

○ MUSIC city COUNSELOR

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○

www.musiccitycounselor.com

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

- Self-Management Skills:
 - B-SMS 2: Demonstrate self-discipline and self-control.

Category 3: Social Skills:

- B-SS 9: Demonstrate social maturity and behaviors appropriate to the situation and environment.

Directions:

This lesson will take approximately 45 minutes to teach.

RECOMMENDED SEQUENCE:

1. Review the PowerPoint presentation
2. Review the instructional poster (and display it in your space!)
3. Play the feelings masks/scenario cards game.
4. Close the lesson with a worksheet, coloring page, or mini book.

POWERPOINT PRESENTATION:

This presentation teaches students to identify 8 feelings. I like to start by explaining that all in the same day we might feel happy, angry, excited, and sad – and that is normal and okay! And, even though some feelings don't feel good, like anger and sadness, they are still okay and an important part of who we are. As you introduce each feeling, you may choose to use the "feelings masks" included in this file and hold it up to your face as you introduce each feeling word. Students love guessing which feeling mask the educator is wearing! I also love to have students "act out" each feeling by showing it on their face. So, for anger, they might clench their fists, make "grr" sounds, furrow their eyebrows, and clench their teeth. After each of the two feelings scenarios example slides, students "turn and talk" with their neighbor to share about a time when they experienced that feeling. They sit knee to knee, eye to eye, heart to heart, and take turns sharing with each other in complete sentences. I give students a sentence frame each time and say, "I felt _____ when" and make sure they are using the full sentence frame with their partner.

FEELINGS MASKS & SCENARIO CARDS:

Please print the feelings masks and scenario cards on cardstock and/or laminate them for sturdiness and durability. Color and black/white versions are included for you. There are endless uses for these masks and scenario cards but here are some ideas for you!

1. **Feelings Guessing Game in PowerPoint Lesson:** Attach the masks to a popsicle stick with glue or tape so you can easily hold them up to your face. "Wear" the mask during the PowerPoint lesson to introduce the next feeling word. Have students guess which feeling the mask represents! As they guess, I like to ask students how they knew which feeling my mask represented...what clues did you use on the mask's face to determine how they're feeling?
2. **Feelings Mask Game:** Attach the masks to a popsicle stick with glue or tape. 1 - 4 students come up to the front of the room and the feelings masks are laid on a table in front of them. The educator reads aloud a feelings scenario card and displays it so all students can see it (on a projector or by holding it up in front of students) (or students can read the scenario aloud, if they're able). Students take turns, one by one, grabbing the mask that shows how they would feel in that scenario and putting it up to their face. If another child already grabbed the mask that a child would like to use, he/she can stand in a single-file line behind the child who chose their same mask to show that they agree with them. Please ensure that students are not fighting over masks. You may explain that it's okay to wear two or more masks at once to show that we can feel more than one way in the same situation! And, it's okay for children to choose different masks for the same scenario since we are all different and express and experience our feelings differently!
3. **Decorate Your Own Masks:** Print the black/white version of the masks and have students decorate their own!
4. **Individual and Small Group Counseling:** Students who struggle to express themselves verbally can use these masks to show how they are feeling at the moment or during different situations.

FEELINGS BOOKS:

The Feelings Activity Books are differentiated for different age and ability levels. One set of the books has traceable feeling words, and the other has blank lines for students to write in the feeling words. Please choose the book that is most appropriate for your students!

The books are a half-page (to save trees!) and please print them two-sided (to also save trees, haha!) After printing the books, please cut them in half with a paper cutter and staple them together in the top left-hand corner. Students can use pencils, crayons, and markers to complete their book. You may consider allowing students to keep their books in a safe place in their desk to reference in the future. Students who have trouble verbalizing their feelings may choose to show a picture in the book to their teacher or friend when they are struggling to express themselves.

An instructional poster, worksheets, and coloring pages are included, too!

Questions, comments, or suggestions? Feel free to contact me any time at laura@musiccitycounselor.com. I'm here to help!

