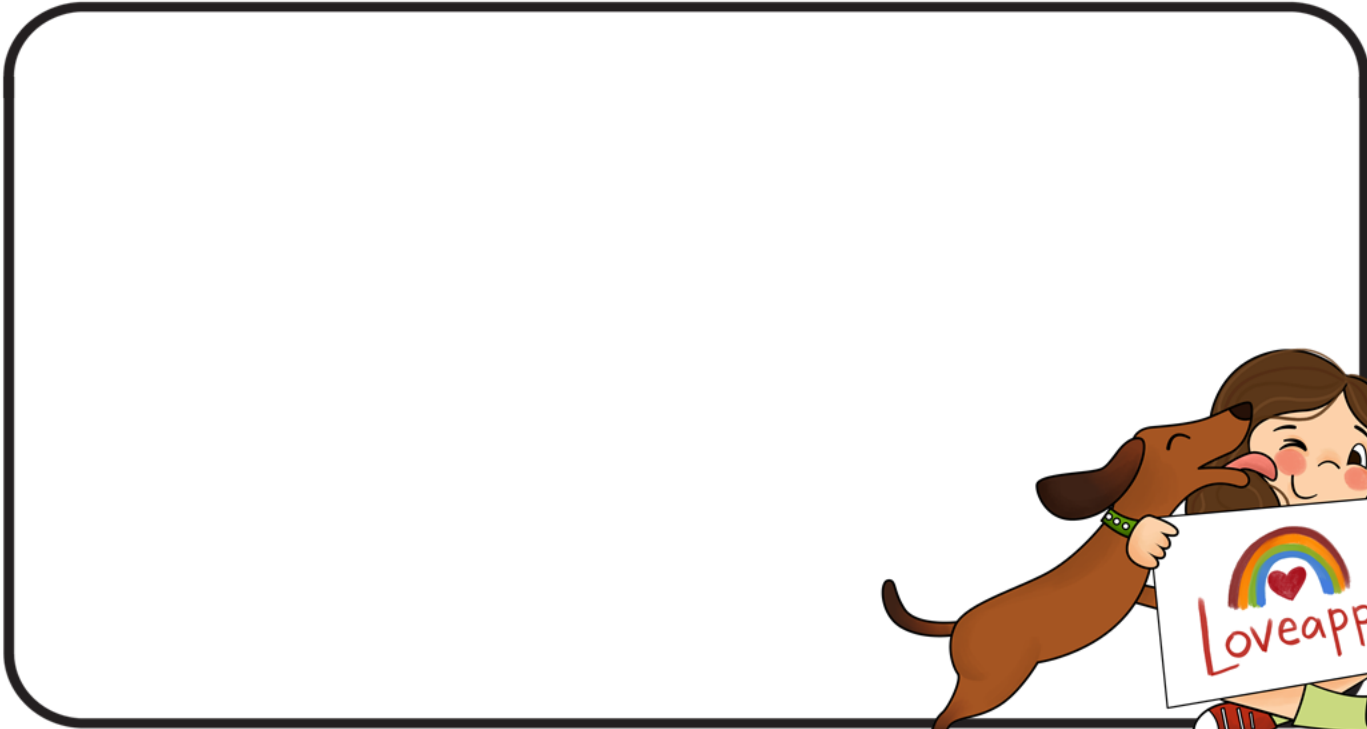
Draw & Write



NAME: _____

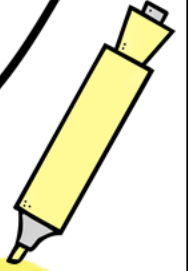
DATE: _____

Draw & write a time when you felt two emotions at one time.
Show what happened, how it felt, and what you learned.



Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are eight sets of these lines.

Draw & Write



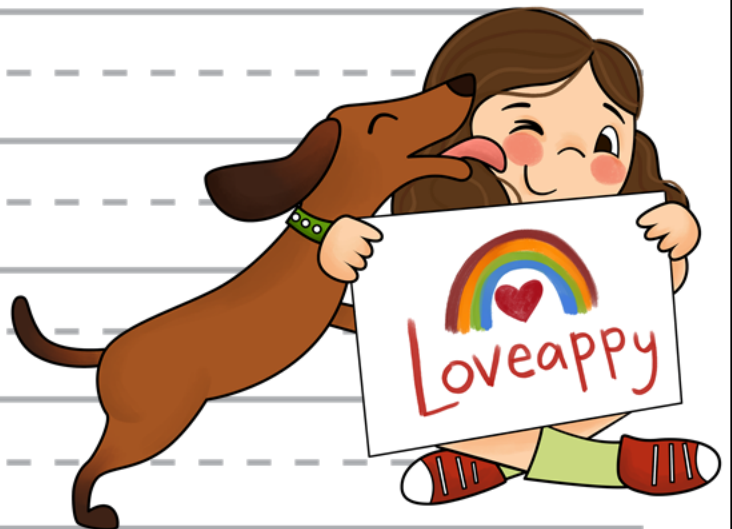
NAME: _____

DATE: _____

Describe a time when you felt two emotions at one time.

