

○ MUSIC  city COUNSELOR

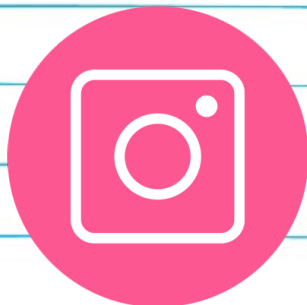
THANK YOU FOR YOUR
PURCHASE!



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

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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

DIRECTIONS PAGE 1:

This lesson will take approximately 45 minutes to teach.

Recommended Sequence:

1. Review the PowerPoint or digital for Google Slides presentation with students.
2. (Optional): Use the feelings chart or the interactive feelings activity to check-in with students.
3. Complete a turkey feelings craft or coloring page.

Materials Needed:

- Printable materials
- Crayons or markers
- Glue sticks
- Pencils
- Scissors
- Hook-and-loop fastener dots (optional)

PowerPoint Presentation:

This presentation teaches students about **8 feelings** and **3 ways to manage each emotion**, with a festive Thanksgiving theme. On the third slide, students can choose a turkey(s) that shows how they're feeling today and drag it to the farm (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). As you teach each emotion, I recommend asking students to act out the feeling by making that expression on their face. After you read the scenario for that feeling, ask students to "turn and talk" with a neighbor about a time when they experienced that feeling. Next, review the three coping strategies or choices that go along with each emotion. At the end of the PowerPoint, ask students to share with the class or with a partner which coping strategies they like best/work best for them.

DIRECTIONS PAGE 2:

Feelings Check-In Chart

A feelings poster is included that is great for reviewing emotions, checking in with students, and displaying in your space.

Feelings Check-In Interactive Activity

Materials Needed: "Thanksgiving Feelings" page, hook-and-loop fastener dots or glue

This is a simple activity that you can use to check-in with students about their feelings. Cut out all of the turkeys and laminate them and the page (so they can be used again and again). Then, place one side of a hook-and-loop fastener dot on the back of each turkey and the other side in spots around the farm. (Please see the sample provided). If you don't have hook-and-loop fastener dots available, you can use glue or simply place the turkeys on the farm. To use the activity, students choose the turkeys that show how they're feeling and place them on the farm.

Turkey Feelings & Coping Skills Crafts

Materials Needed: one turkey topper and one "I feel _____ when" page per student, scissors, pencil, crayons or markers, glue sticks

One craft for each of the 8 emotions is included. You may 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 to work on the craft that best describes how they are feeling today. Students can cut out the turkey 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 turkey topper. Please see the sample provided.

DIRECTIONS PAGE 3:

