

○ MUSIC  city COUNSELOR

THANK YOU FOR YOUR
PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

○ ♥ **WEBSITE:** www.musiccitycounselor.com

♥ **MEMBERSHIP:** www.counselorcollab.com

ASCA MINDSETS & BEHAVIORS:

Mindset Standards:

- M1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

Behavior Standards:

- B-SMS 2: Self-discipline and self-control
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment

DIRECTIONS PAGE 1:

This lesson will take approximately 45 minutes to complete.

Recommended Sequence:

1. Review the PowerPoint or digital for Google Slides presentation.
2. Choice of activities:
 - Feelings cards
 - Question cards
 - Worksheets
3. Display the posters in your space.

PowerPoint Presentation:

PowerPoint and digital for Google Slides versions of the same presentation are included. This presentation teaches students how 10 emotions look and feel in their bodies and brains, as well as 3 situations in which they may experience each feeling. As you go through the presentation, engage students by asking them to:

- Act out the emotion you are talking about
- Describe how that emotion feels and looks for them
- Share about a time when they felt that emotion

Feelings Cards:

There are endless ways to use these feelings cards! Both color and black/white are included. Here are some ideas for you:

- **Feelings Check-In:** Ask students to choose the card(s) that show how they're feeling today.
- **Role Play:** Students can choose a card then act it out. Classmates or a partner can guess which emotion they're portraying.

DIRECTIONS PAGE 2:

- **"What Happened?":** Show a card and ask students to share what they think may have happened to that child to make him/her feel that way. Let kids make up a story or connect it back to their own lives.
- **Scenarios:** Give kids a scenario (i.e. your brother broke your tablet, you are late for school, you have a big test today) and ask them to choose the card that shows how they would feel.
- **Sorting Game:** Ask students to sort the cards into piles based on whether they are a positive or a negative feeling.

Question Cards:

2 different versions of question cards are included in full color and black/white. These cards can be used in small groups, large group, and with individual students to generate reflection and discussion.

- **Quarter-page cards:** A total of 38 quarter-page cards are included. They show an image and ask students to describe how they think that child is feeling. Students can also share why they think the child in the photo may be feeling that way.
- **Three-quarter-page cards:** One card for each of the 10 emotions is included. These cards ask students 3 questions about the feeling. Students can write their responses on the lines.

Worksheets:

10 worksheets are included, one for each emotion, in full color and black/white. These can be used in many ways! You can randomly assign an emotion to students, you can let them choose which emotion they'd like to explore/write about, or let them choose based on how they are feeling today.

DIRECTIONS PAGE 3:

Posters:

10 decorative posters are also included, one for each emotion. Please display these in your space.

Questions, comments, or suggestions?

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 on my TpT store. It earns you credits towards future purchases, helps other educators find quality materials, and helps my small business grow. 😊