Explain what happened, how it felt, and what you learned.

Handwriting practice area consisting of 10 sets of horizontal lines. Each set includes a solid top line, a dashed middle line, and a solid bottom line.



***Cut out and glue
to the top of the
writing page.**



Writing Craftivity



: What are **two emotions** you often feel at the same time? Describe the last time you felt them together.

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are 10 sets of these lines provided for writing.

Writing Craftivity

©Heart and Mind Teaching



: What are **two emotions you often feel at the same time? Describe the last time you felt them together.**

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are four sets of these lines provided for writing.

Create a new EMOTION Word

Combine two emotion words to create a new word.

The two emotions I am
combining are:

+



New Emotion Word:



Create a new



Emotion Word



Combine two emotion words to create a new word.

The two emotions I am combining are:

+

New Emotion Word:



MIXED FEELINGS



Smad

Sad + Mad



Braverous

Brave + Nervous



Shappy

Sad + Happy



Hapsad

Happy + Sad



Glappy

Glad + Happy



Scited

Sad + Excited



Happcited

Happy + Excited



Loveappy

Loved + Happy

Worrysad

Worried + Sad



I'M Happy-Sad Today

What kind of sad was she feeling when she couldn't go to her friends party?

A crying, nothings right sort of sad.

What emotion did she feel when her neighbor moved away?

Sad

What two emotions did she feel when she walked into her new classroom for the first time?

Scared and brave.

What two emotions did she feel at her first sleepover?

Nervous and excited.

What two emotions did she feel when her baby brother was born?

Proud and Jealous

What does she say she can do when she has a lot of feelings going on at the same time?

Talk to friends or a grown up.

What does she like to do when she is feeling two mixed up emotions?

Paint those feelings.

Who is the captain of your ship?

Smad

Black & White Version

BOOK COMPANION



I'm Happy-Sad Today by Lory Britain

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*Students will identify different feelings.

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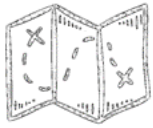
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BOOK COMPANION



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Table of Contents



Story Map.....p. 5



Cut and Pastep. 6-7



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Think & Discussp. 10-12



Character Perspectivep. 13



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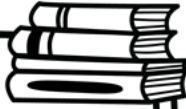
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Story Map

Setting:



I'M Happy- Sad Today by Lory Britain

Characters:



Beginning:



Middle:



End:



Problem:



Solution:

NAME: _____

DATE: _____



Cut & Paste

Cut and paste the situations into the feeling boxes.

Sad + Angry

Excited + Happy

Nervous + Sad

Sad + Angry

Excited + Happy

Nervous + Sad

Sad + Angry

Excited + Happy

Nervous + Sad

Cut each situation card out
and paste to the correct good
or bad choice boxes.


Cut & Paste

Upcoming test.



Running late.



Getting hurt.



Breaking an
item.



Going on a trip.



Getting a gift.



Getting lost.



Winning an
award.



Losing a
loved one.



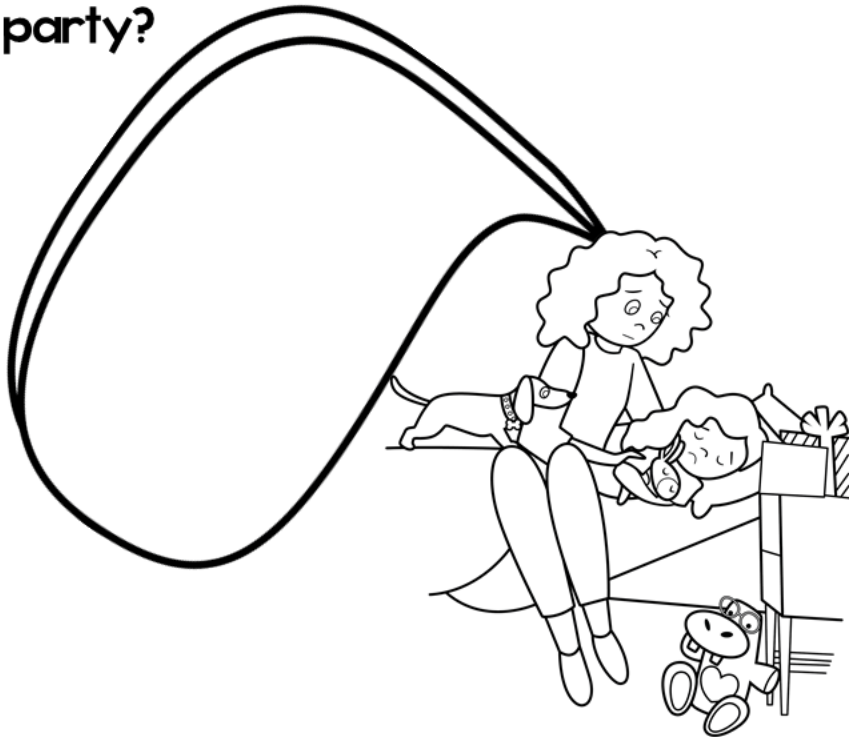
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Story 
Questions