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Poster

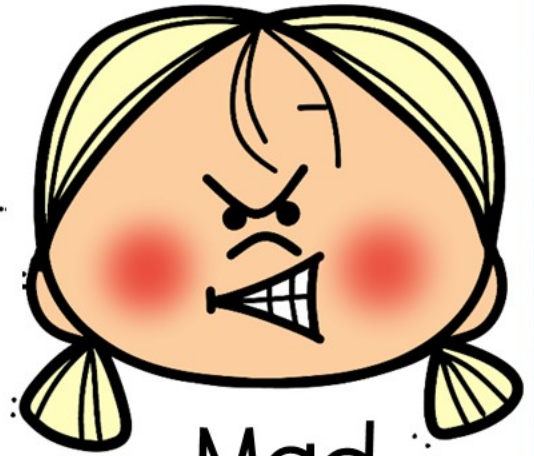
How do you **FEEL TODAY?**



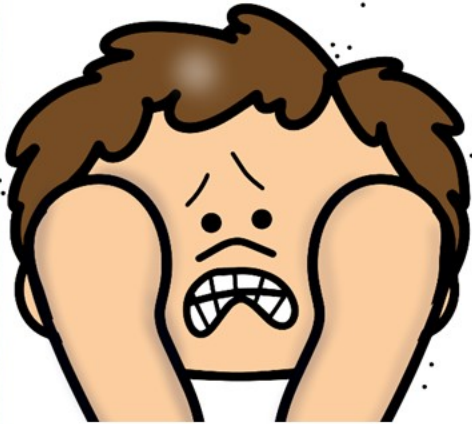
Happy



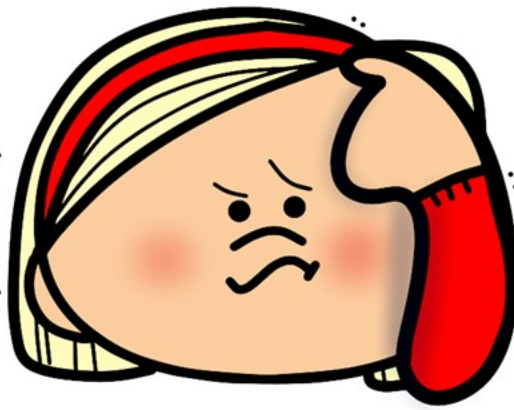
Sad



Mad



Scared



Confused



Embarrassed



Excited

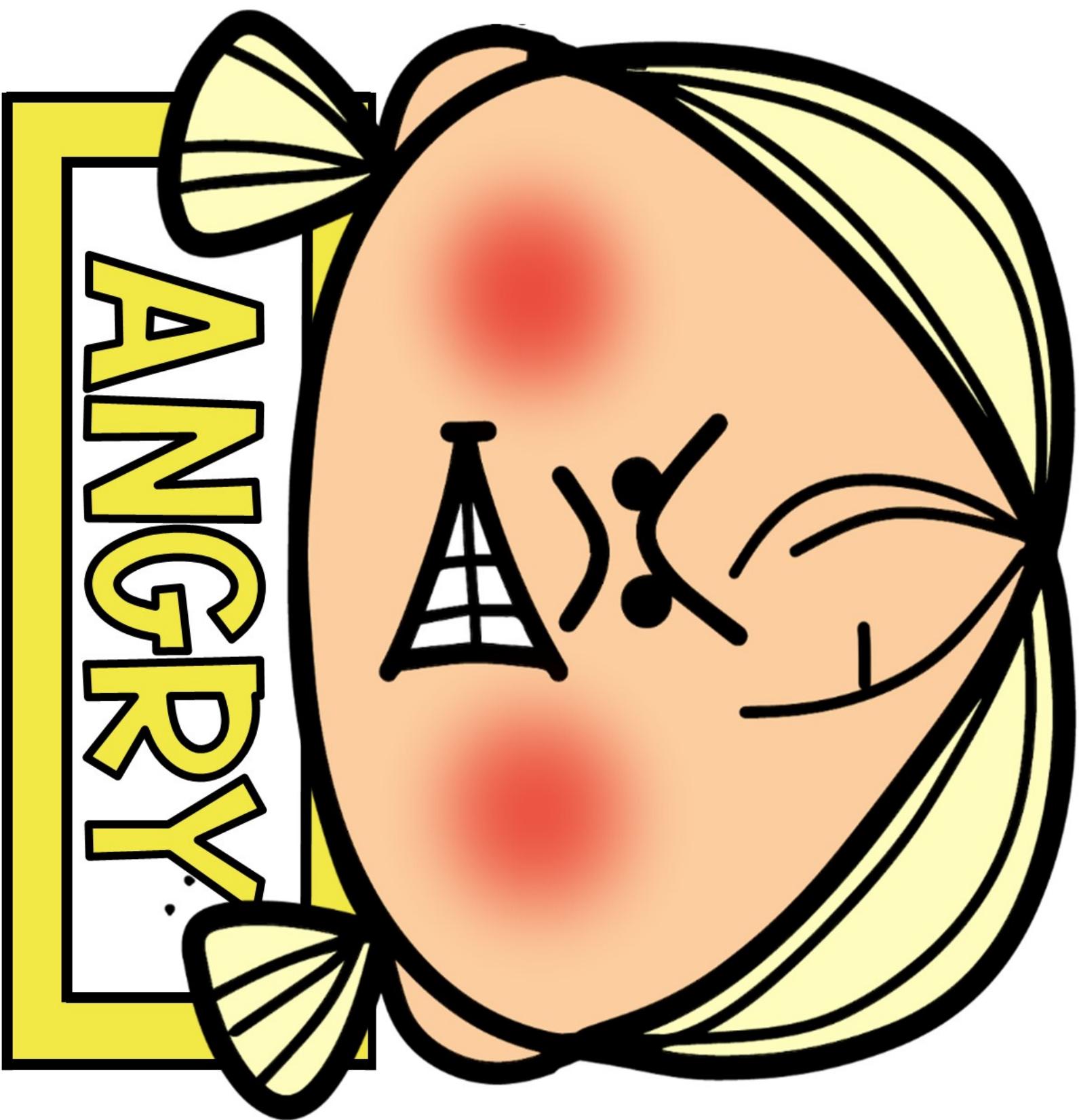


Surprised

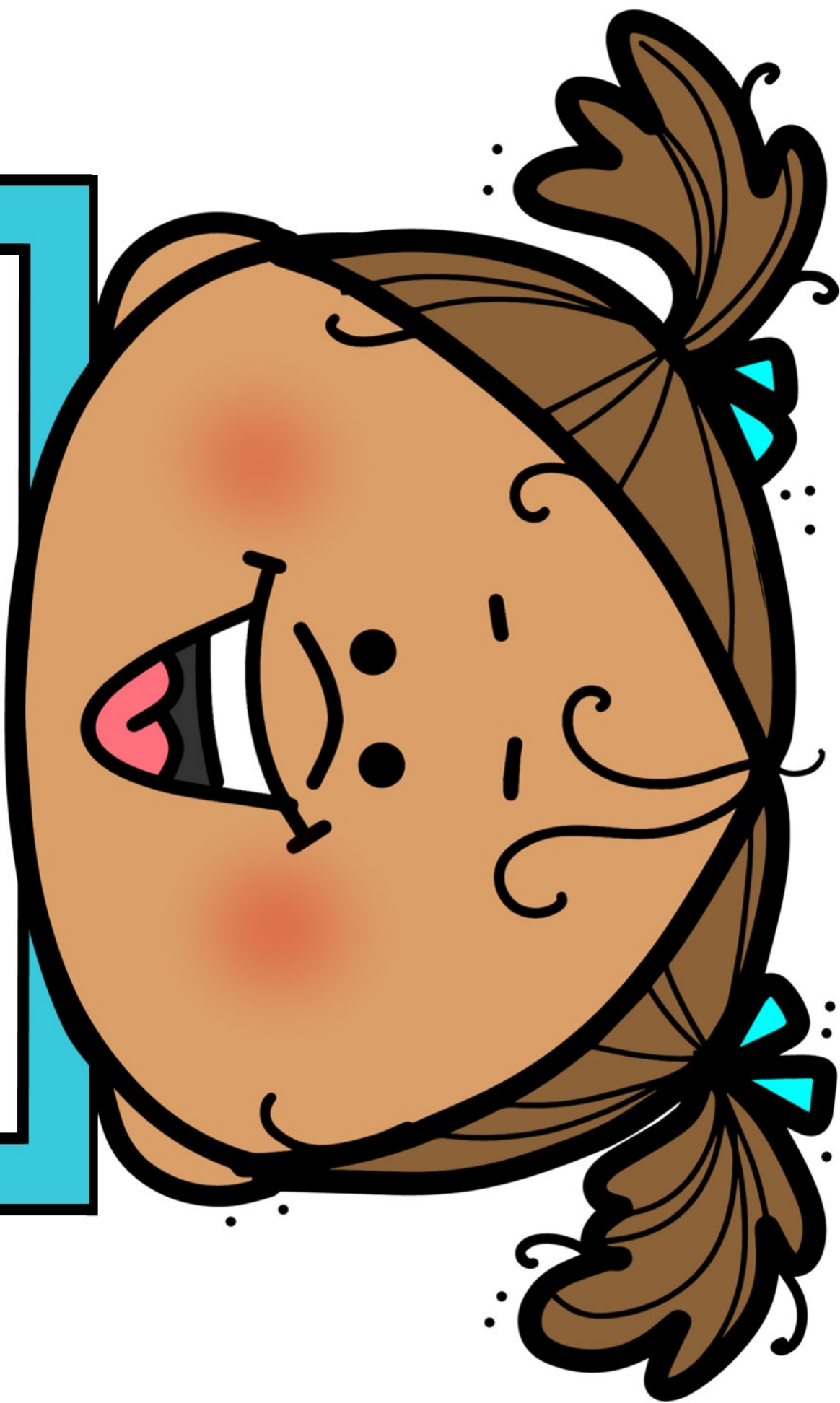
Feelings Masks

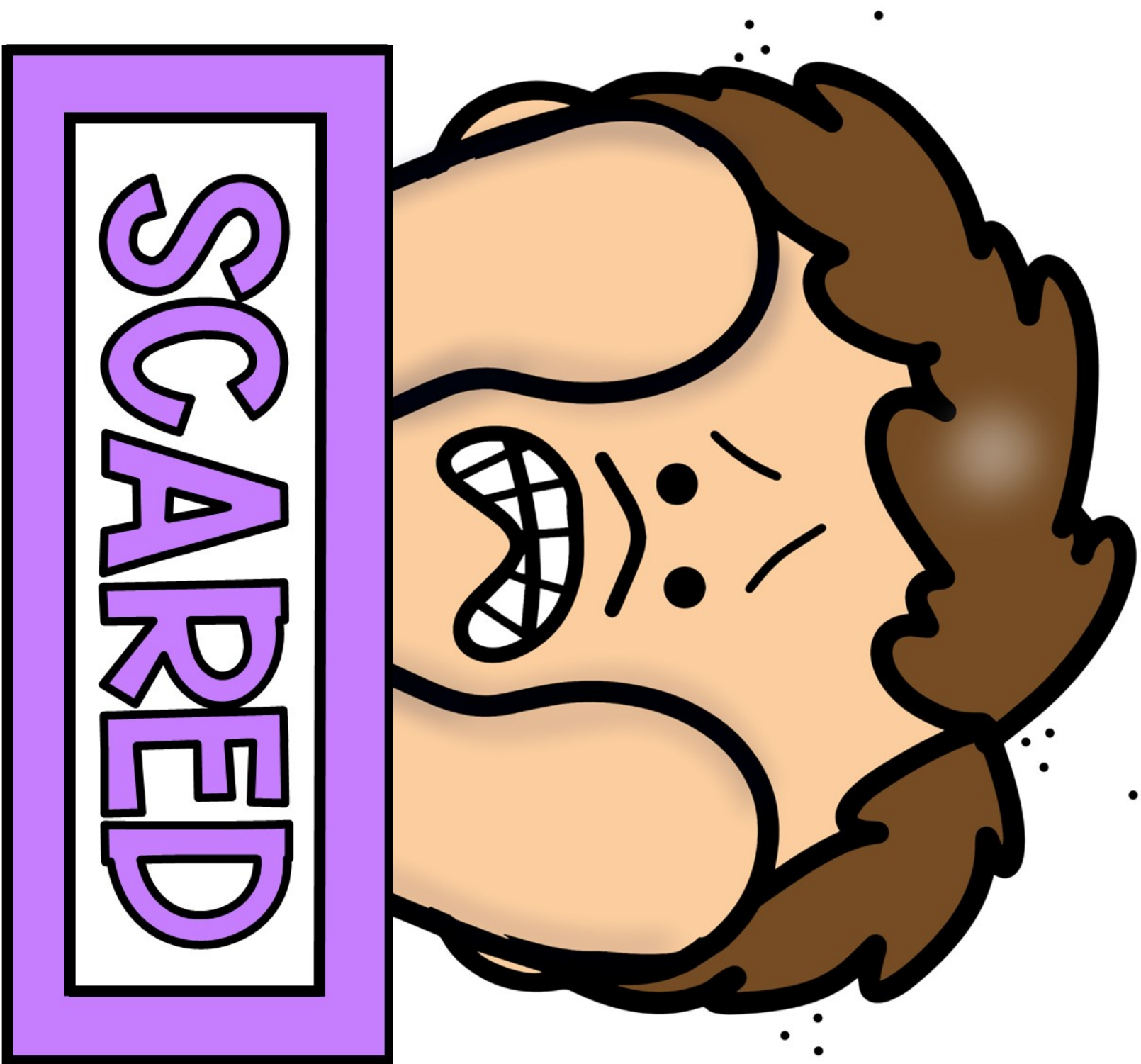


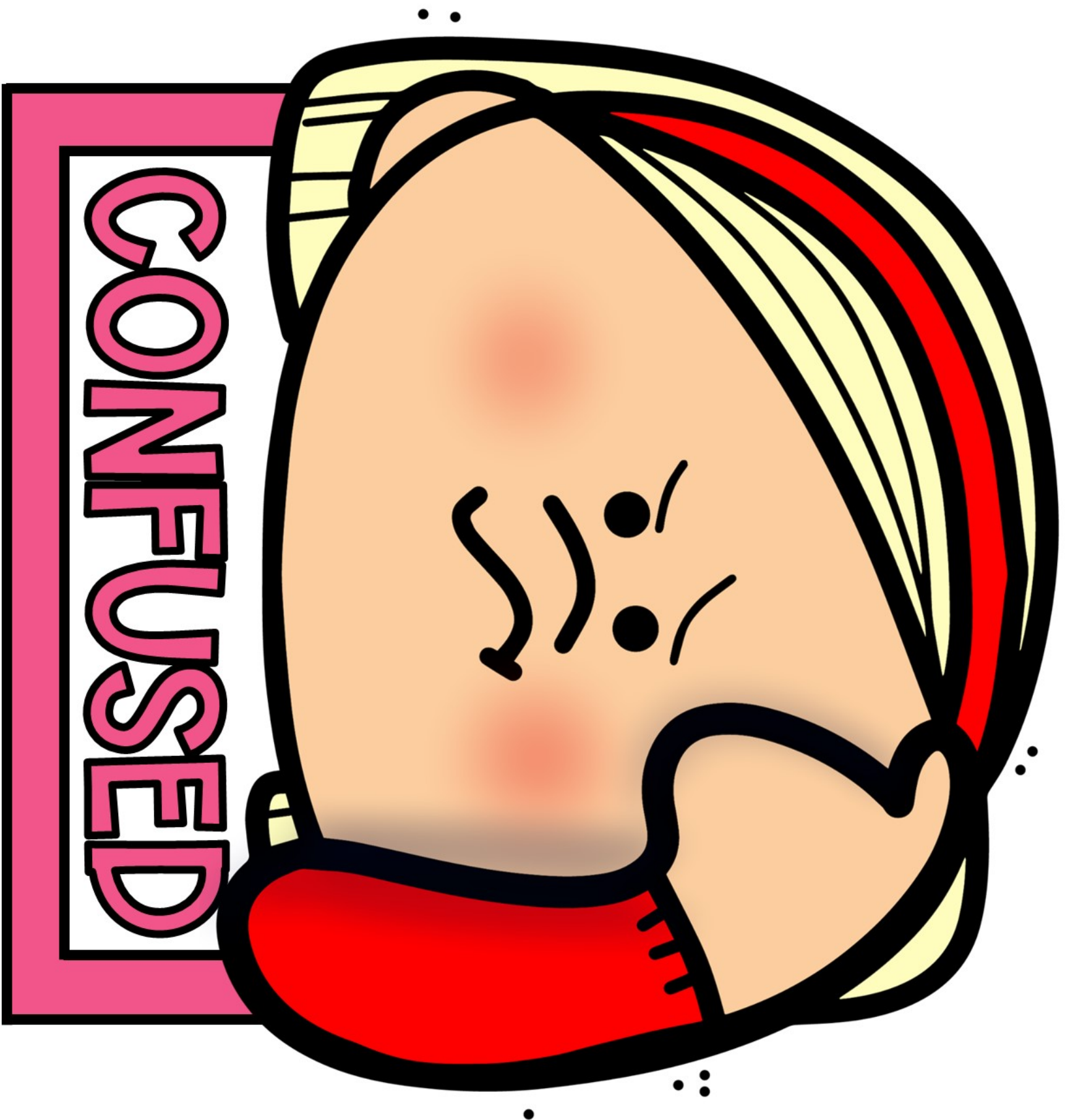




EXCITED





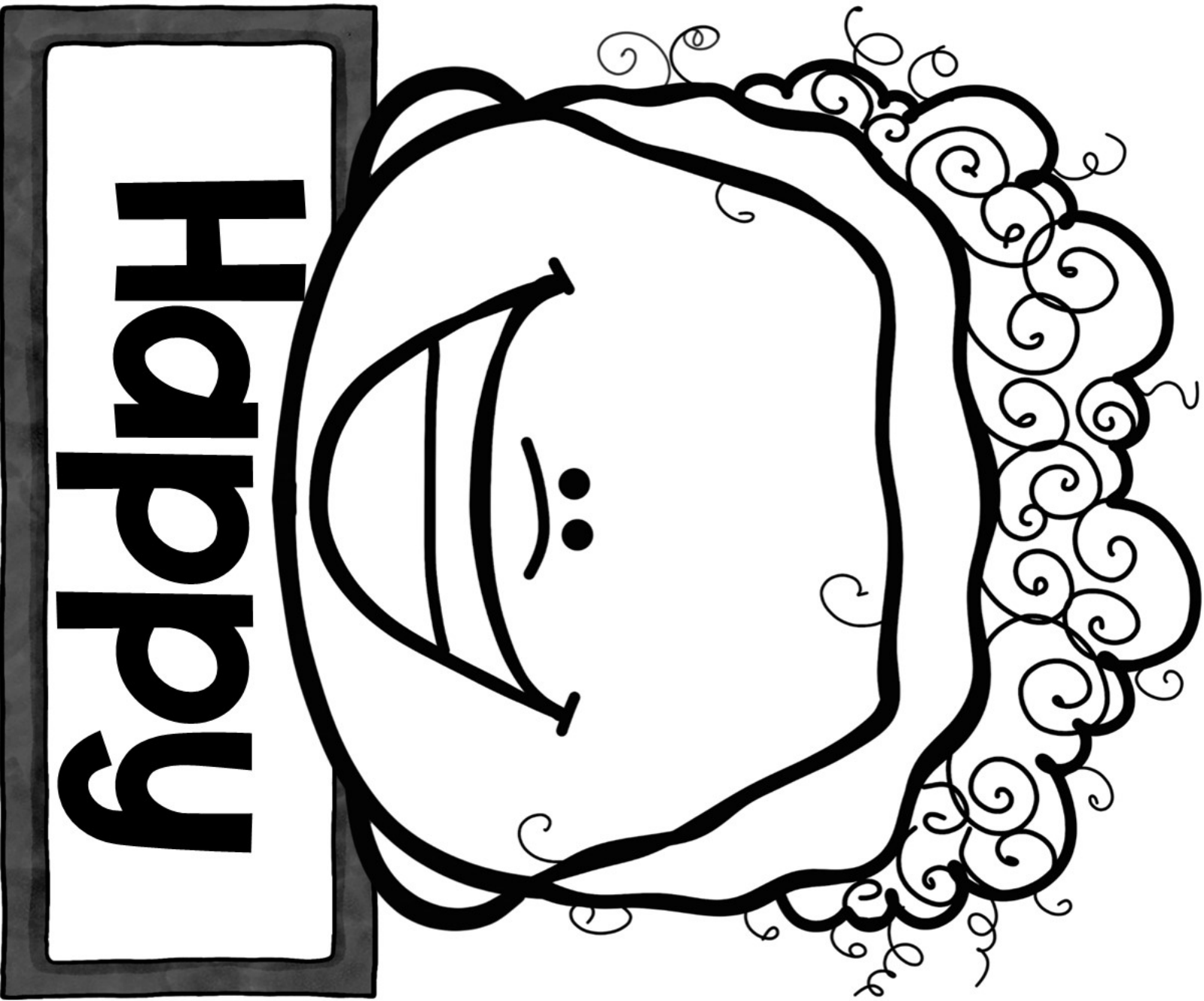


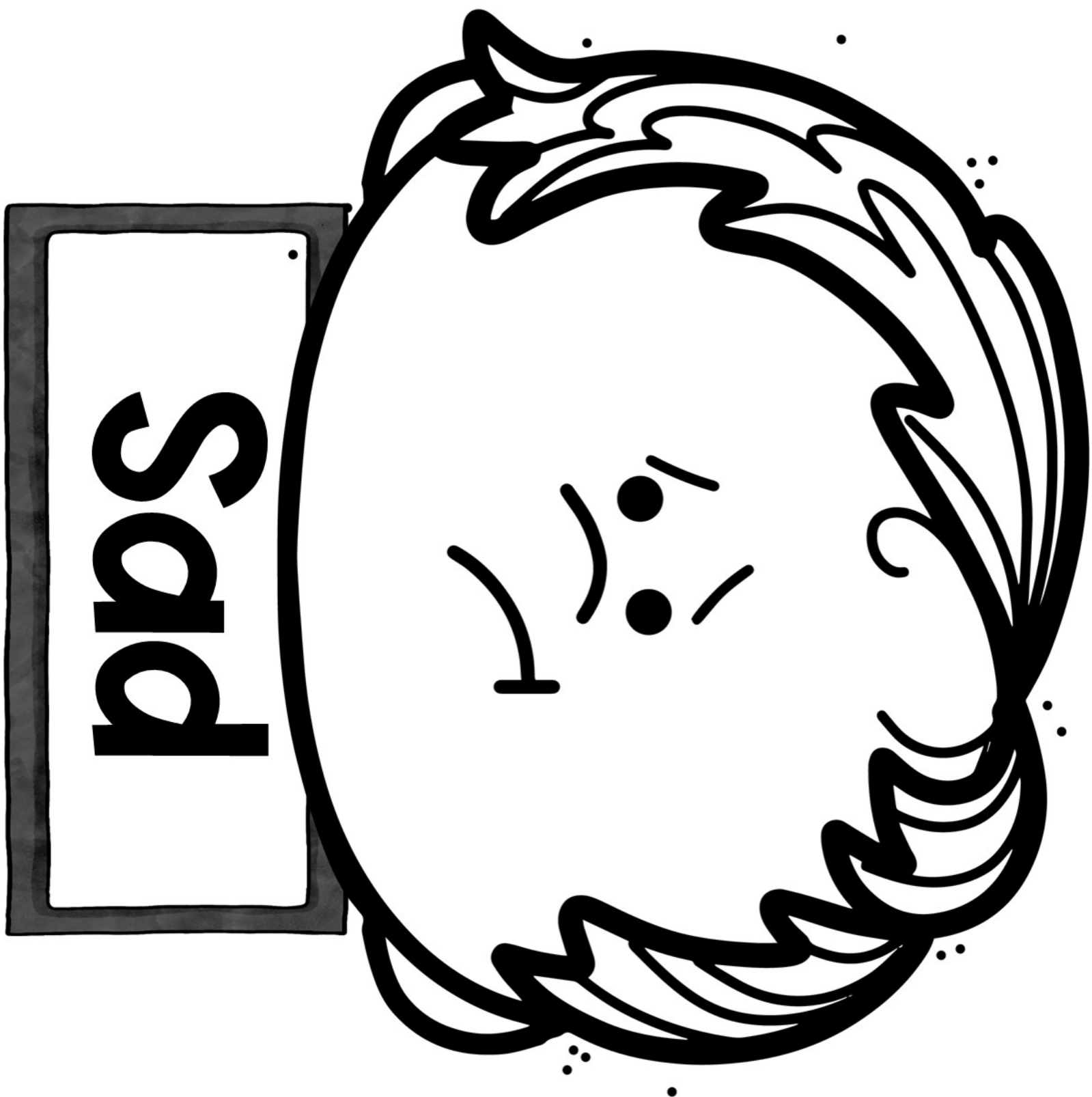
EMBARRASSED



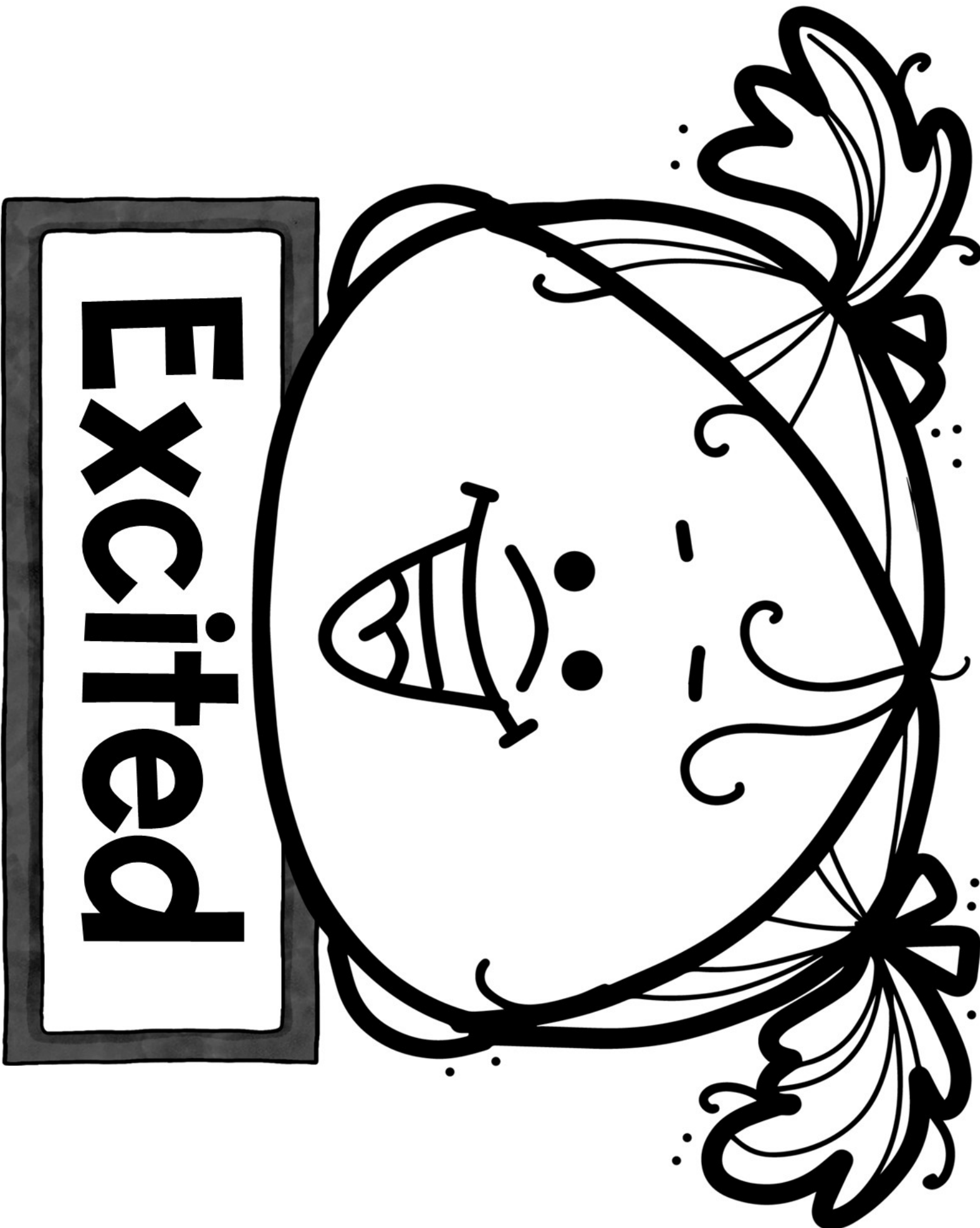
SURPRISED







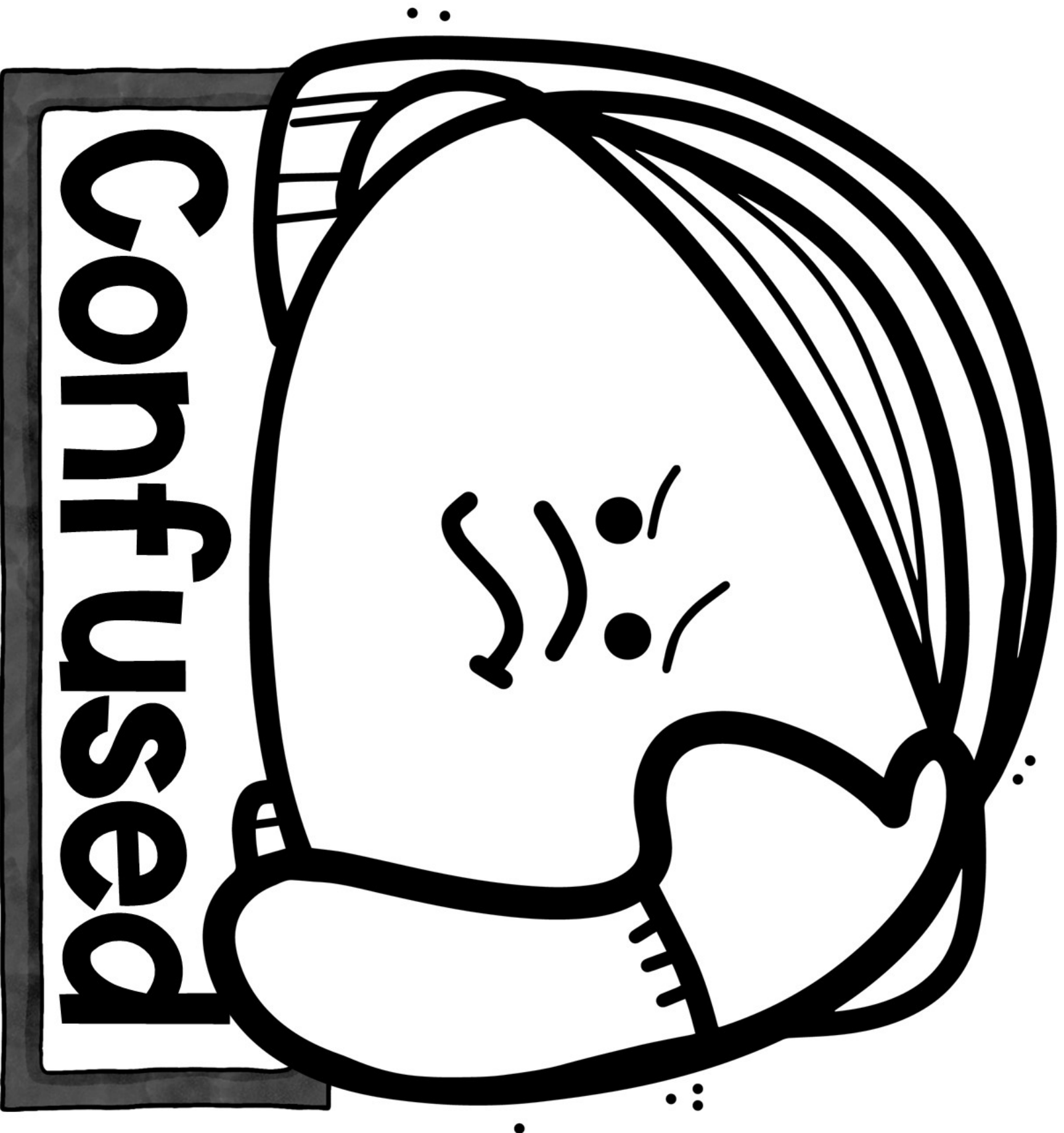




Excited

Scared







Embarrased

Surprised



Feelings Scenario Cards

Ja'Kya asked you to play
in the sandbox with her.



MUSIC CITY COUNSELOR

Your teacher said you're the
best reader in the class!



MUSIC CITY COUNSELOR



Zahra said
you couldn't
have a turn
with the ball.

MUSIC CITY COUNSELOR

Zachary invited you on