Posters

MY FEELINGS

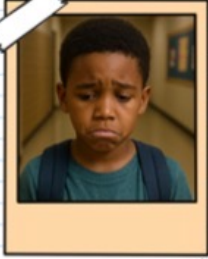
Today I feel
HAPPY



Today I feel
ANGRY



Today I feel
SAD



Today I feel
SILLY



Today I feel
EXCITED



Today I feel
SCARED



Today I feel
SURPRISED



Today I feel
NERVOUS



Identifying My FEELINGS



Happy



Sad



Angry



Excited



Silly



Surprised



Scared



Frustrated

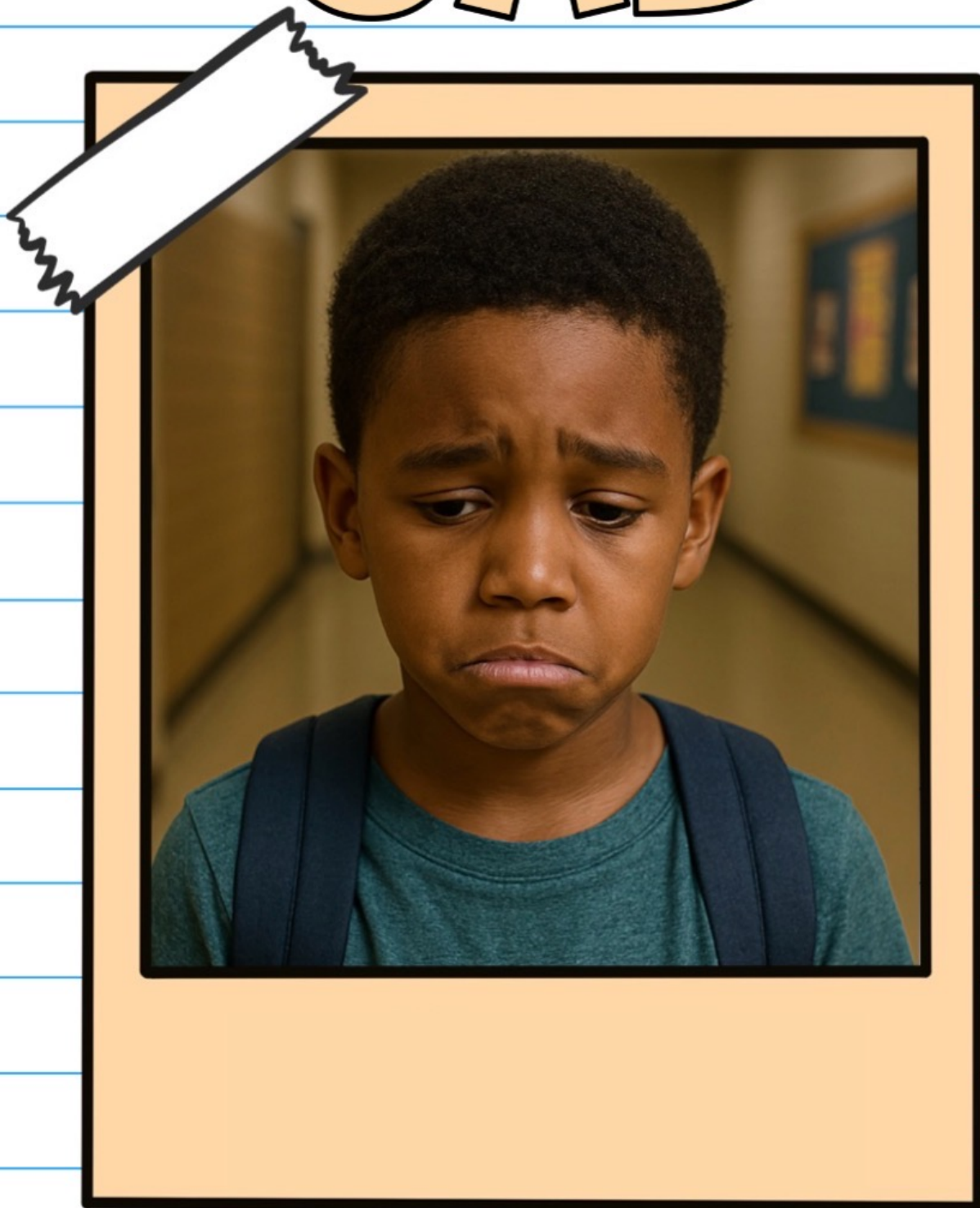


Nervous

Today I feel
HAPPY



Today I feel
SAD



Today I feel
ANGRY



Today I feel
EXCITED



Today I feel
SILLY



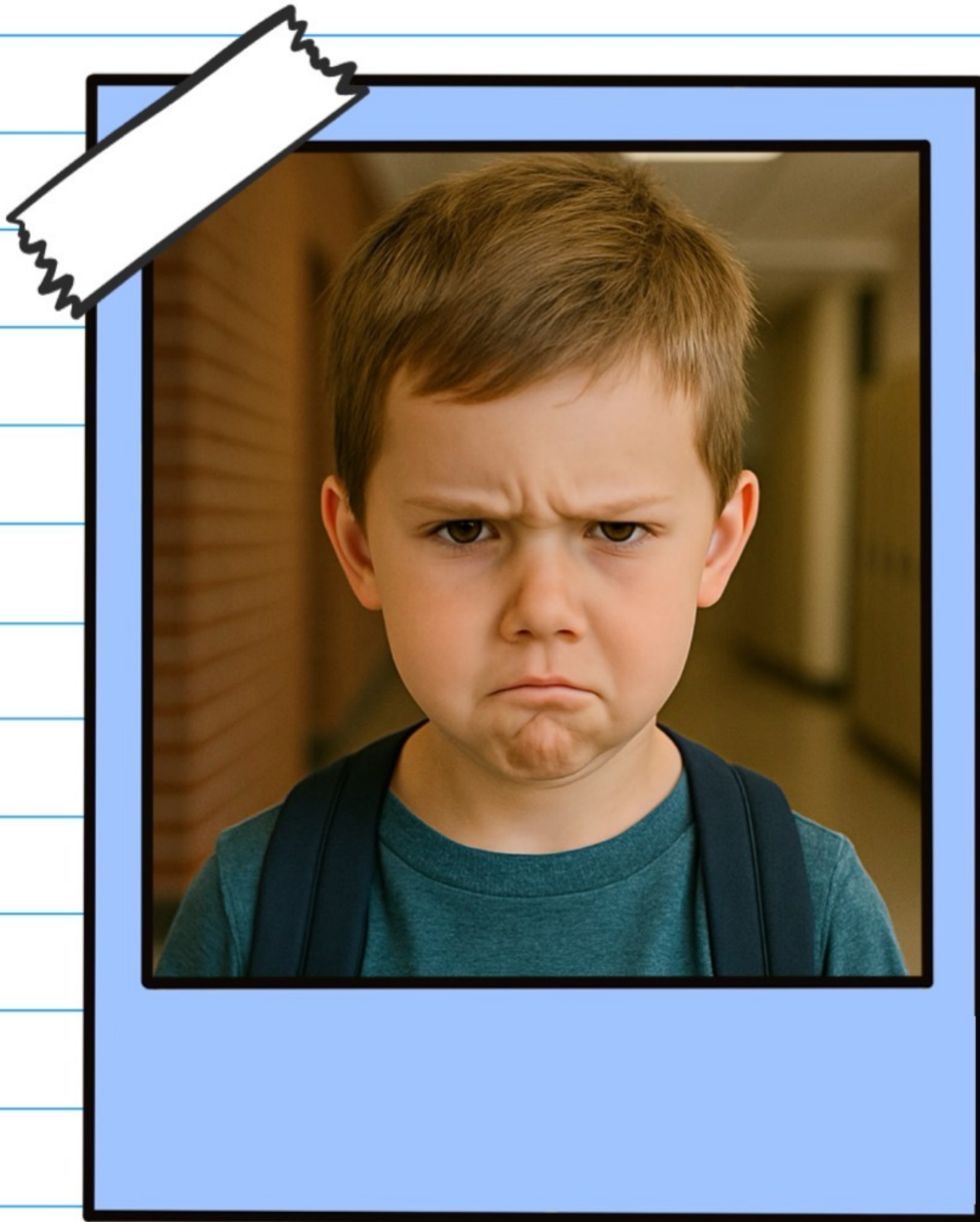
Today I feel
SURPRISED



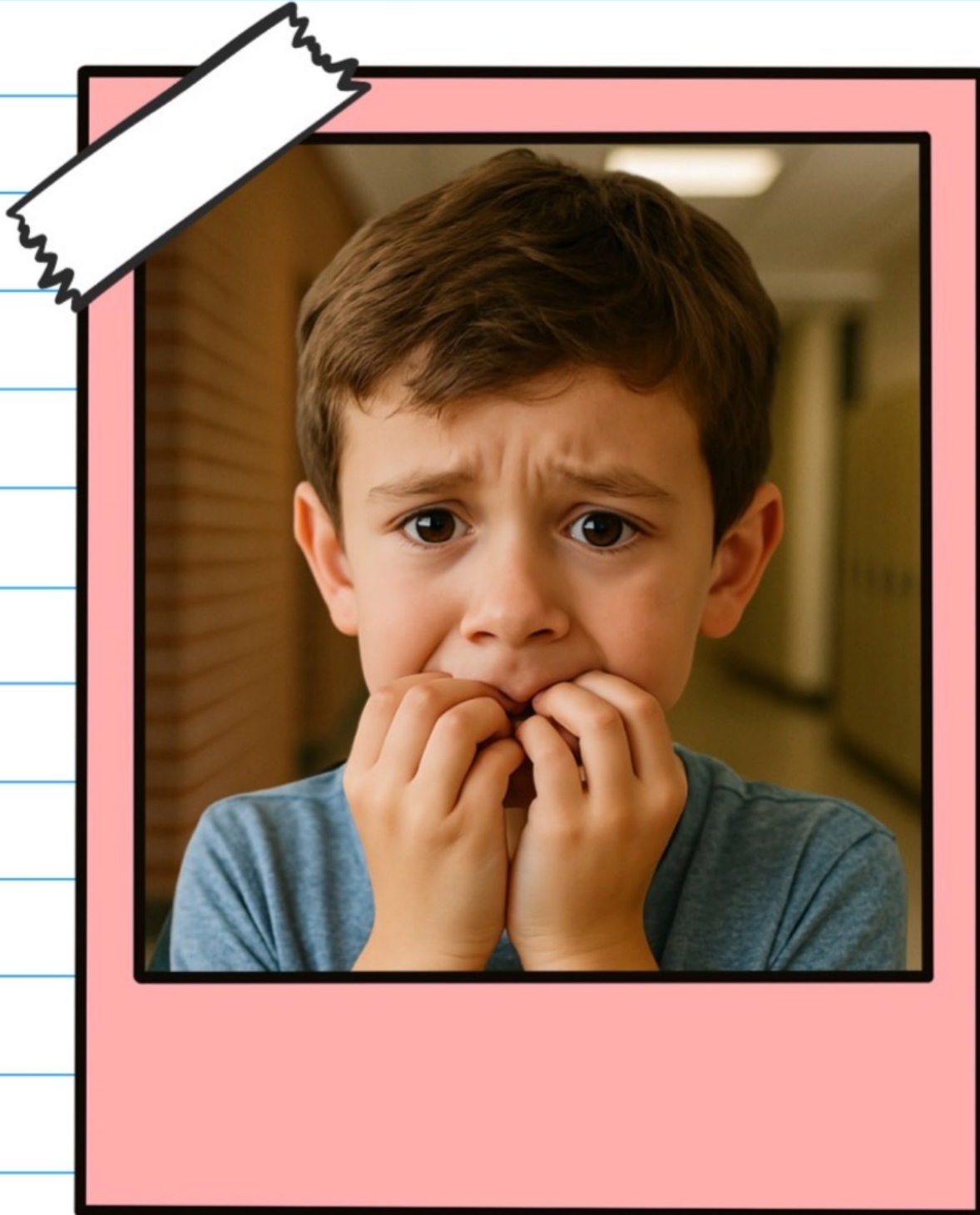
Today I feel
SCARED



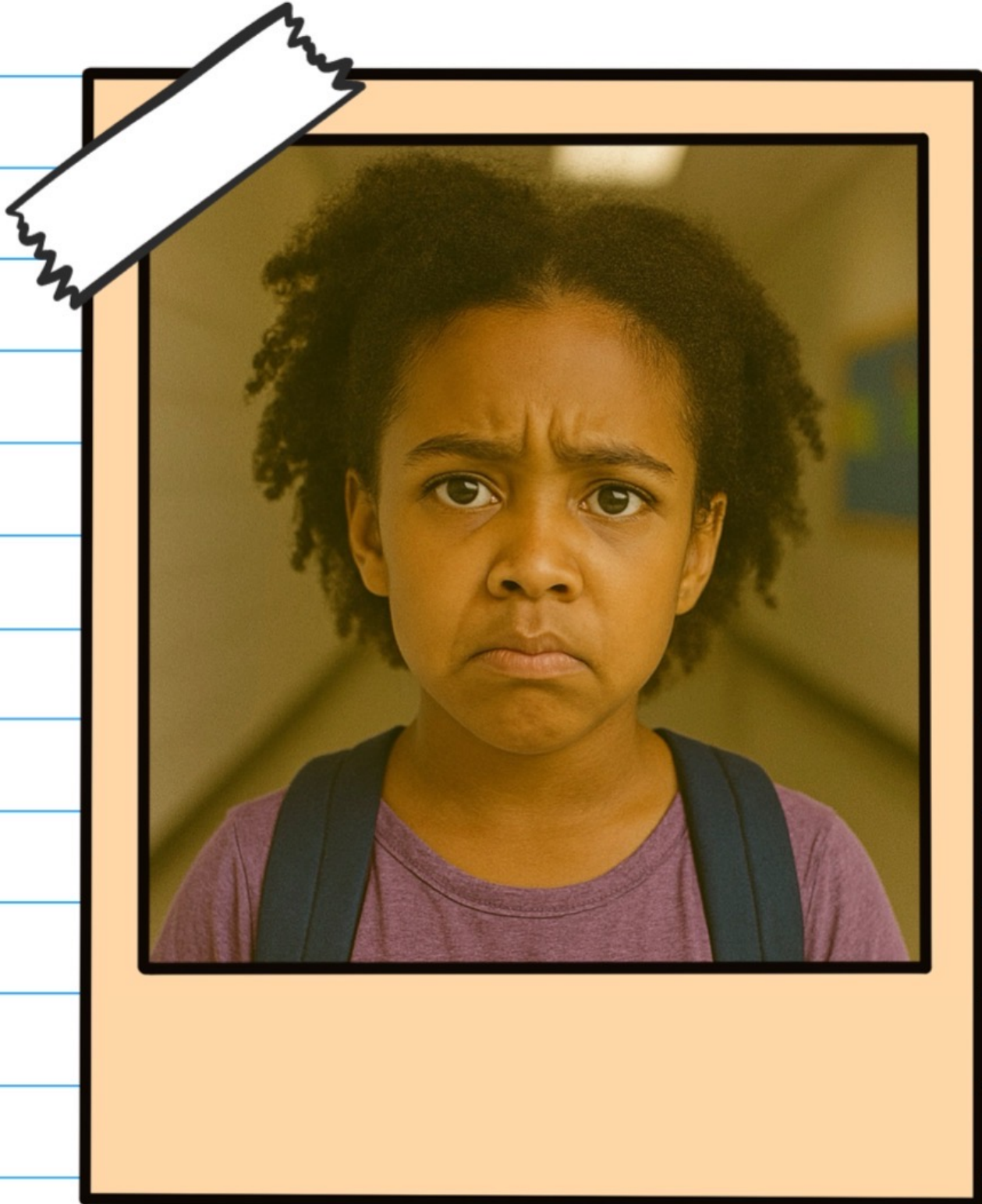
Today I feel
FRUSTRATED



Today I feel
NERVOUS



Today I feel
DISAPPOINTED



Feelings
Cards,
Color



Happy



Sad



Angry



Excited



Silly



Surprised



Scared



Frustrated



Nervous



Disappointed

Feelings
Cards,
Black &
White



Happy



Sad



Angry



Excited



Silly



Surprised



Scared



Frustrated

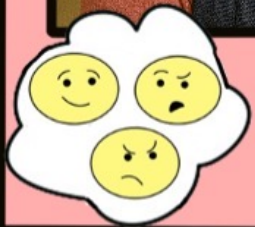


Nervous



Disappointed