I'm Happy-Sad Today

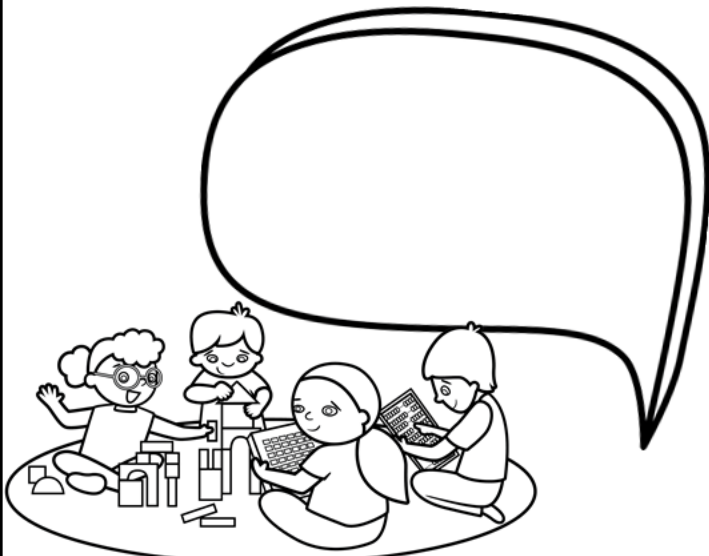
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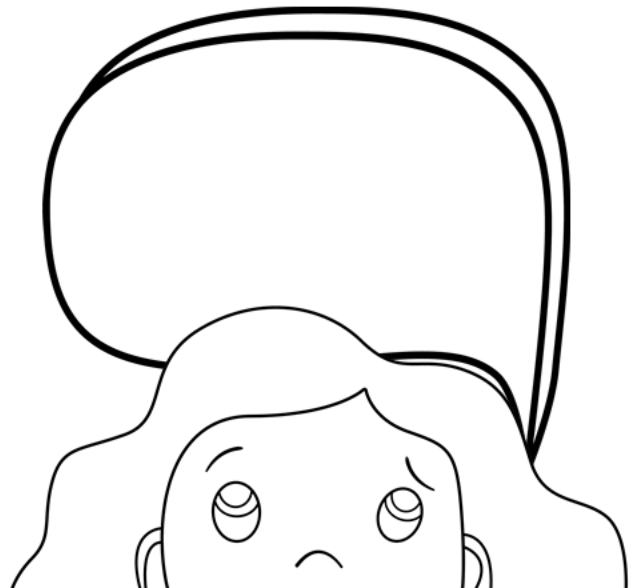
What emotion did she feel when her neighbor moved away?



What two emotions did she feel when she walked into her new classroom for the first time?



What two emotions did she feel at her first sleepover?



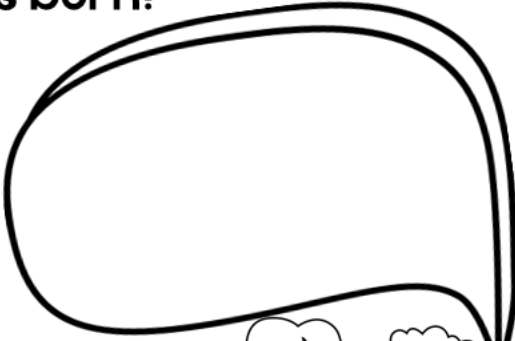
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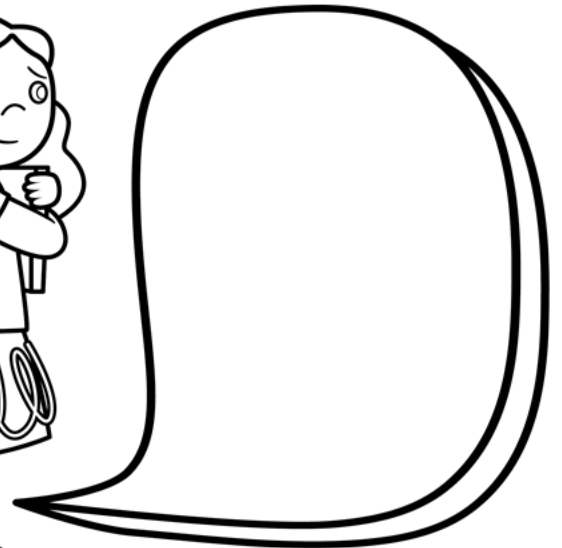
Story 
Questions

I'm Happy-Sad Today

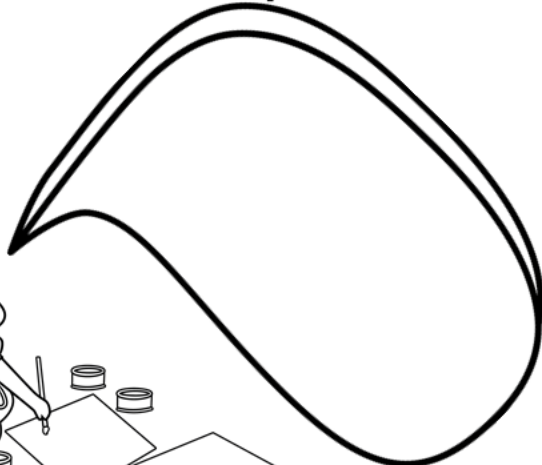
What two emotions did she feel when her baby brother was born?