his family camping trip.



MUSIC CITY COUNSELOR

Kenny ignored you during
reading centers.



MUSIC CITY COUNSELOR

Jack played too rough at
recess.



MUSIC CITY COUNSELOR

Jackson shared his library book with you.



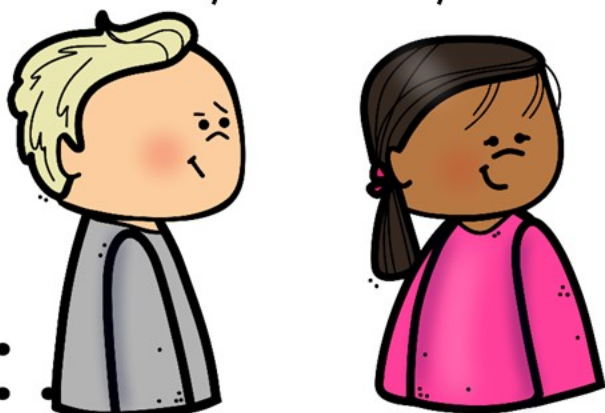
MUSIC CITY COUNSELOR

Keldon and Sally were telling secrets about you.



MUSIC CITY COUNSELOR

Sephora wouldn't listen to your story.



MUSIC CITY COUNSELOR

You tripped and dropped your brother's birthday cake.



MUSIC CITY COUNSELOR

Sarah laughed when you gave her a birthday gift.



MUSIC CITY COUNSELOR

You fell in a puddle before school.



MUSIC CITY COUNSELOR

Your snowman melted.



MUSIC CITY COUNSELOR

Ming wouldn't share the Play-Doh™ with you.



MUSIC CITY COUNSELOR

Your spelling test was just too hard.



MUSIC CITY COUNSELOR

You helped your neighbor carry groceries.



MUSIC CITY COUNSELOR

You fell off the monkey bars at recess.



MUSIC CITY COUNSELOR

Helen wouldn't share the recess equipment.



MUSIC CITY COUNSELOR