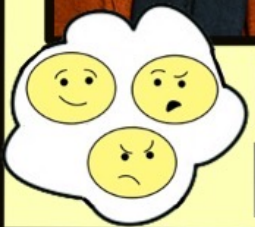
Question
Cards,
Color



How does
Maya feel?



How does
Jason feel?



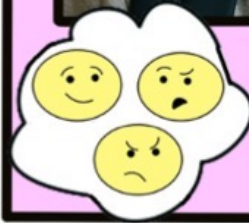
How does
Elliott feel?



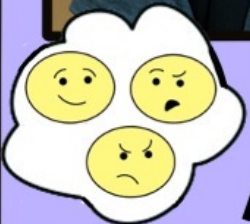
How does
Laura feel?



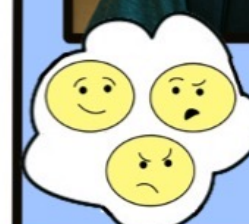
How does
Carter feel?



How does
Bo feel?



How does
Ashley feel?



How does
Noah feel?



How does
Aiden feel?



How does
Jayda feel?



How does
Cam feel?



How does
Archie feel?



How does
Cassie feel?



How does
Kimmy feel?



How does
Kenya feel?



How does
Henry feel?



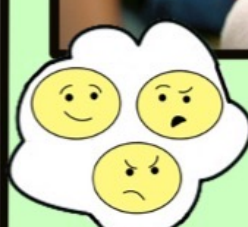
How does
Haily feel?



How does
Ja'Kya feel?



How does
Jack feel?



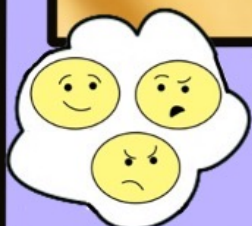
How does
Katie feel?



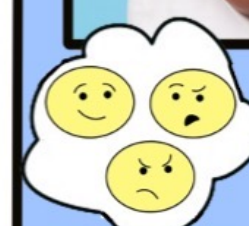
How does Micah feel?



How does Mario feel?



How does Yong feel?



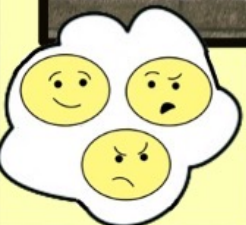
How does Marla feel?



How does
Carla feel?



How does
Mac feel?



How does
Finn feel?



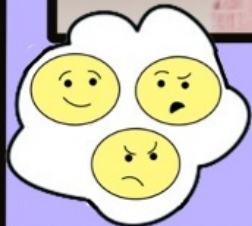
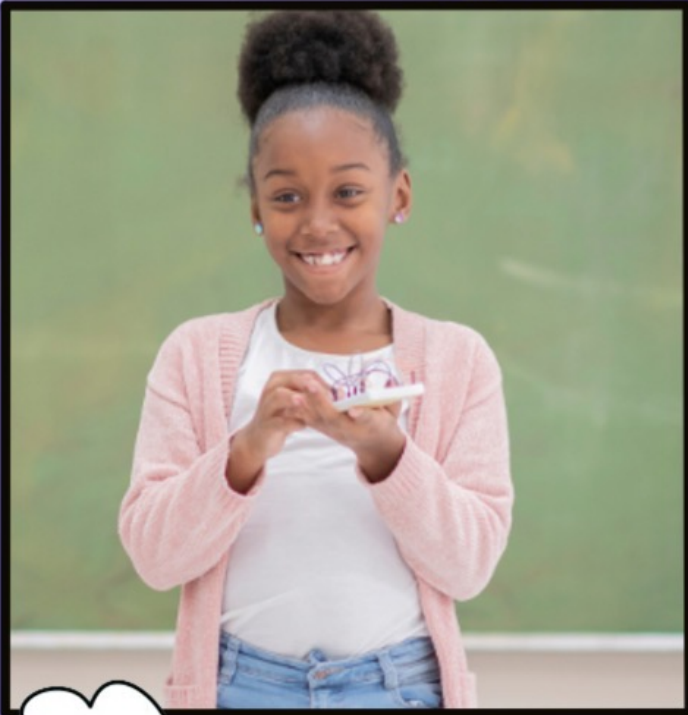
How does
Xavier feel?