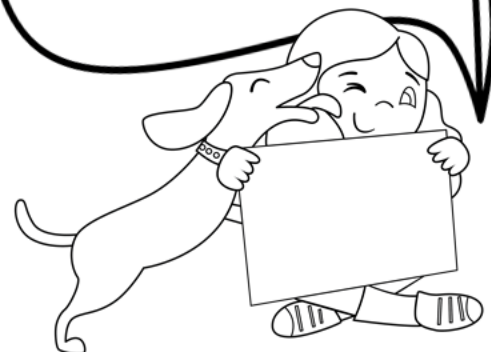
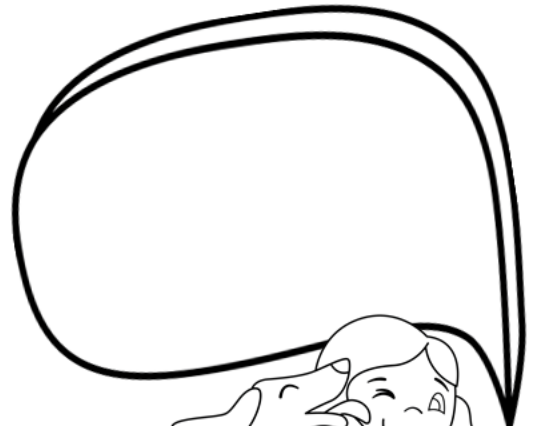
What does she say she can do when she has a lot of feelings going on at the same time?



What does she like to do when she is feeling two mixed up emotions?

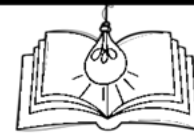


What does she call it when she feels mad and sad?



NAME: _____

DATE: _____



Think & Discuss



Why is it important to understand how we are feeling?

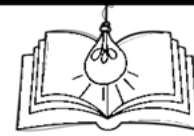
What are some signs you can notice to help know how you are feeling?

How can you express your feelings in a healthy way?



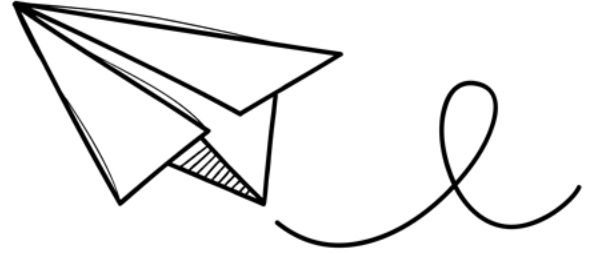
NAME: _____

DATE: _____



Think &
Discuss

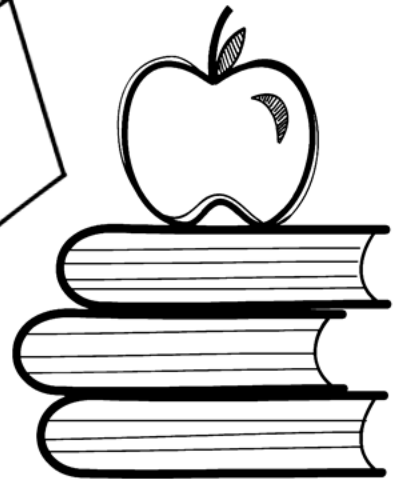
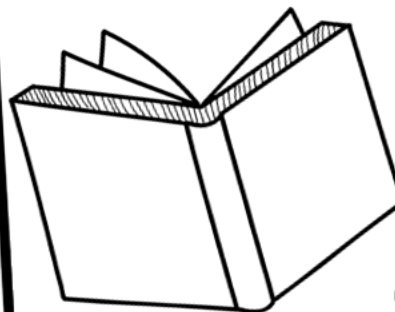
What are some situations that you have a hard time controlling your emotions? Why?



What can you do to change your feelings?

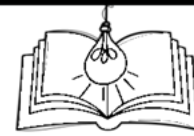


How do your feelings affect what you do?



NAME: _____

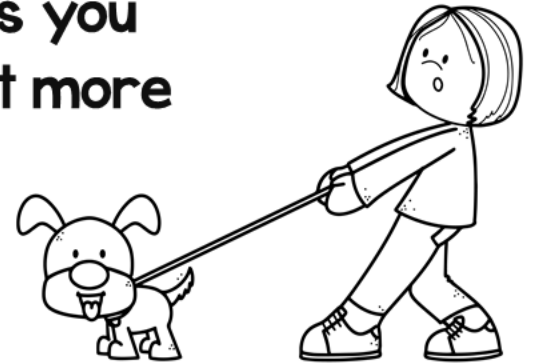
DATE: _____



Think &
Discuss



Read the situations and think about what emotions you might feel. You can put more than one.