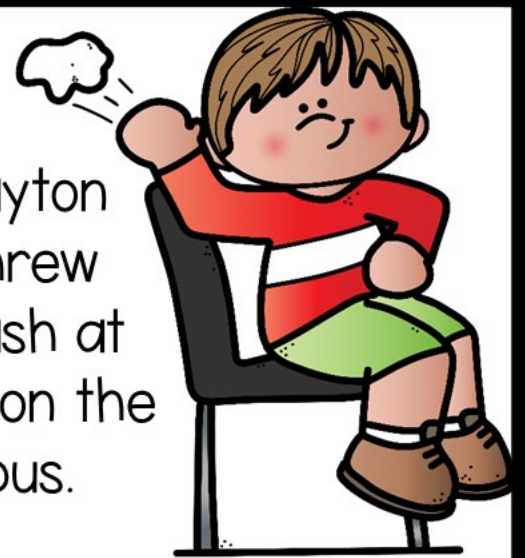
You and Keisha took turns
with the ball.



MUSIC CITY COUNSELOR

Kayton
threw
trash at
you on the
bus.

...



MUSIC CITY COUNSELOR

Corey yelled
at you in the
cafeteria.



MUSIC CITY COUNSELOR

Morgan asked you to
play.



MUSIC CITY COUNSELOR

Rachel
helped
you
clean up
the
mess.



MUSIC CITY COUNSELOR

You missed the bus.



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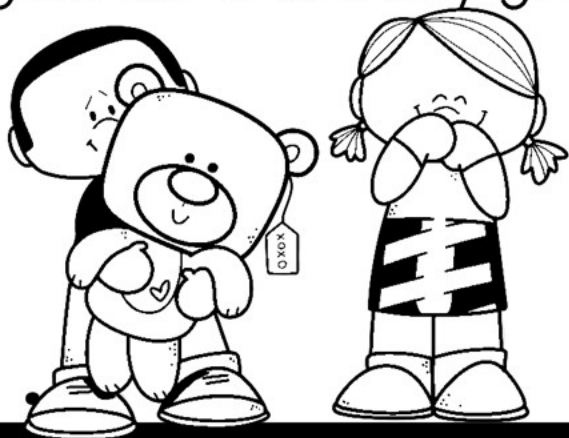
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MUSIC CITY COUNSELOR

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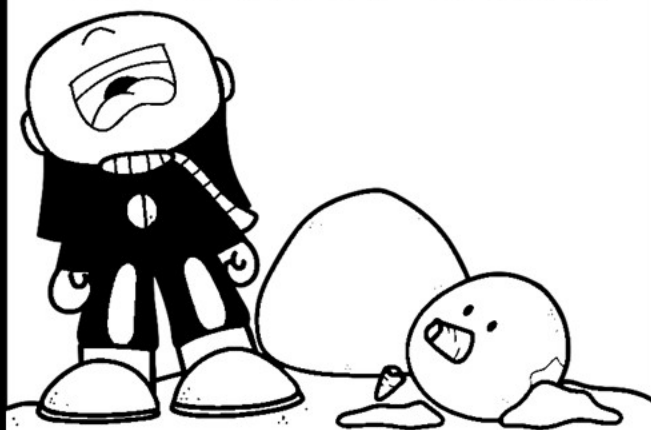
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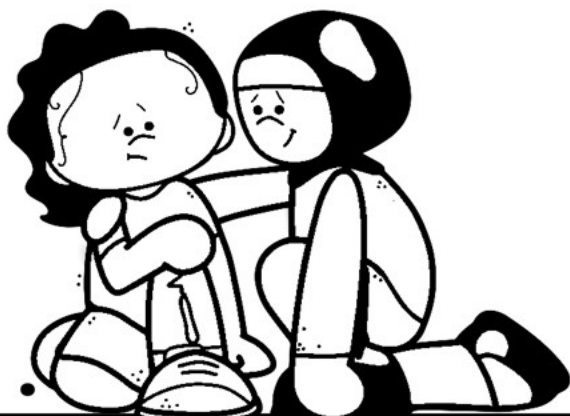
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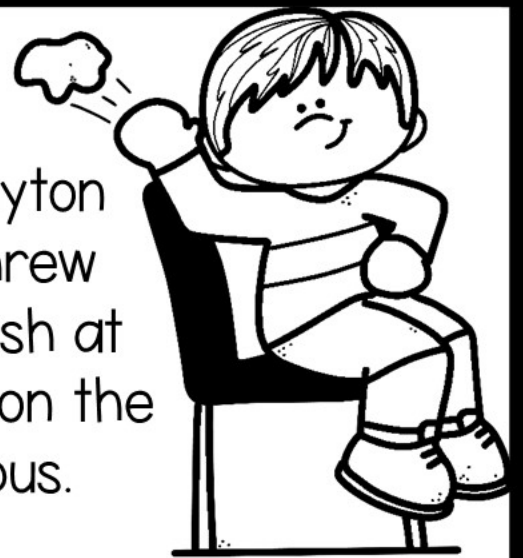
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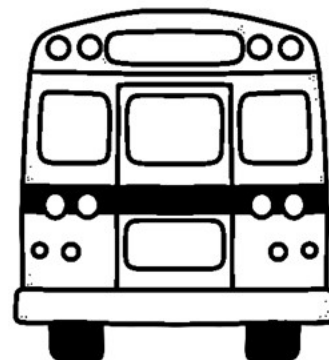
MUSIC CITY COUNSELOR

Rachel
helped
you
clean up
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mess.