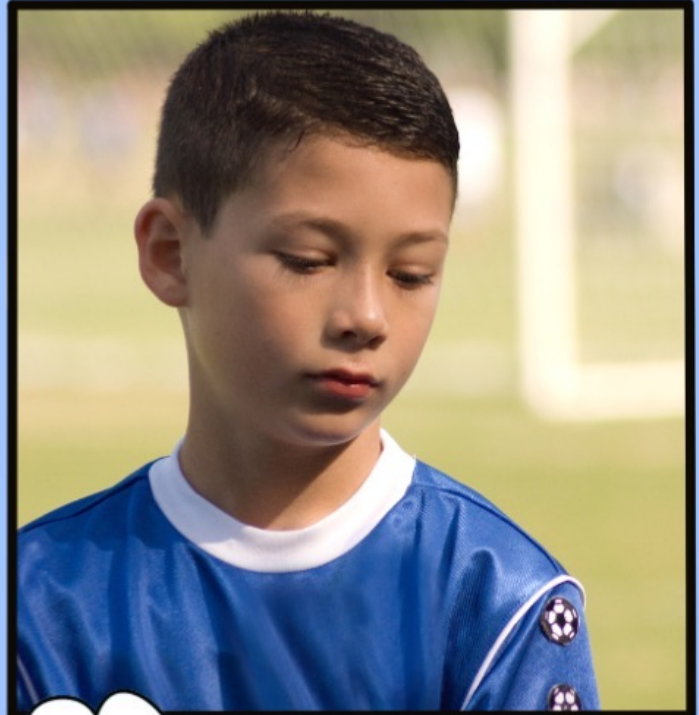
How does
Kyle feel?



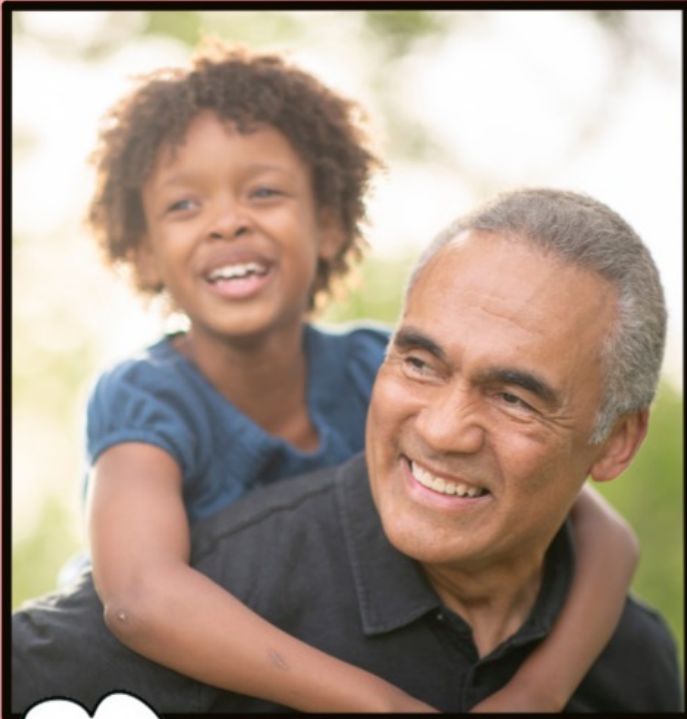
How does
Laylah feel?



How does
Keisha feel?



How does
Carlos feel?



How does Kai feel?



How does Sam feel?



How does Cam feel?



How does Juan feel?

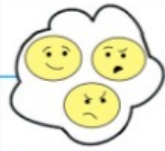


How does
Sarah feel?



How does
Ricki feel?

Identifying My FEELINGS



How do you think Maya is feeling?

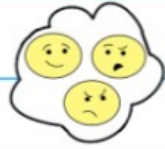


What clues in her face and body tell you how she is feeling?



Share about a time when you felt this way.

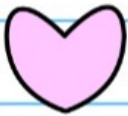
Identifying My FEELINGS



How do you think Jason is feeling?

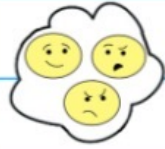


What clues in his face and body tell you how he is feeling?



Share about a time when you felt this way.

Identifying My FEELINGS



How do you think Elliott is feeling?

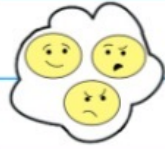


What clues in his face and body tell you how he is feeling?



Share about a time when you felt this way.

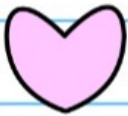
Identifying My FEELINGS



How do you think Laura is feeling?

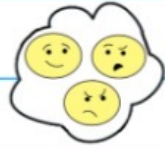
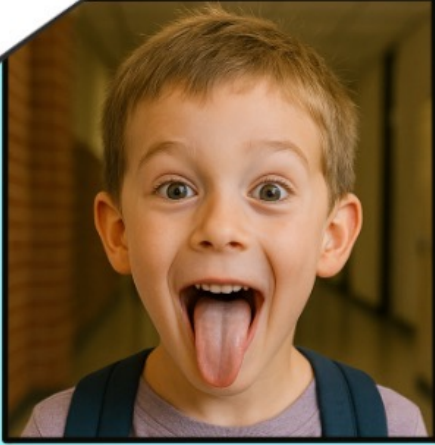


What clues in her face and body tell you how she is feeling?



Share about a time when you felt this way.

Identifying My FEELINGS



How do you think Carter is feeling?

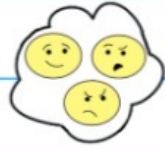


What clues in his face and body tell you how he is feeling?



Share about a time when you felt this way.

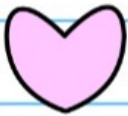
Identifying My FEELINGS



How do you think Bo is feeling?

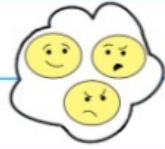


What clues in his face and body tell you how he is feeling?



Share about a time when you felt this way.

Identifying My FEELINGS



How do you think Ashley is feeling?

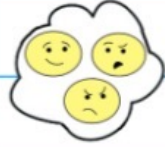


What clues in her face and body tell you how she is feeling?



Share about a time when you felt this way.

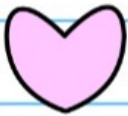
Identifying My FEELINGS



How do you think Noah is feeling?

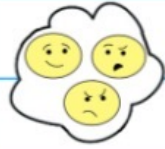


What clues in his face and body tell you how he is feeling?



Share about a time when you felt this way.

Identifying My FEELINGS



How do you think Aiden is feeling?

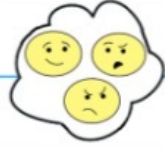


What clues in his face and body tell you how he is feeling?



Share about a time when you felt this way.

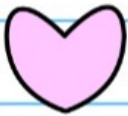
Identifying My FEELINGS



How do you think Jayda is feeling?