It starts raining and you don't have an umbrella.

You got a new puppy.

- Mad + Sad
- Happy + Excited
- Happy + Mad
- Nervous + Mad

- Happy + Excited
- Happy + Nervous
- Nervous + Excited
- Sad + Mad

You are learning a new skill, to dance.



You are lost and are going to be late to an appointment.

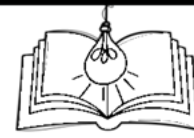


- Excited + Happy
- Excited + Nervous
- Nervous + Happy
- Mad + Nervous

- Nervous + Mad
- Sad + Mad
- Nervous + Sad
- Mad + Happy

NAME: _____

DATE: _____



Think &
Discuss



Put a checkmark on the emotions you would feel for each situation. You can put more than one.

When...

Happy Angry Sad Nervous

You go to your first sleepover.				
You get a good grade.				
You meet a new friend.				
You stub your toe.				
Someone hurts your feelings.				
Someone takes your toy.				
You are performing in the talent show.				
Your cousin is coming to visit.				
Your mom is expecting a new baby.				
Someone did something nice for you.				
Someone gave you a gift.				

Character Perspective



NAME: _____

DATE: _____

Think about the different perspectives that each character from the book might have when the her baby brother was born.

Write in the boxes below what you think their perspectives might be.



The girl



Her MOM



Her family



Perspective means:

A way of thinking about and understanding something; a point of view.

Social Emotional Learning



NAME: _____

DATE: _____

Recognizing your feelings.



Naming the emotion.



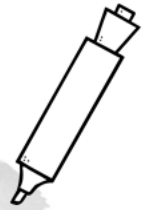
Expressing your emotions in a healthy way.



Understanding why you feel that way.



What clues tell me how I am feeling?

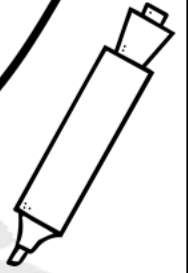


How can I explain my feelings to someone else?



Identifying emotions means:
Recognizing and understanding how you feel.

Draw & Write



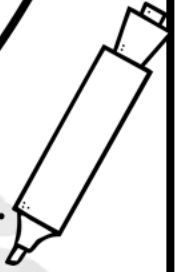
NAME: _____

DATE: _____

Draw a time when you felt two emotions at one time.
Show what happened, how it felt, and what you learned.