Coloring Pages

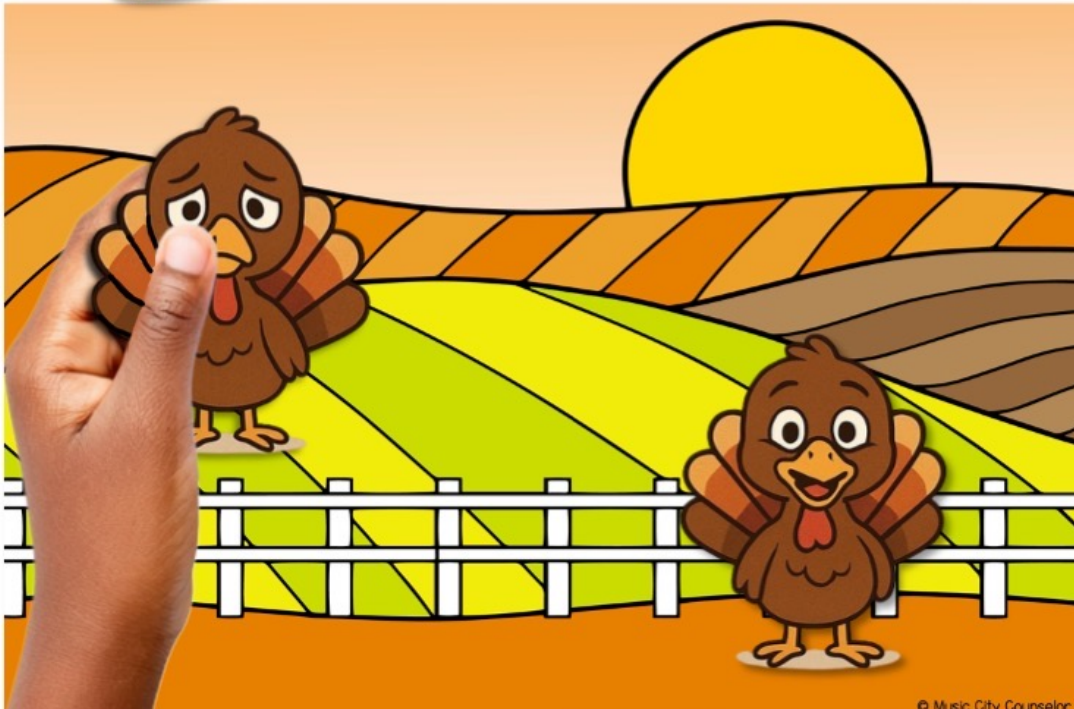
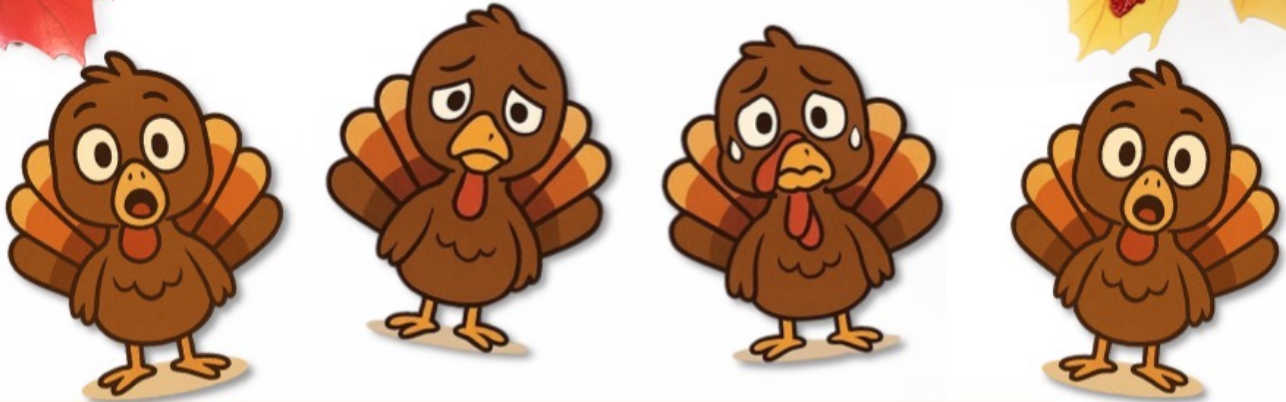
2 other coloring pages are included that you may choose to use with students.

Looking for the digital presentation 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! 😊

PS I SO appreciate when you please take a moment to leave a review on my resources. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow!

INTERACTIVE CHECK-IN SAMPLE:



THANKSGIVING FEELINGS

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CRAFT SAMPLE



Name: Shonta Williams

I feel HAPPY when:

My uncle comes to visit and spend

Thanksgiving with us. He makes it

so much fun.

WHEN I feel HAPPY I CAN:

Be present in this moment, be

grateful, and spread joy to

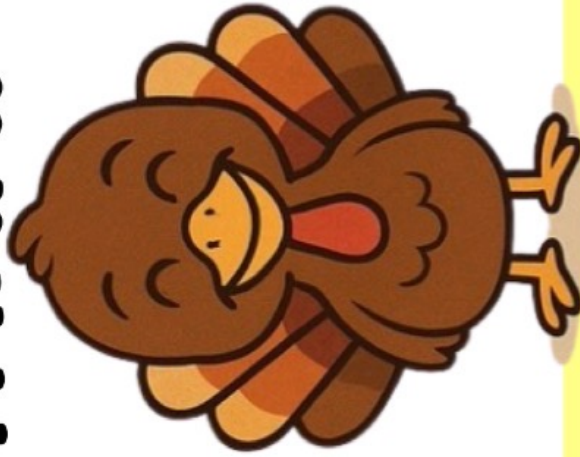
others.