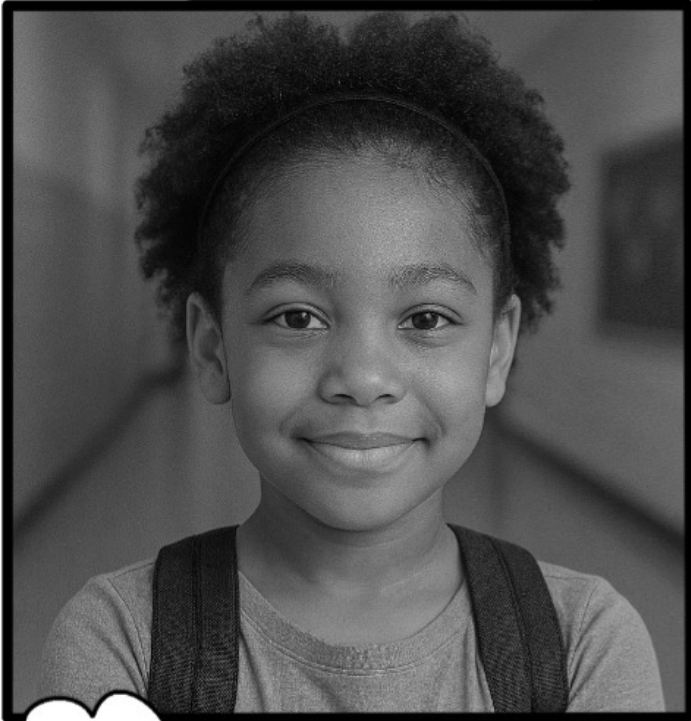


What clues in her face and body tell you how she is feeling?

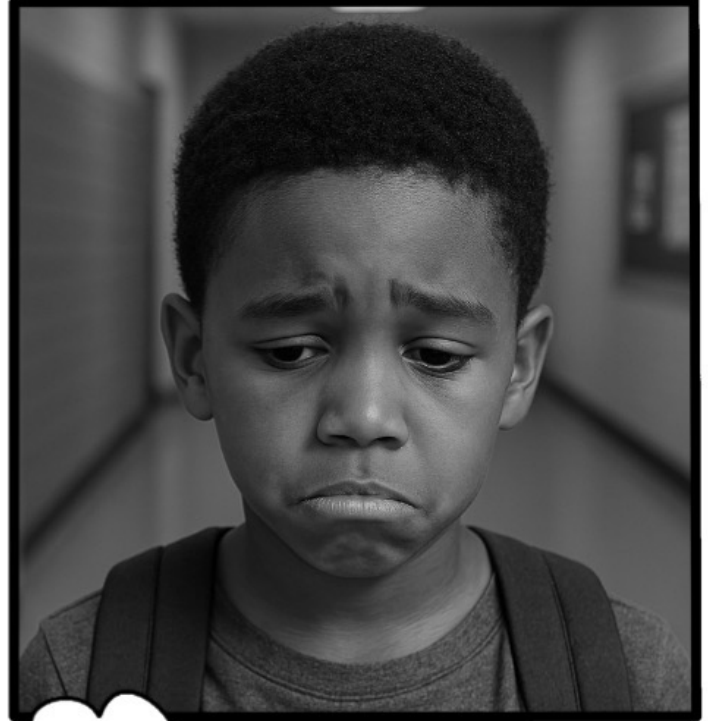


Share about a time when you felt this way.

Question
Cards,
Black &
White



How does
Maya feel?



How does
Jason feel?



How does
Elliott feel?



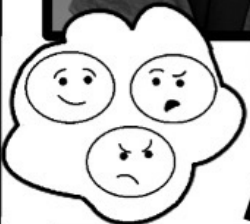
How does
Laura feel?



How does
Carter feel?



How does
Bo feel?



How does
Ashley feel?



How does
Noah feel?



How does
Aiden feel?



How does
Jayda feel?



How does
Cam feel?



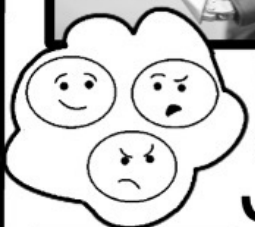
How does
Archie feel?



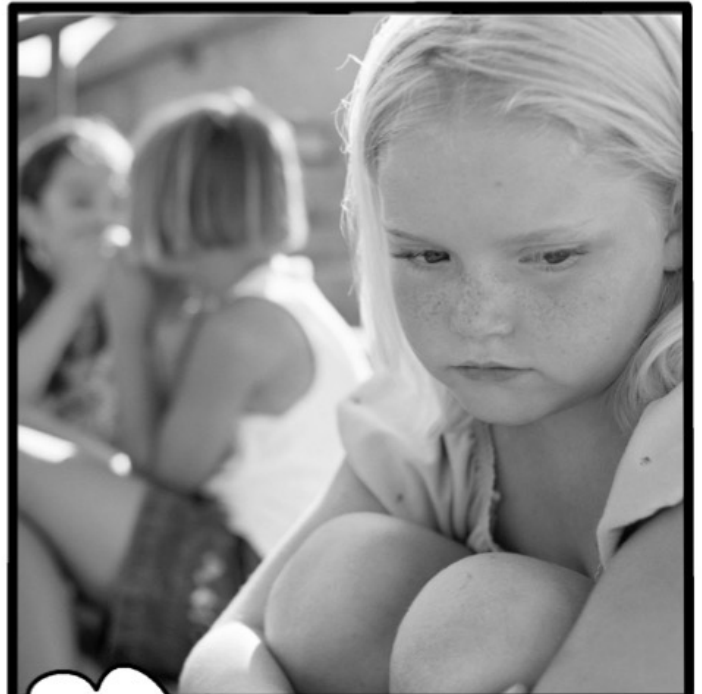
How does
Haily feel?



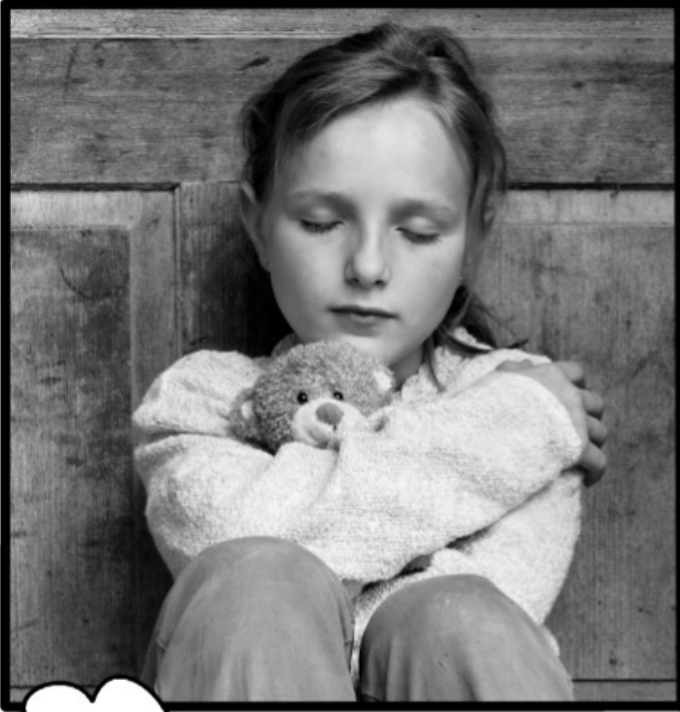
How does
Ja'Kya feel?



How does
Jack feel?



How does
Katie feel?



How does
Cassie feel?



How does
Kimmy feel?



How does
Kenya feel?



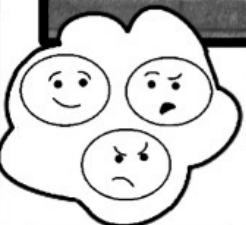
How does
Henry feel?



How does
Carla feel?



How does
Mac feel?



How does
Finn feel?



How does
Xavier feel?



How does
Micah feel?