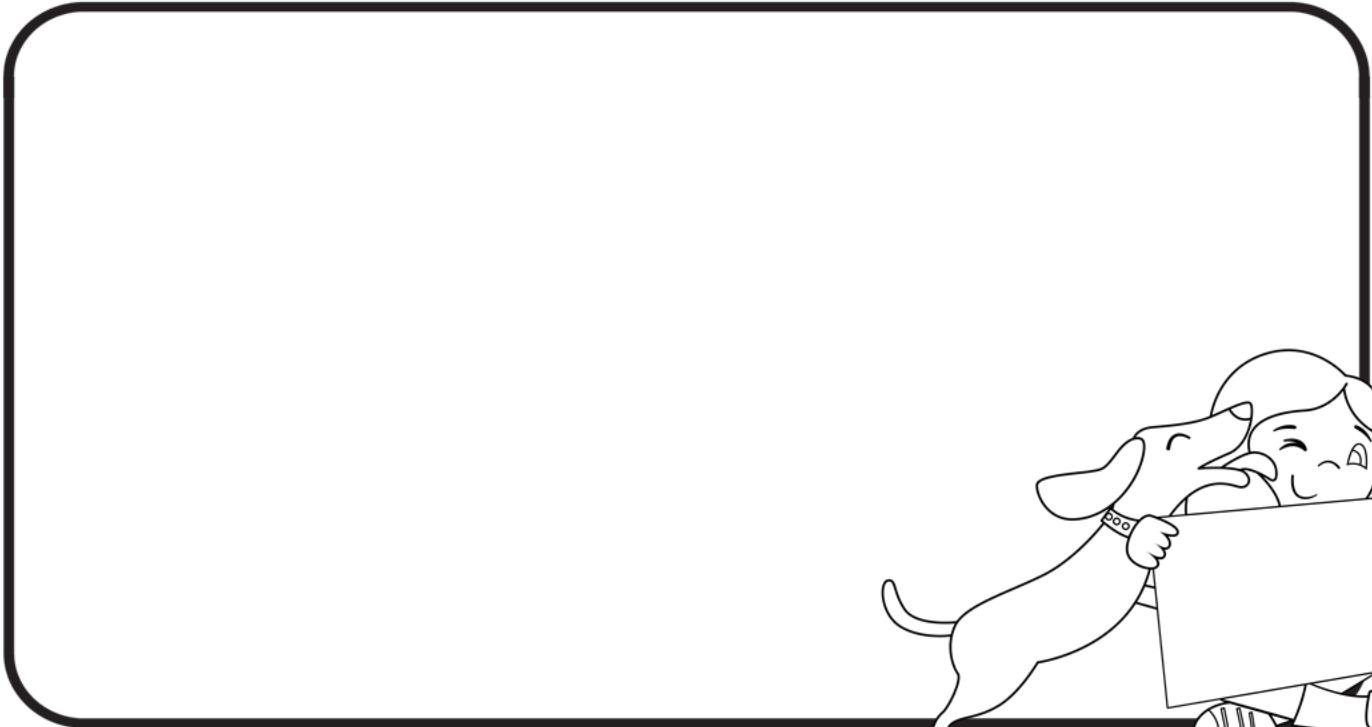
Draw & Write



NAME: _____

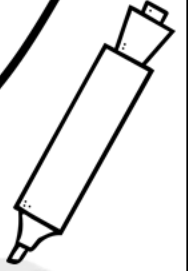
DATE: _____

Draw & write a time when you felt two emotions at one time.
Show what happened, how it felt, and what you learned.



Four sets of primary writing lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line.