feelings

POSTER

THANKSGIVING FEELINGS



Happy



Sad



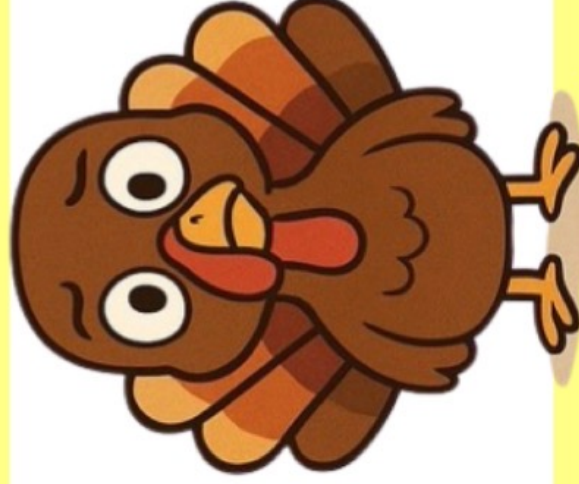
Angry



Excited



Scared



Worried

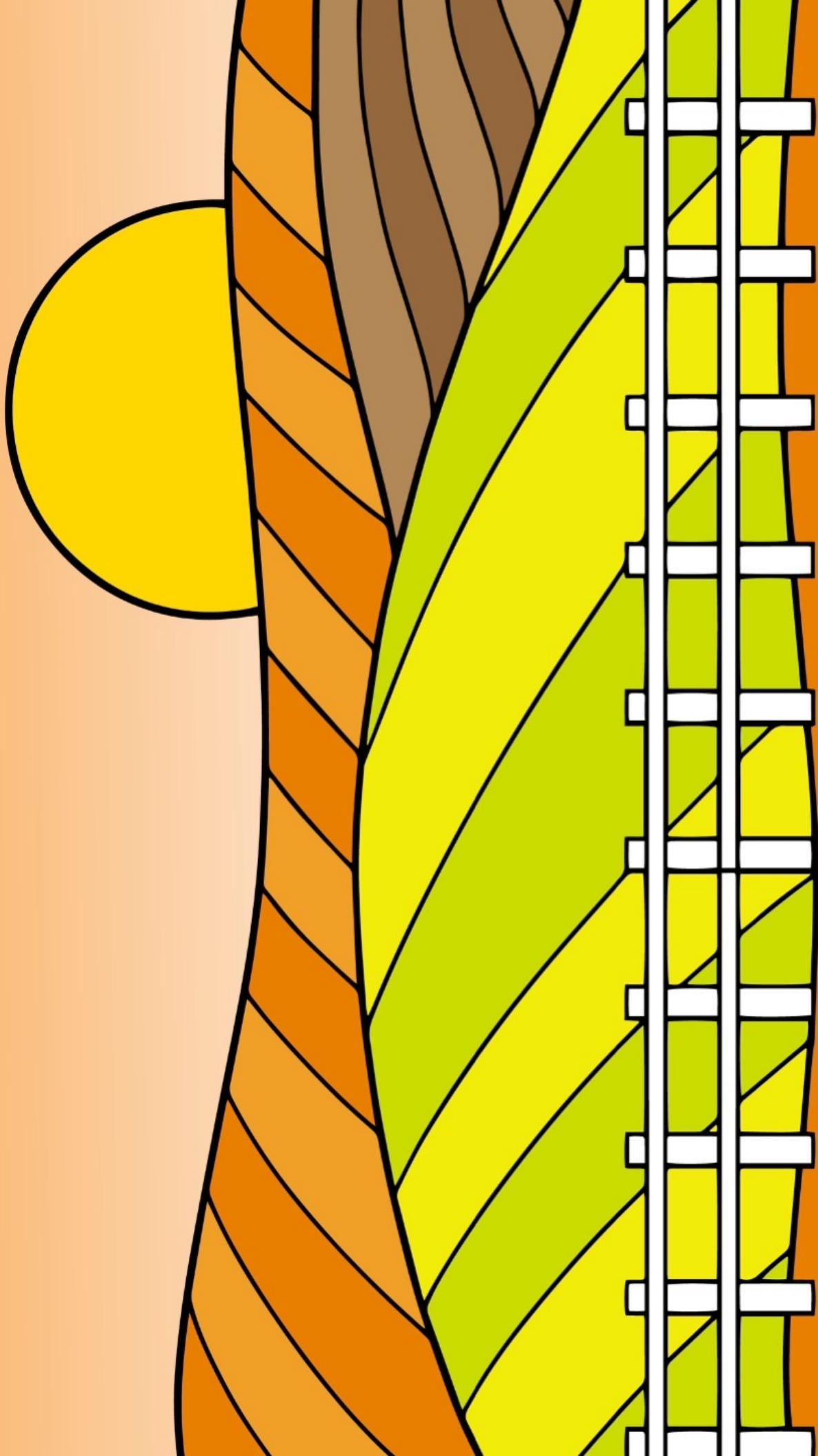


Surprised



Disappointed

feelings check-in activity



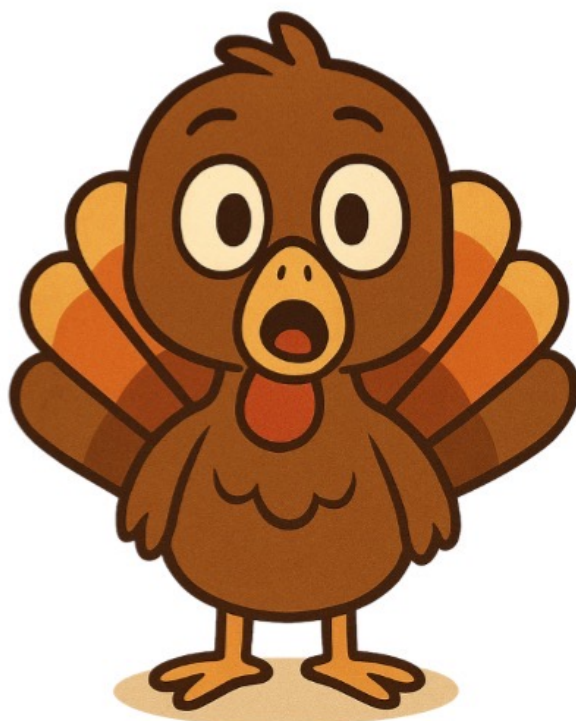
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THANKSGIVING FEELINGS