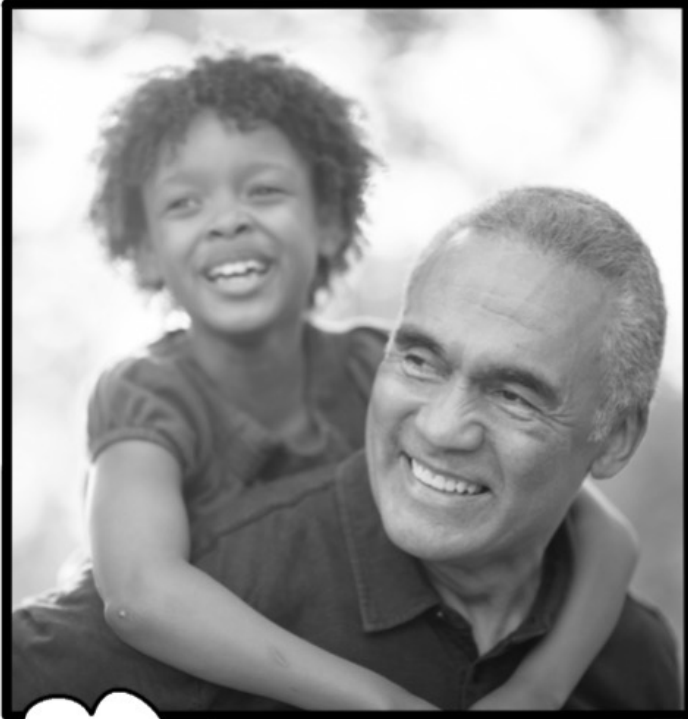
How does
Mario feel?



How does
Yong feel?



How does
Marla feel?



How does
Kai feel?



How does
Sam feel?



How does
Cam feel?



How does
Juan feel?



How does
Kyle feel?



How does
Laylah feel?



How does
Keisha feel?



How does
Carlos feel?

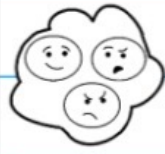


How does
Sarah feel?



How does
Ricki feel?

Identifying My FEELINGS



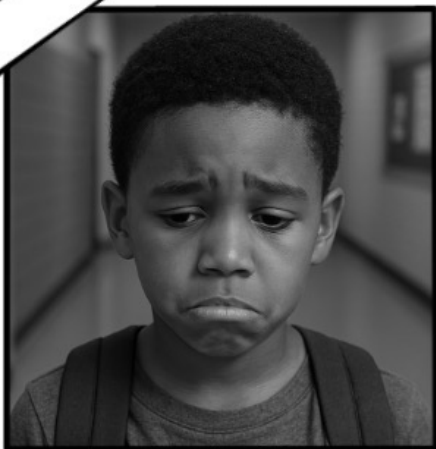
How do you think Maya is feeling?



What clues in her face and body tell you how she is feeling?



Share about a time when you felt this way.



Identifying My FEELINGS



How do you think Jason is feeling?



What clues in his face and body tell you how he is feeling?



Share about a time when you felt this way.

Identifying My FEELINGS



How do you think Elliott is feeling?

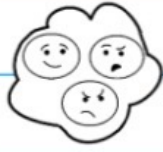


What clues in his face and body tell you how he is feeling?



Share about a time when you felt this way.

Identifying My FEELINGS



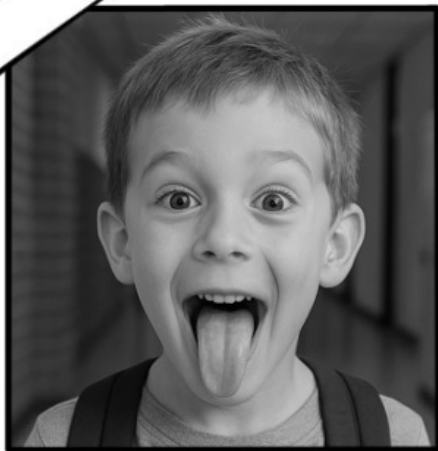
How do you think Laura is feeling?



What clues in her face and body tell you how she is feeling?



Share about a time when you felt this way.



Identifying My FEELINGS



How do you think Carter is feeling?



What clues in his face and body tell you how he is feeling?



Share about a time when you felt this way.



Identifying My FEELINGS



How do you think Bo is feeling?



What clues in his face and body tell you how he is feeling?



Share about a time when you felt this way.



Identifying My FEELINGS



How do you think Ashley is feeling?

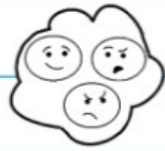


What clues in her face and body tell you how she is feeling?



Share about a time when you felt this way.

Identifying My FEELINGS



How do you think Noah is feeling?



What clues in his face and body tell you how he is feeling?



Share about a time when you felt this way.

Identifying My FEELINGS



How do you think Aiden is feeling?

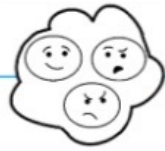


What clues in his face and body tell you how he is feeling?



Share about a time when you felt this way.

Identifying My FEELINGS



How do you think Jayda is feeling?



What clues in her face and body tell you how she is feeling?



Share about a time when you felt this way.

Worksheets,
Color

Name: _____

HAPPY



Why do you think Maya is feeling happy?



What does happiness mean to you?



What does happiness look like in your body?



Share about a time when you felt happy.



Name: _____

SAD



Why do you think Jason is feeling sad?



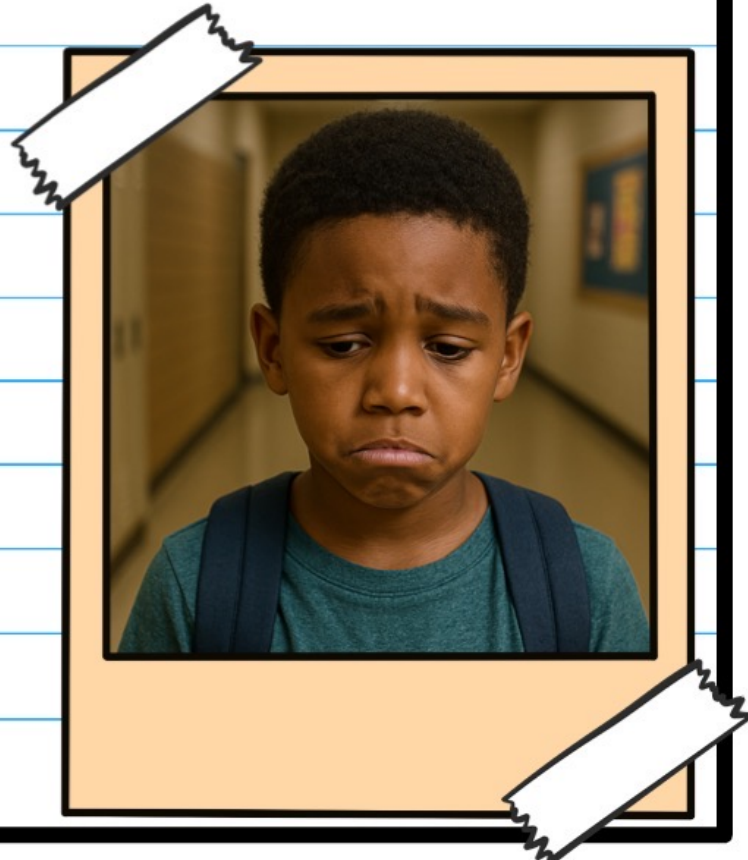
What does sadness mean to you?



What does sadness look like in your body?



Share about a time when you felt sad.



Name: _____

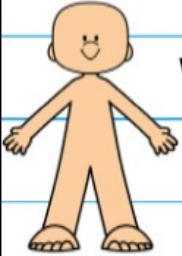
ANGRY



Why do you think Elliott is feeling angry?



What does anger mean to you?



What does anger look like in your body?



Share about a time when you felt angry.



Name: _____

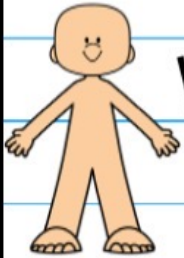
EXCITED



Why do you think Laura is feeling excited?



What does excitement mean to you?



What does excitement look like in your body?



Share about a time when you felt excited.



Name: _____

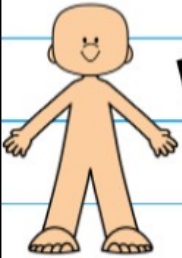
SILLY



Why do you think Carter is feeling silly?