MUSIC CITY COUNSELOR

You missed the bus.



MUSIC CITY COUNSELOR

Coloring Pages & Worksheets

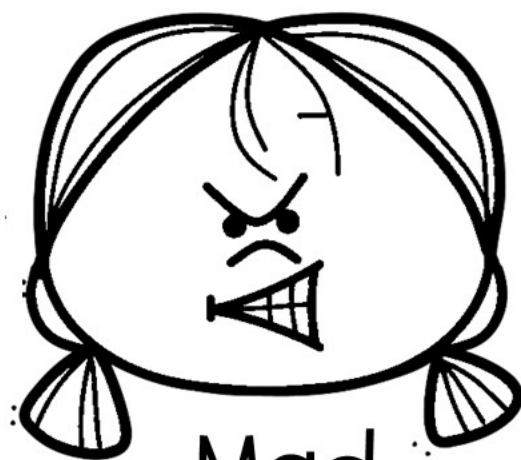
How do you FEEL TODAY?



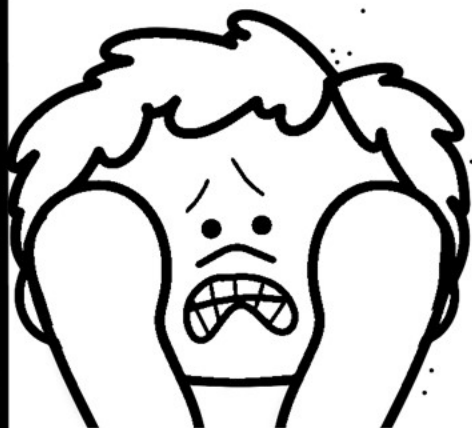
Happy



Sad



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Scared



Confused



Embarrassed



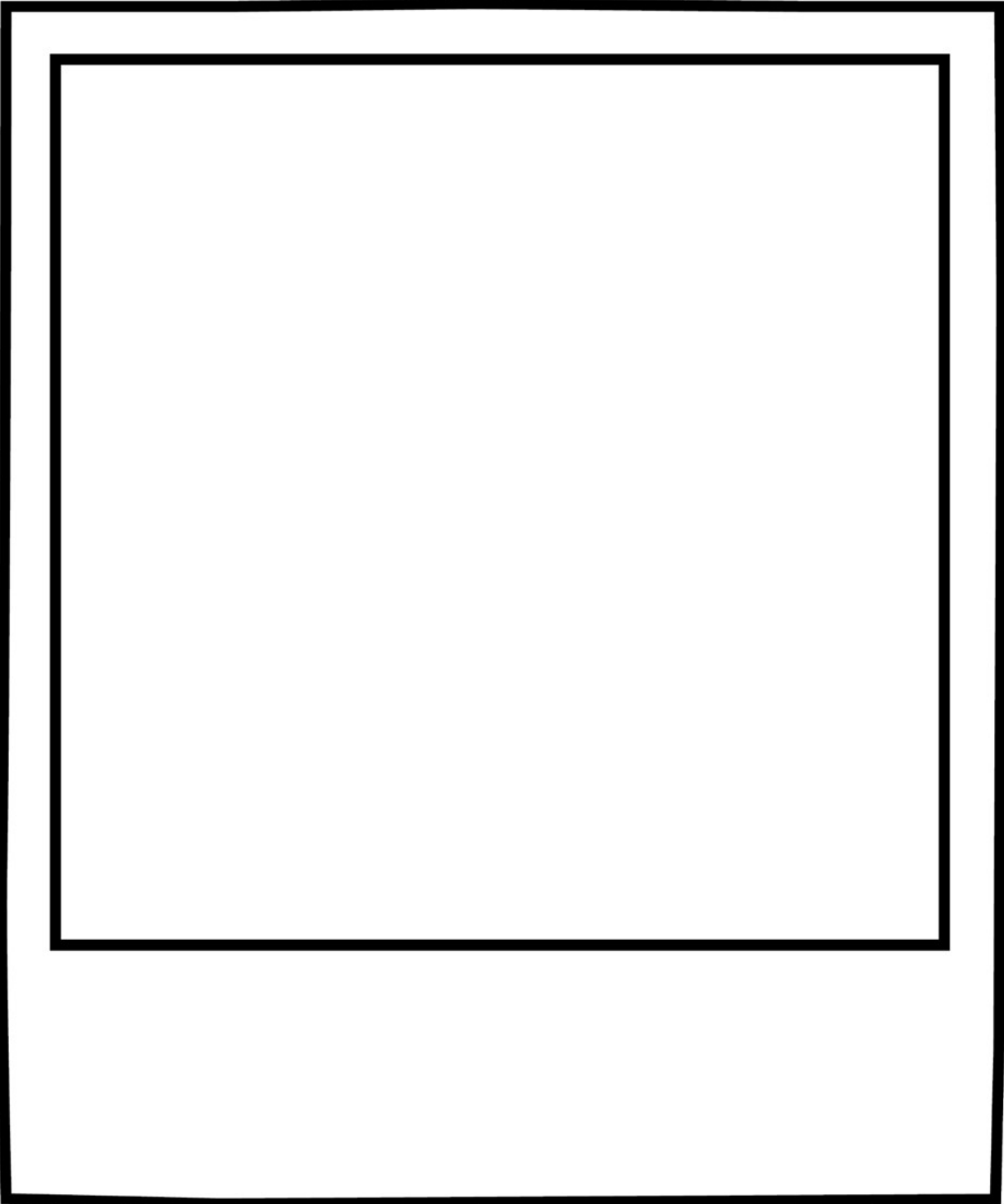
Excited



Surprised

Name: _____

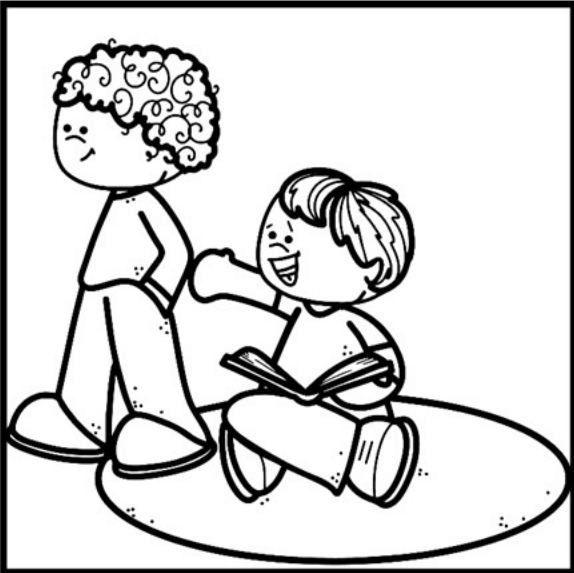
Today I feel...



Name: _____

How would you feel...

How would you feel in each of these situations?



Feelings Book with Traceable Words

Name _____

All of My **FEELINGS!**



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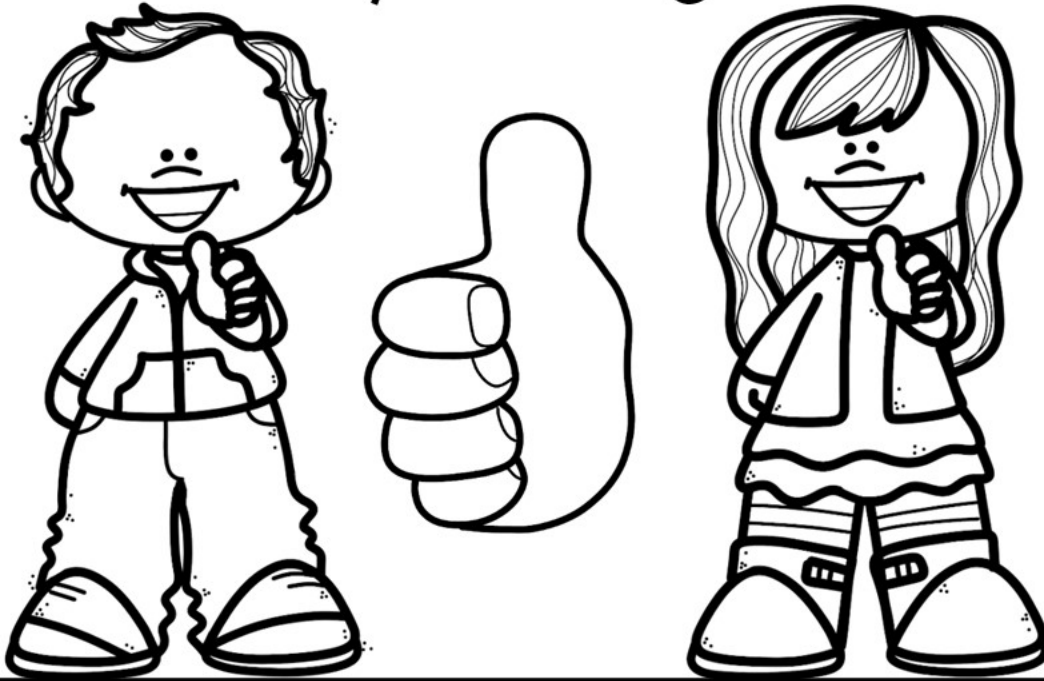
Name _____

All of My **FEELINGS!**



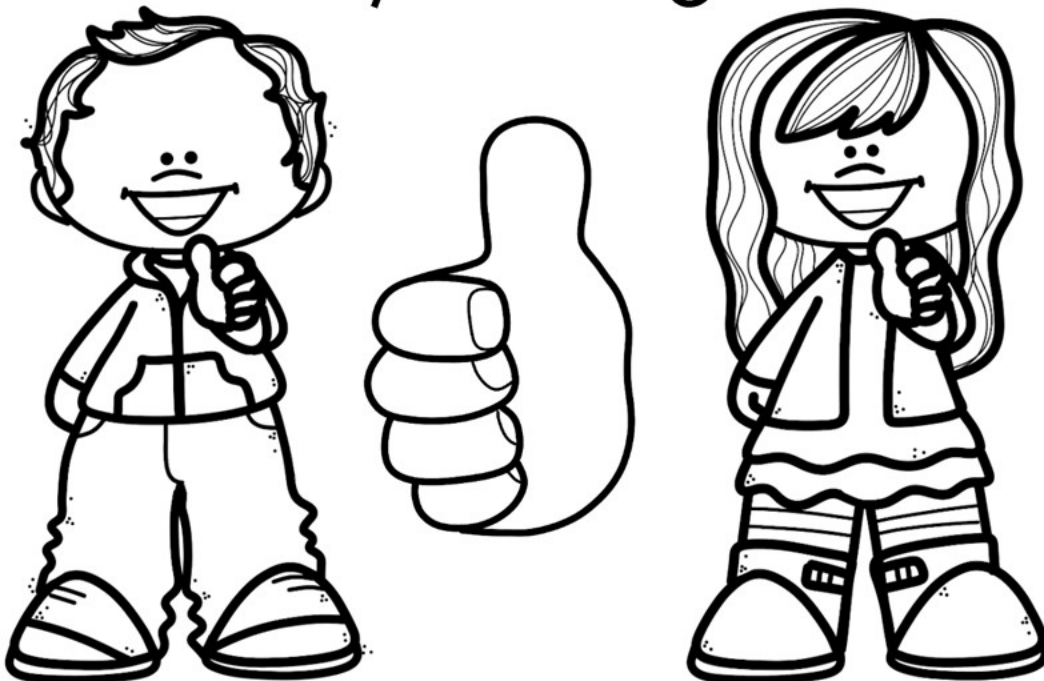
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: "I have all different feelings each day. All of my feelings are okay!"