Draw & Write

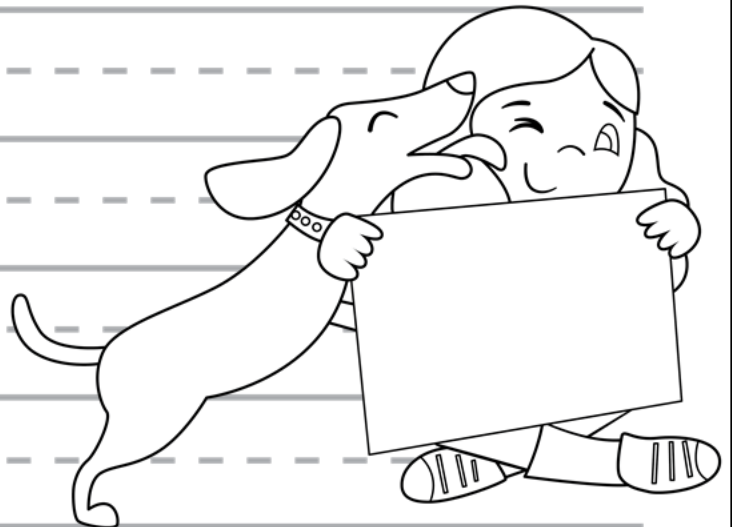


NAME: _____

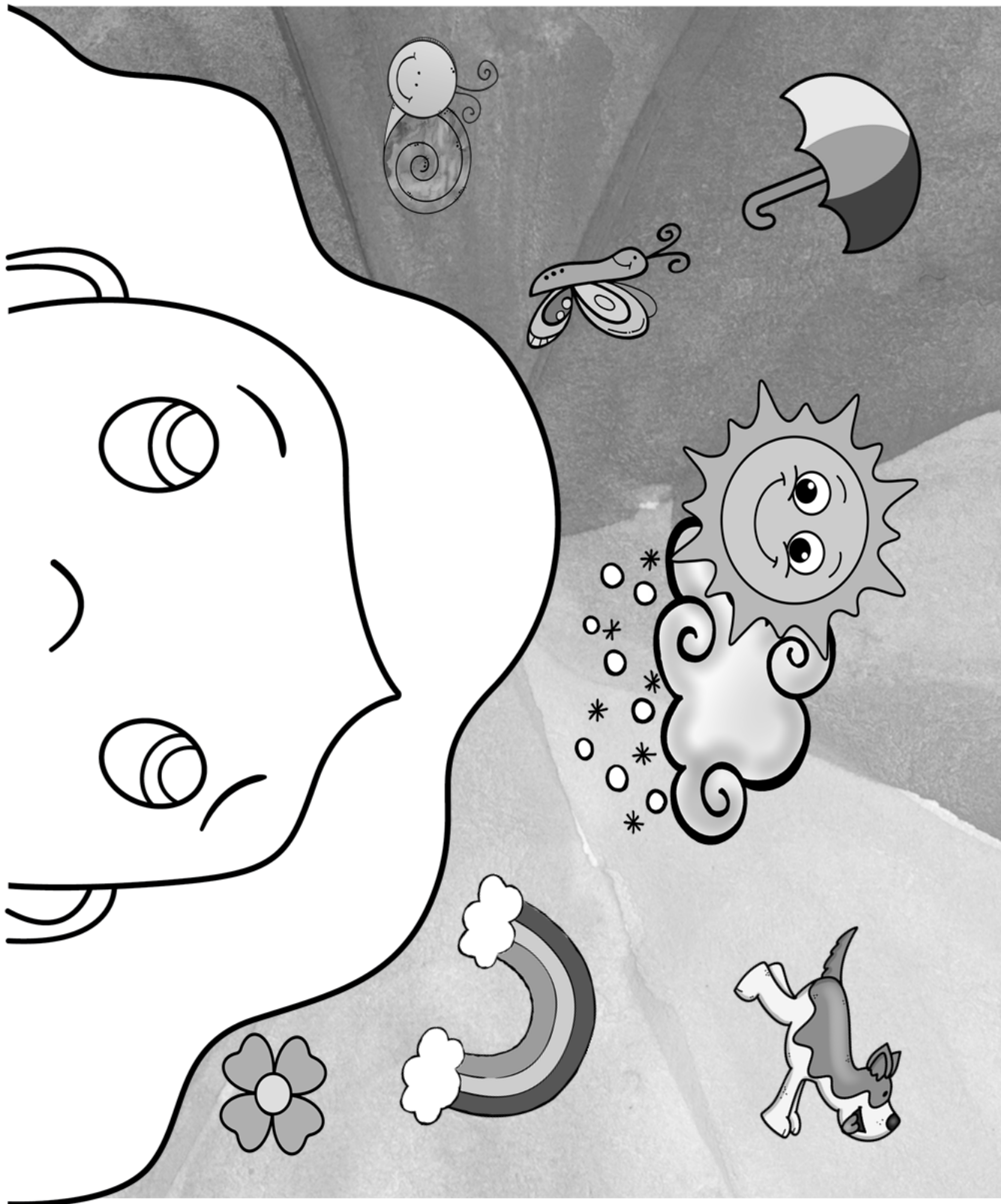
DATE: _____

Describe a time when you felt two emotions at one time.
Explain what happened, how it felt, and what you learned.

A series of horizontal lines for writing, consisting of solid top and bottom lines with a dashed midline for each row.



***Cut out and glue
to the top of the
writing page.**



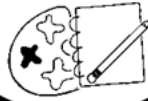


: What are two emotions you often feel at the same time? Describe the last time you felt them together.

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are 10 sets of these lines provided for writing.

Writing Craftivity

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: What are two emotions you often feel at the same time? Describe the last time you felt them together.

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are four sets of these lines provided for writing.

Create a new EMOTION Word

Combine two emotion words to create a new word.

The two emotions I am
combining are:

+



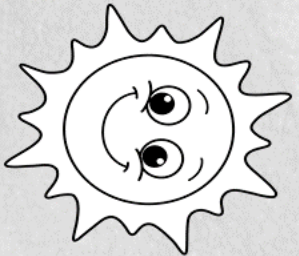
New Emotion Word:



Create a new



Emotion Word

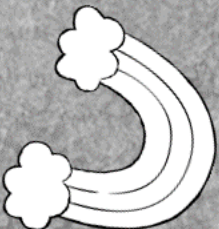


Combine two emotion words to create a new word.

The two emotions I am combining are:

+

New Emotion Word:



MIXED FEELINGS



Smad
Sad + Mad



Braverous
Brave + Nervous



Shappy
Sad + Happy



Hapsad
Happy + Sad



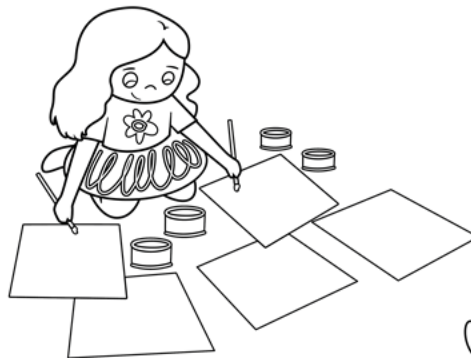
Glappy
Glad + Happy



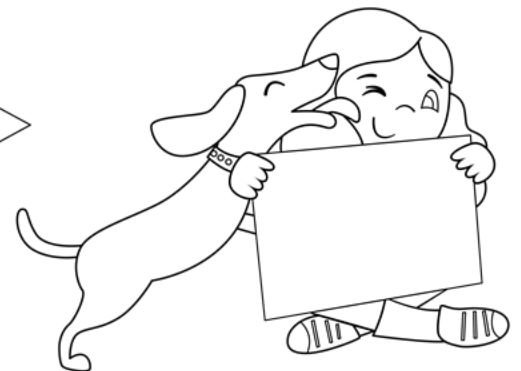
Scited
Sad + Excited



Wortrysad
Worried + Sad



Happcited
Happy + Excited



Loveappy
Loved + Happy



I'M Happy-Sad Today

What kind of sad was she feeling when she couldn't go to her friends party?

A crying, nothings right sort of sad.

What emotion did she feel when her neighbor moved away?

Sad

What two emotions did she feel when she walked into her new classroom for the first time?

Scared and brave.

What two emotions did she feel at her first sleepover?

Nervous and excited.

What two emotions did she feel when her baby brother was born?

Proud and Jealous

What does she say she can do when she has a lot of feelings going on at the same time?

Talk to friends or a grown up.

What does she like to do when she is feeling two mixed up emotions?