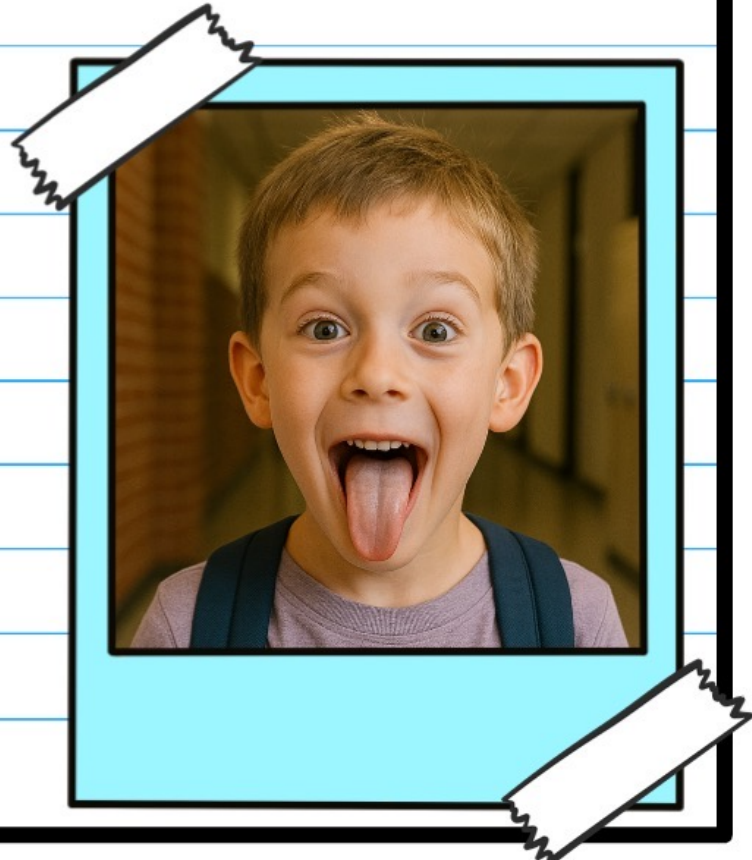
What does silliness mean to you?



What does silliness look like in your body?



Share about a time when you felt silly.



Name: _____

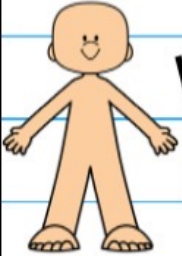
SURPRISED



Why do you think Bo is feeling surprised?



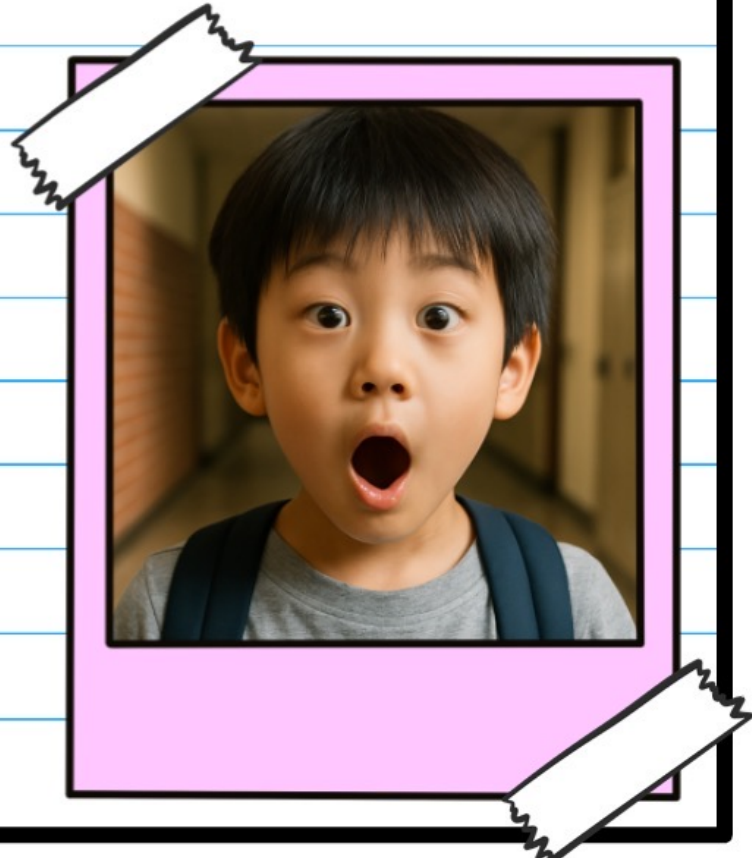
What does surprise mean to you?



What does surprise look like in your body?



Share about a time when you felt surprised.



Name: _____

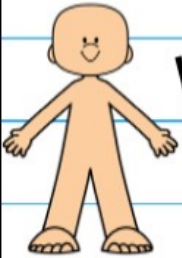
SCARED



Why do you think Ashley is feeling scared?



What does fear mean to you?



What does fear look like in your body?



Share about a time when you felt scared.

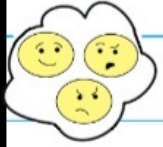


Name: _____

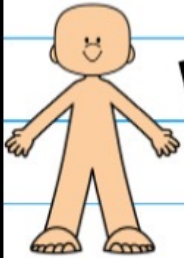
FRUSTRATED



Why do you think Noah is feeling frustrated?



What does frustration mean to you?



What does frustration look like in your body?



Share about a time when you felt frustrated.



Name: _____

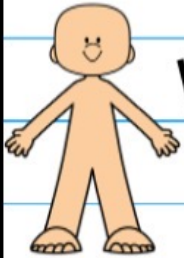
NERVOUS



Why do you think Aiden is feeling nervous?



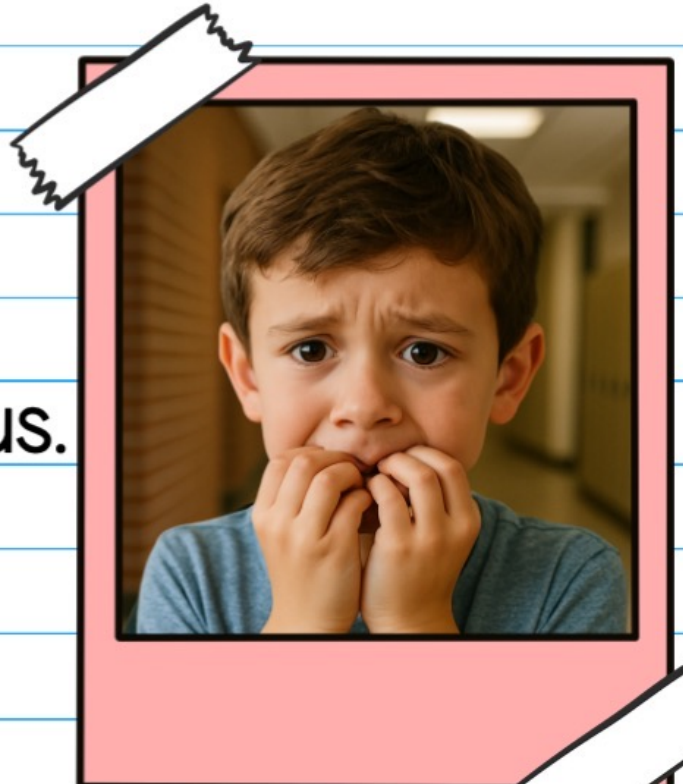
What does nervousness mean to you?



What does nervousness look like in your body?



Share about a time when you felt nervous.



Name: _____

DISAPPOINTED



Why do you think Jayda is feeling disappointed?