MUSIC city COUNSELOR

: "I have all different feelings each day. All of my feelings are okay!"



MUSIC city COUNSELOR

I feel happy.



MUSIC city COUNSELOR

I feel happy.



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I feel sad



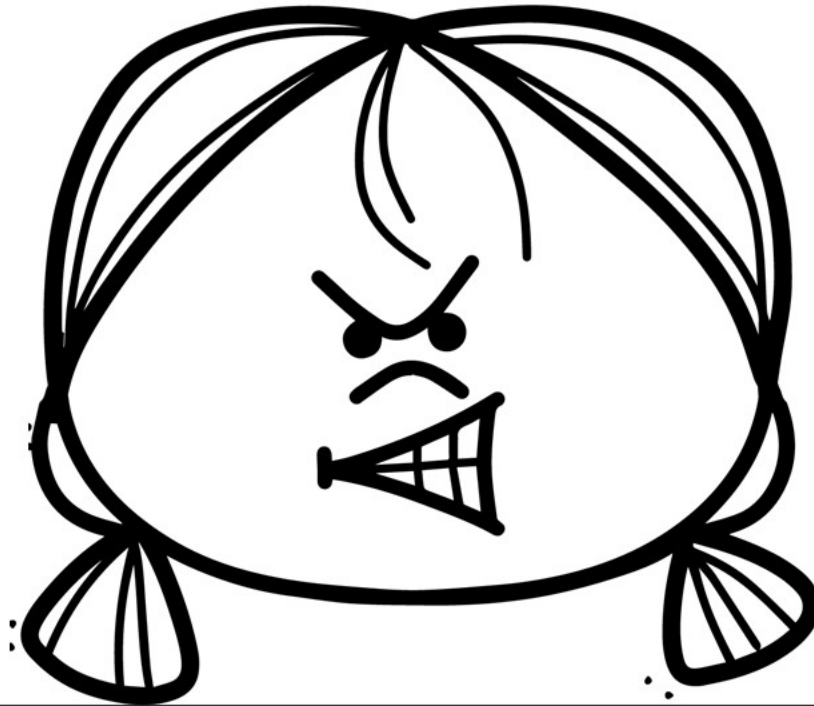
MUSIC city COUNSELOR

I feel sad



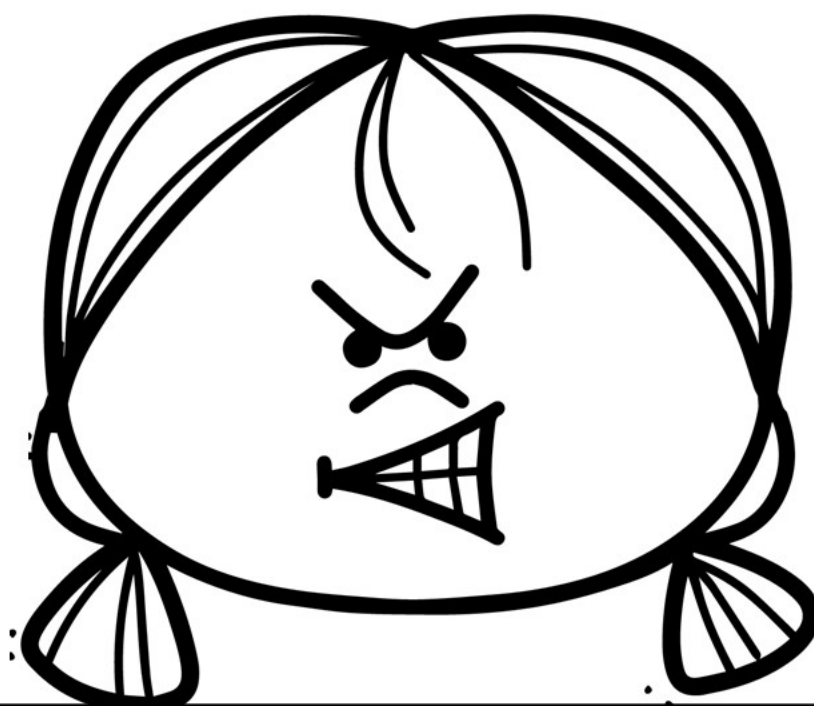
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I feel mad