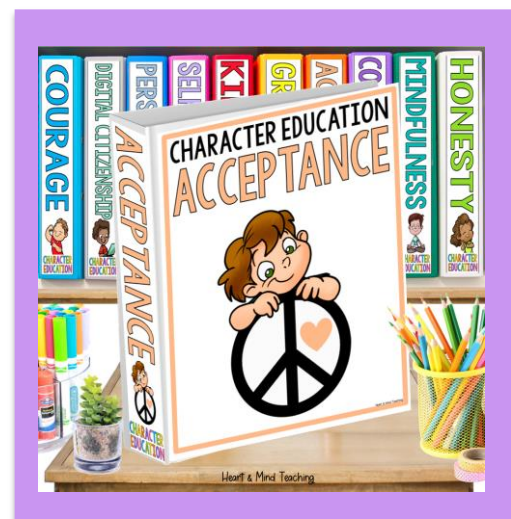
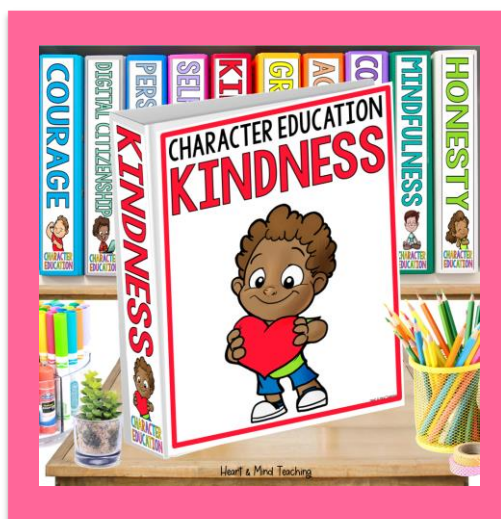
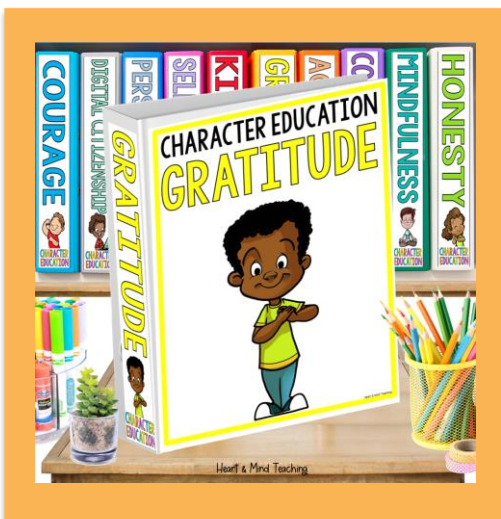
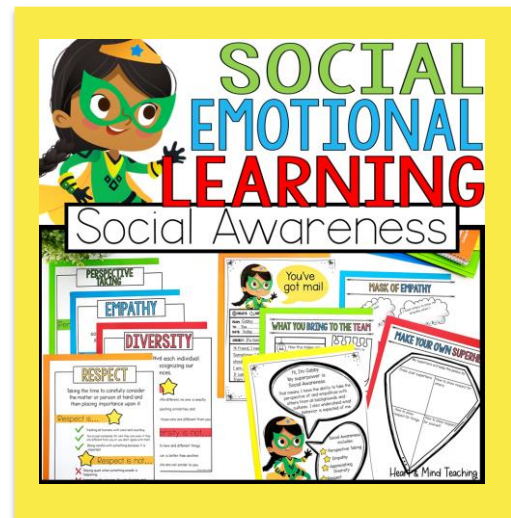
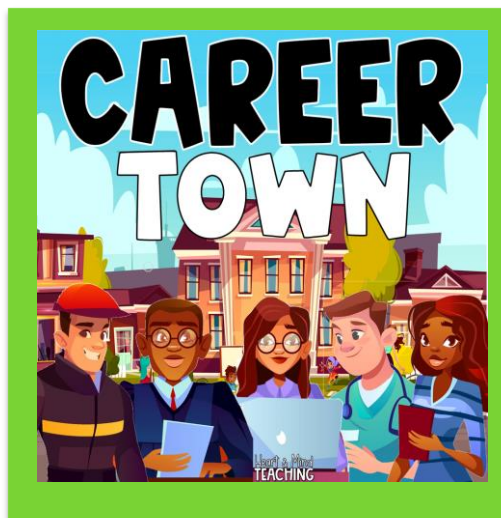
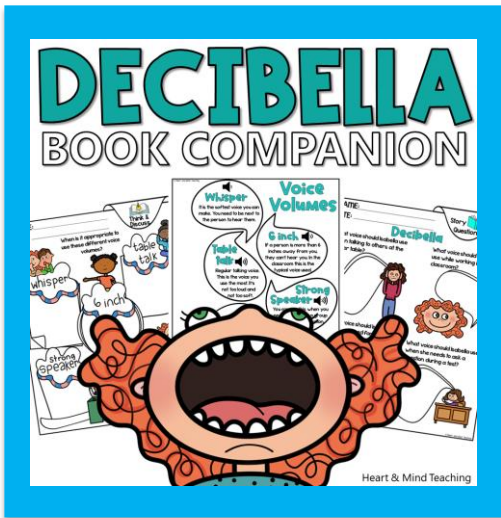
Paint those feelings.

Who is the captain of your ship?

Smad

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



COUNSELOR Collab

with Laura & Ashley



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- ♥ No contracts, cancel anytime.

HEART + MIND
TEACHING



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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heartandmindteaching@gmail.com

CREDITS