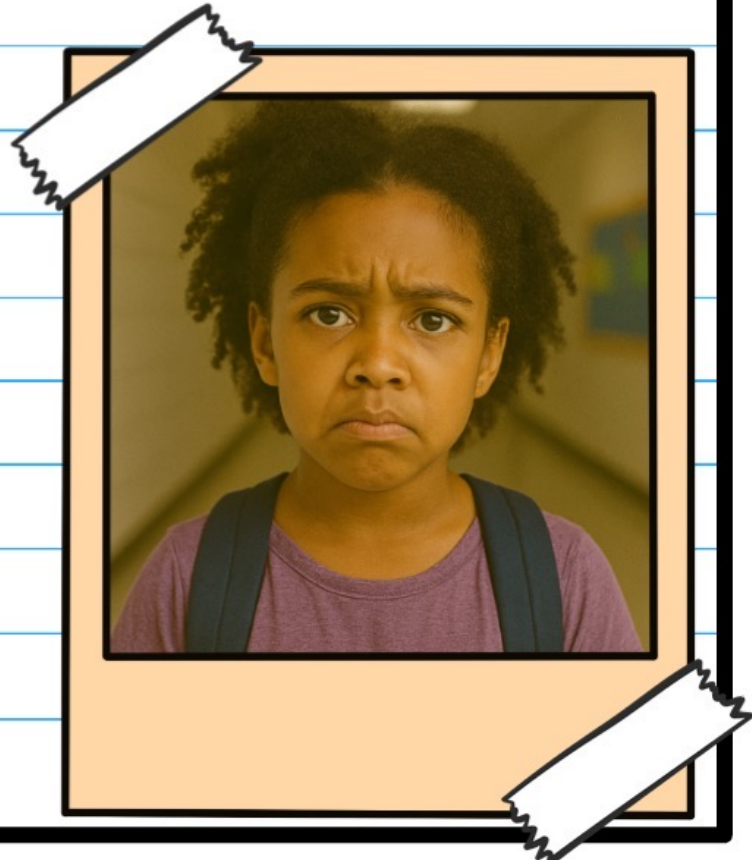
What does disappointment mean to you?



What does disappointment look like in your body?



Share about a time when you felt disappointed.



**Worksheets,
Black &
White**

Name: _____

HAPPY



Why do you think Maya is feeling happy?



What does happiness mean to you?



What does happiness look like in your body?



Share about a time when you felt happy.



Name: _____

SAD



Why do you think Jason is feeling sad?



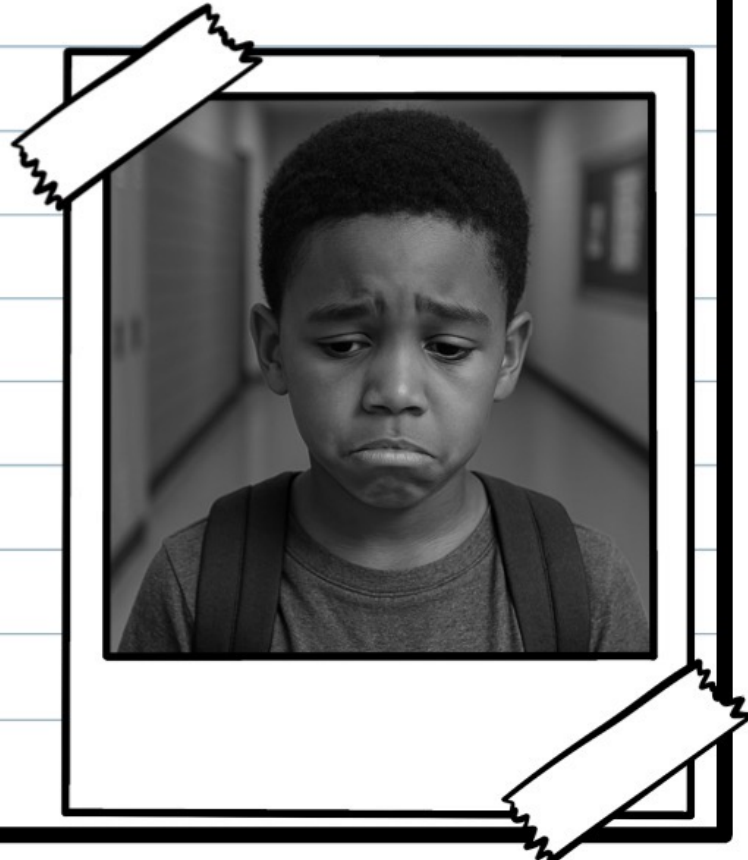
What does sadness mean to you?



What does sadness look like in your body?



Share about a time when you felt sad.



Name: _____

ANGRY



Why do you think Elliott is feeling angry?



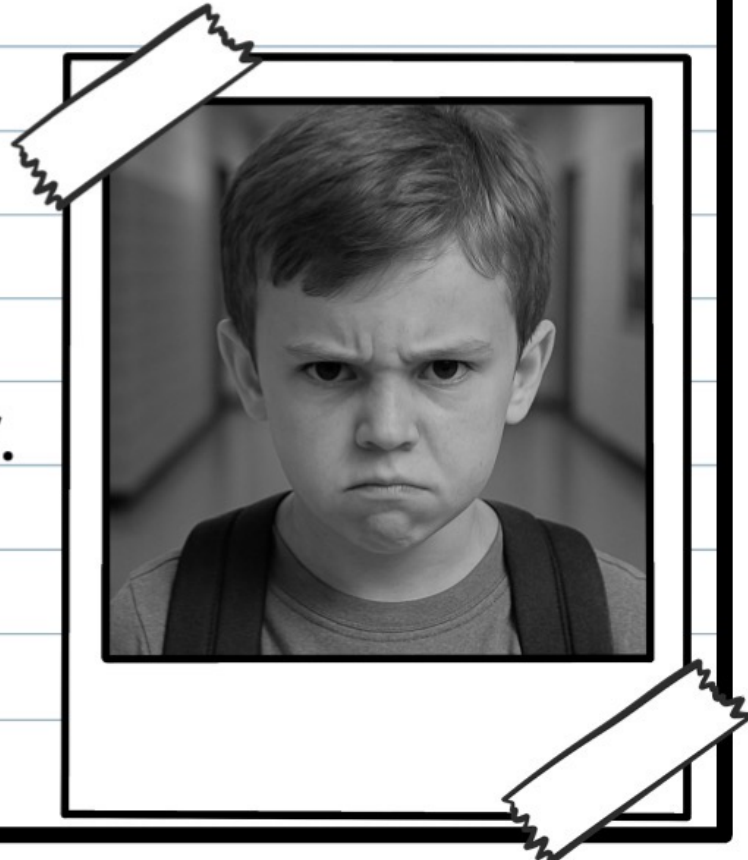
What does anger mean to you?



What does anger look like in your body?



Share about a time when you felt angry.



Name: _____

EXCITED



Why do you think Laura is feeling excited?



What does excitement mean to you?



What does excitement look like in your body?



Share about a time when you felt excited.



Name: _____

SILLY



Why do you think Carter is feeling silly?



What does silliness mean to you?



What does silliness look like in your body?



Share about a time when you felt silly.



Name: _____

SURPRISED



Why do you think Bo is feeling surprised?



What does surprise mean to you?



What does surprise look like in your body?



Share about a time when you felt surprised.



Name: _____

SCARED



Why do you think Ashley is feeling scared?



What does fear mean to you?



What does fear look like in your body?



Share about a time when you felt scared.



Name: _____

FRUSTRATED



Why do you think Noah is feeling frustrated?



What does frustration mean to you?



What does frustration look like in your body?



Share about a time when you felt frustrated.



Name: _____

NERVOUS



Why do you think Aiden is feeling nervous?



What does nervousness mean to you?



What does nervousness look like in your body?



Share about a time when you felt nervous.



Name: _____

DISAPPOINTED



Why do you think Jayda is feeling disappointed?



What does disappointment mean to you?



What does disappointment look like in your body?



Share about a time when you felt disappointed.



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