MUSIC CITY COUNSELOR

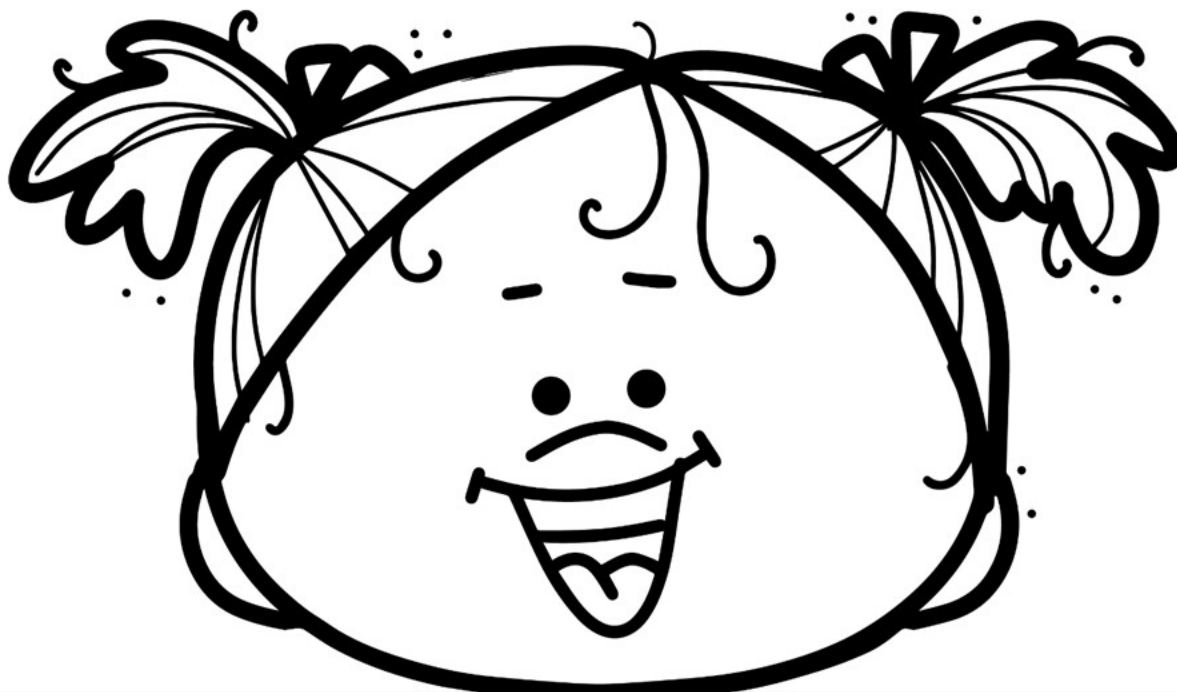
I feel mad



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I feel

excited



MUSIC CITY COUNSELOR

I feel

excited



MUSIC CITY COUNSELOR

I feel scared



MUSIC city COUNSELOR

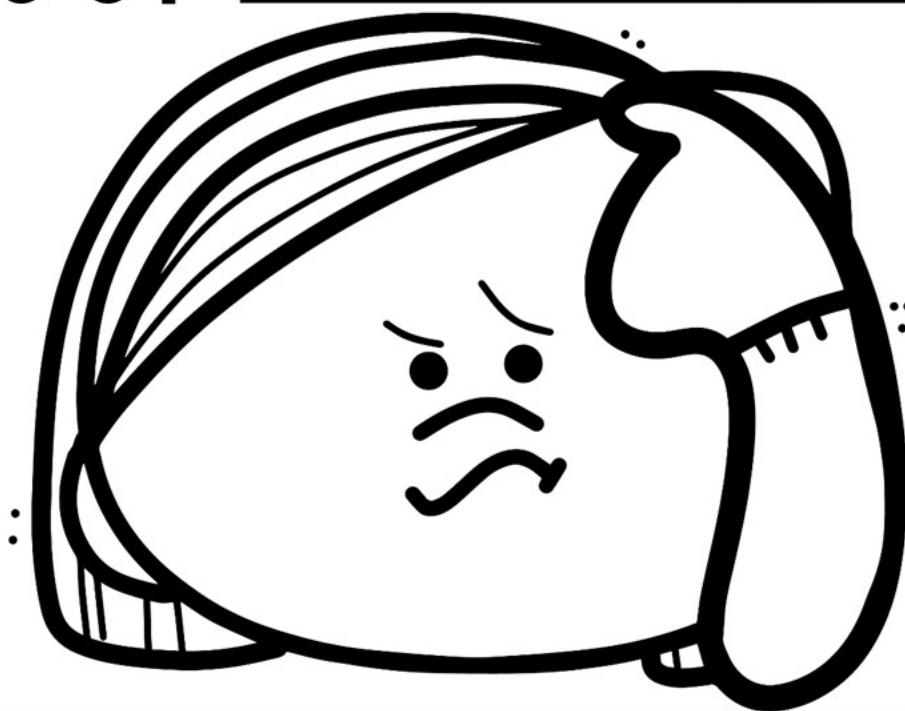
I feel scared



MUSIC city COUNSELOR

I feel

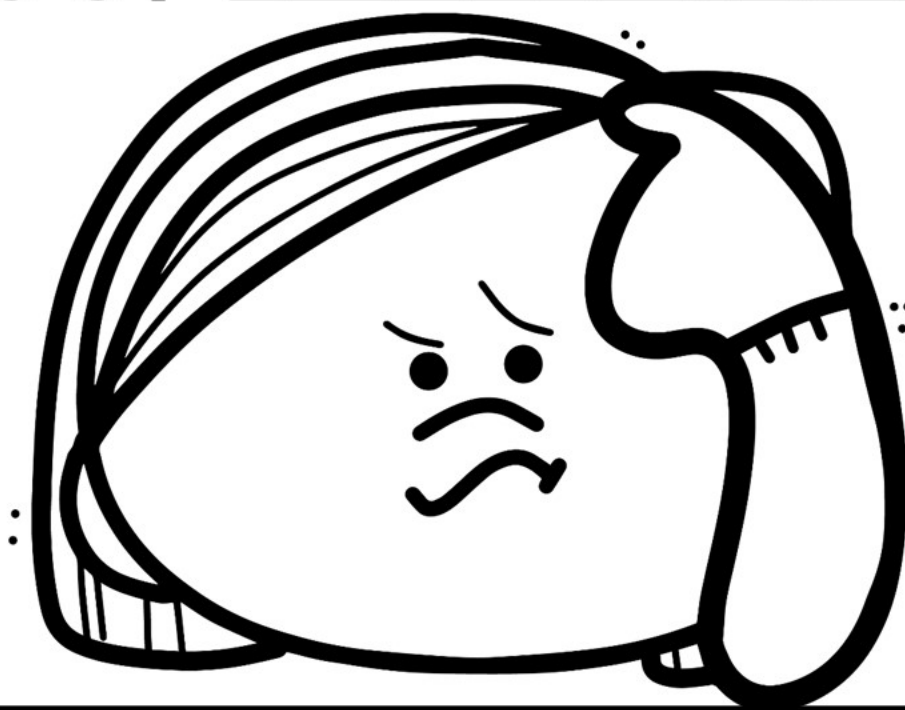
confused



MUSIC city COUNSELOR

I feel

confused



MUSIC city COUNSELOR

I feel embarrassed



MUSIC CITY COUNSELOR

I feel embarrassed



MUSIC CITY COUNSELOR

I feel

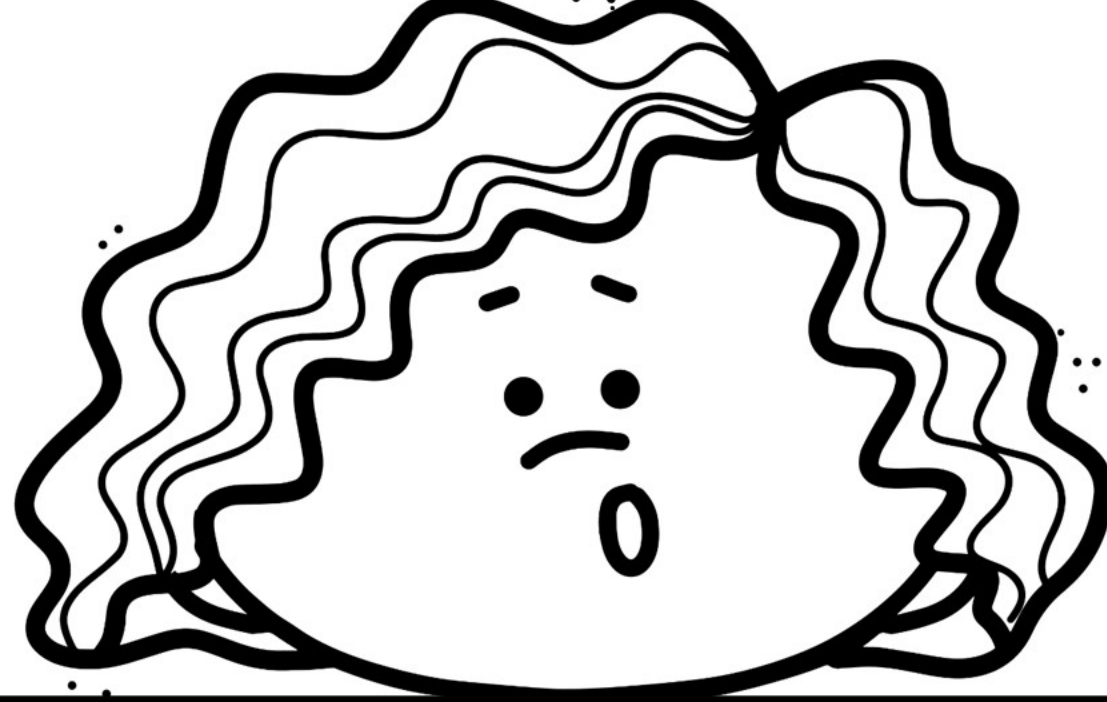
surprised



MUSIC city COUNSELOR

I feel

surprised



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Today **I FEEL...**

Today **I FEEL...**

Feelings Book with Blank Lines

Name _____

All of My **FEELINGS!**



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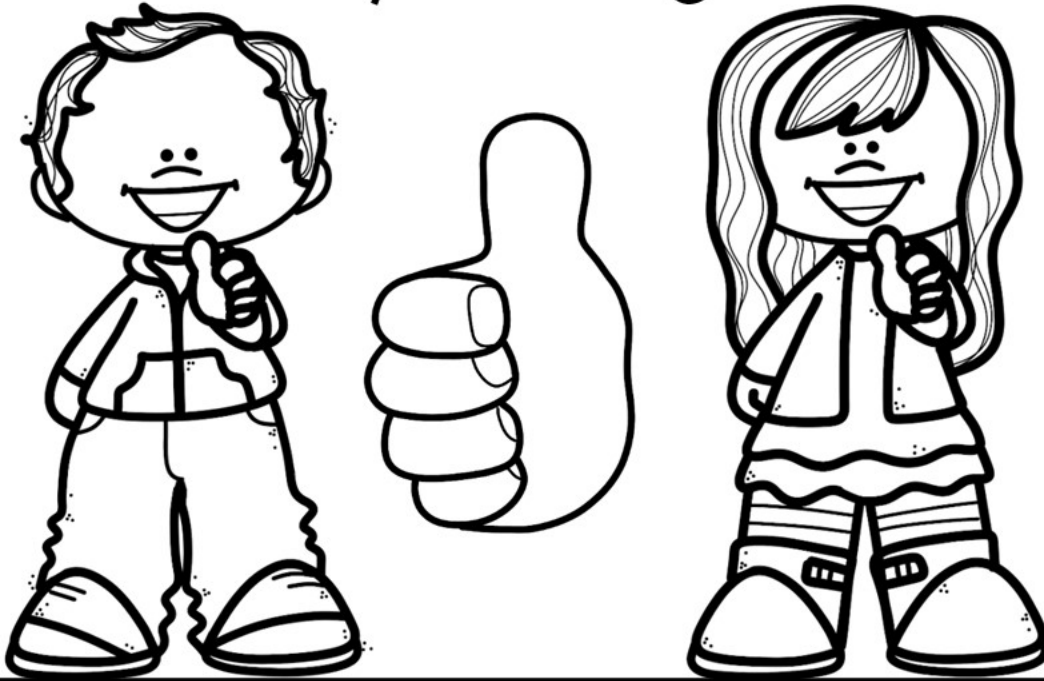
Name _____

All of My **FEELINGS!**



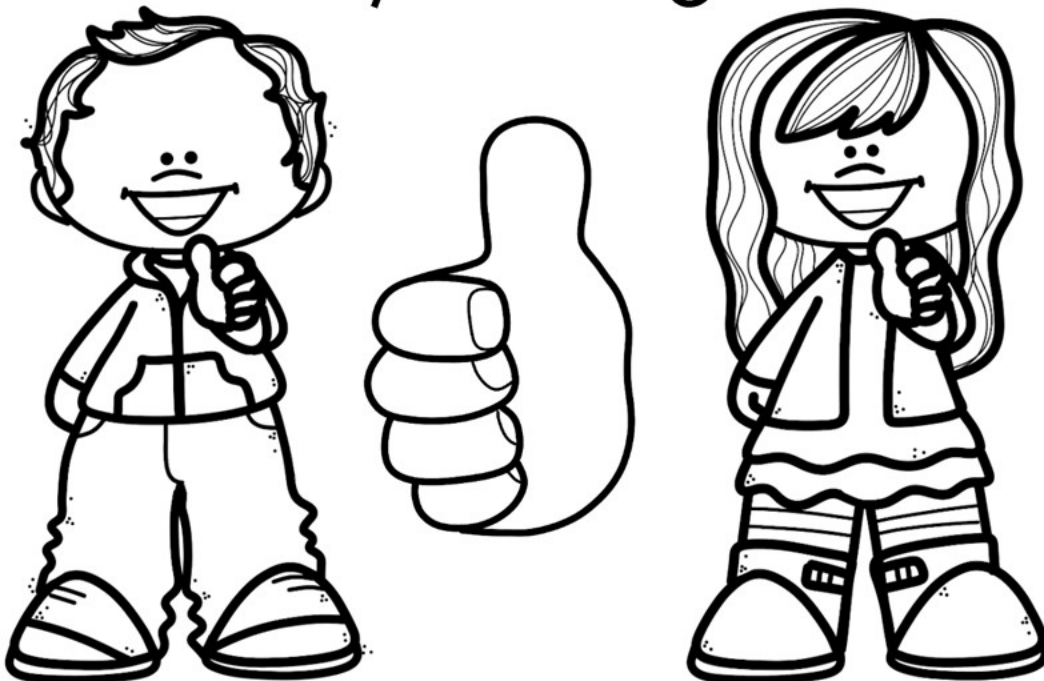
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: "I have all different feelings each day. All of my feelings are okay!"



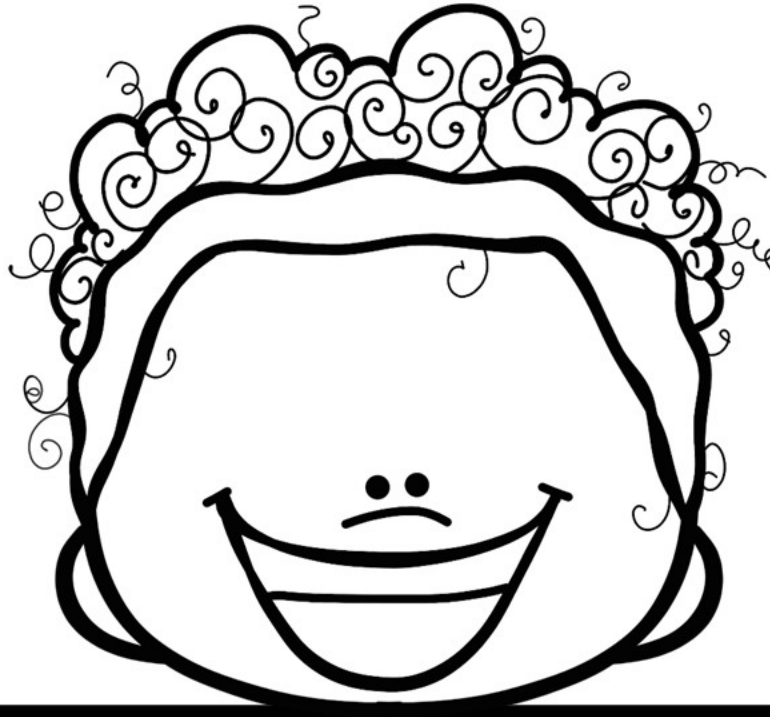
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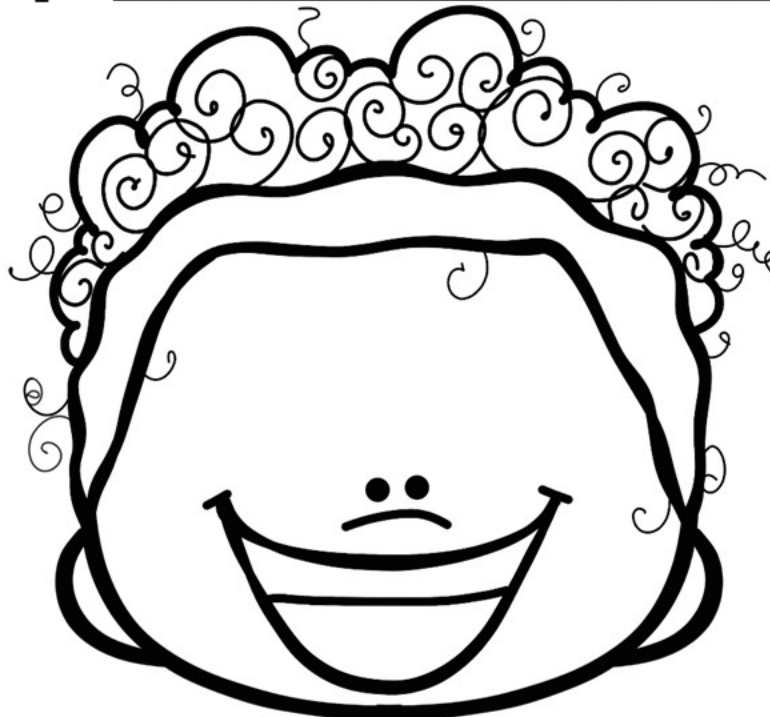
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I feel



MUSIC CITY COUNSELOR

I feel



MUSIC CITY COUNSELOR

I feel



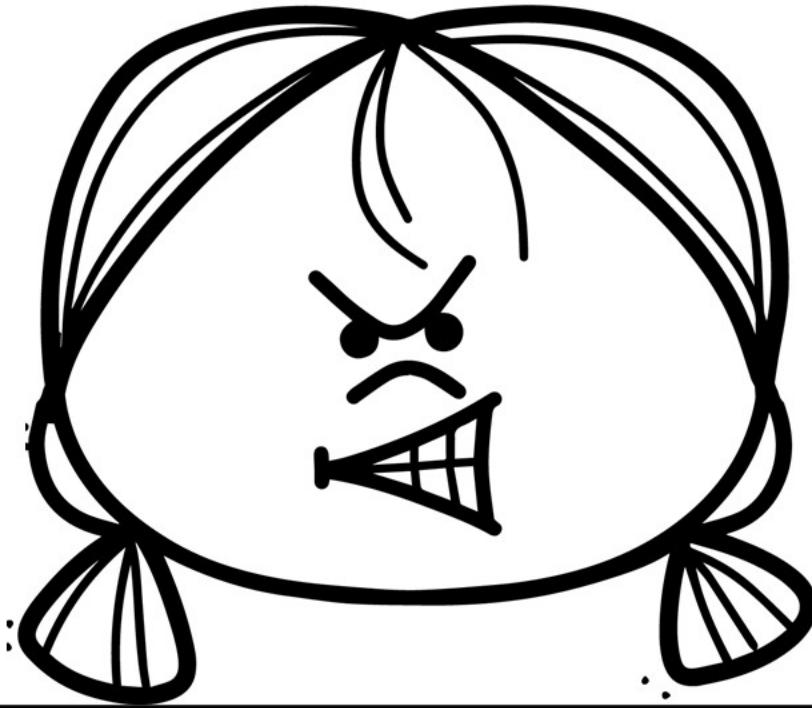
MUSIC city COUNSELOR

I feel



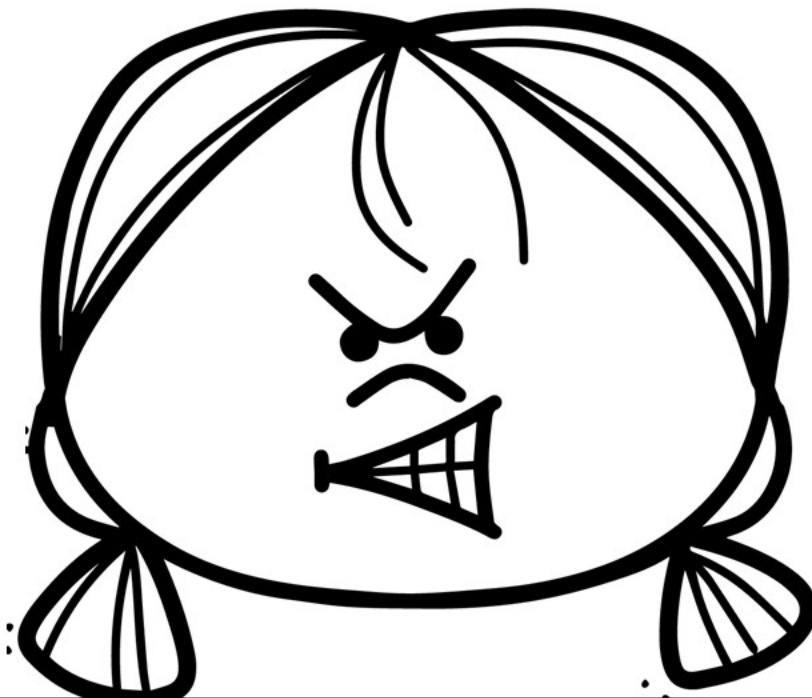
MUSIC city COUNSELOR

I feel



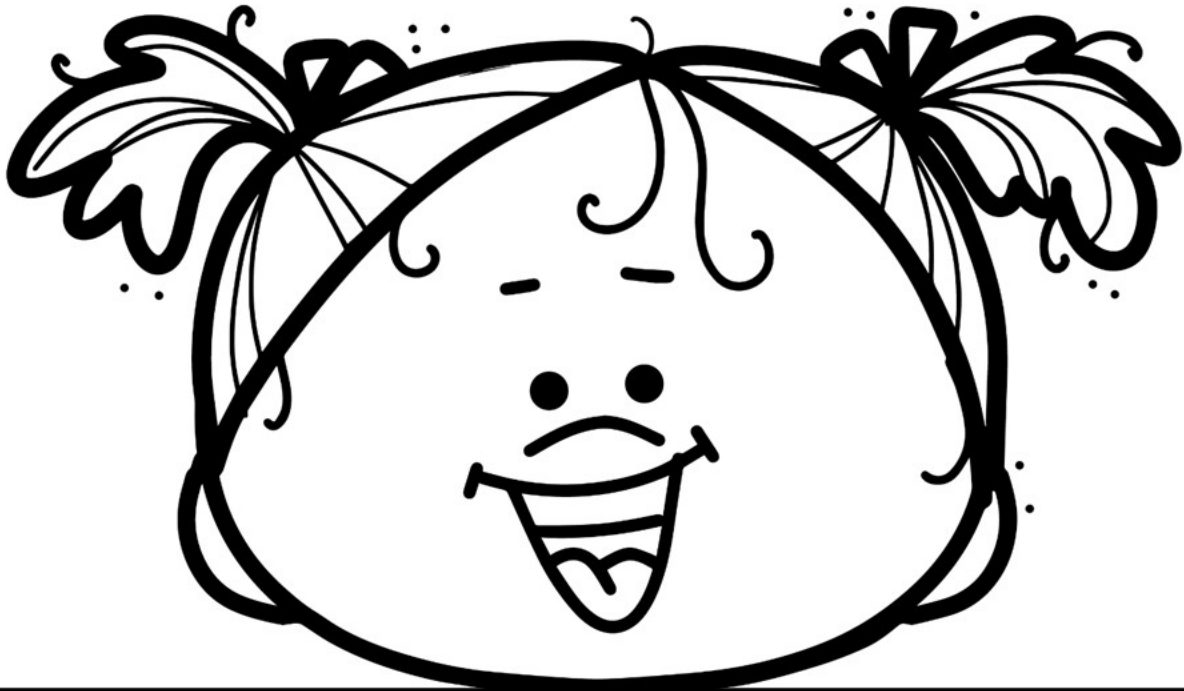
MUSIC CITY COUNSELOR

I feel



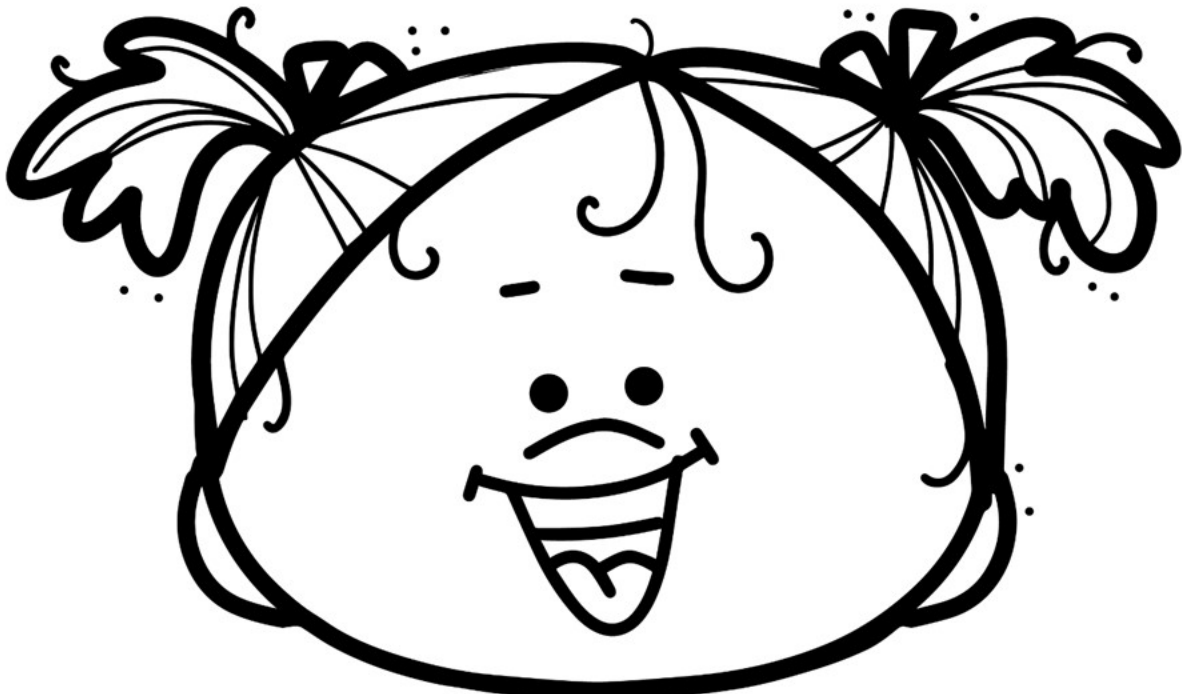
MUSIC CITY COUNSELOR

I feel



MUSIC CITY COUNSELOR

I feel



MUSIC CITY COUNSELOR

I feel



MUSIC CITY COUNSELOR

I feel



MUSIC CITY COUNSELOR

I feel



MUSIC CITY COUNSELOR

I feel



MUSIC CITY COUNSELOR

I feel



MUSIC CITY COUNSELOR

I feel



MUSIC CITY COUNSELOR

I feel



MUSIC city COUNSELOR

I feel



MUSIC city COUNSELOR

Today **I FEEL...**

Today **I FEEL...**

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