Cut out these turkeys. Then, students place the ones that show how they're feeling on the farm.

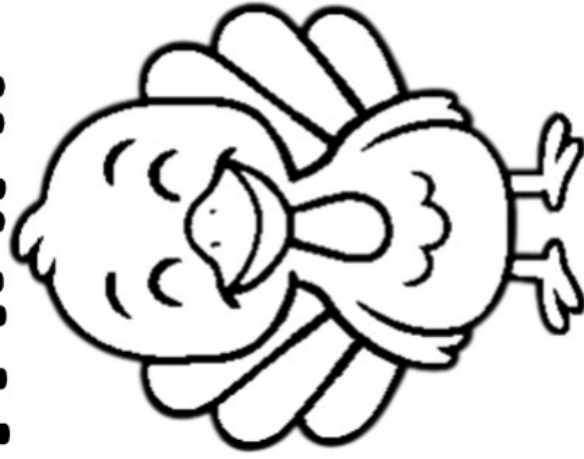


Cut out these turkeys. Then, students place the ones that show how they're feeling on the farm.

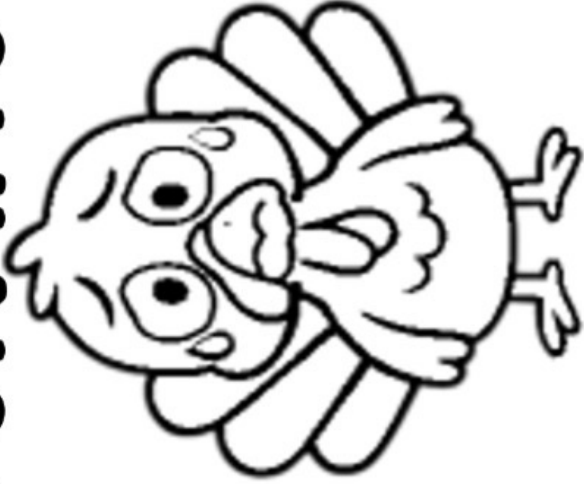


COLORING PAGES

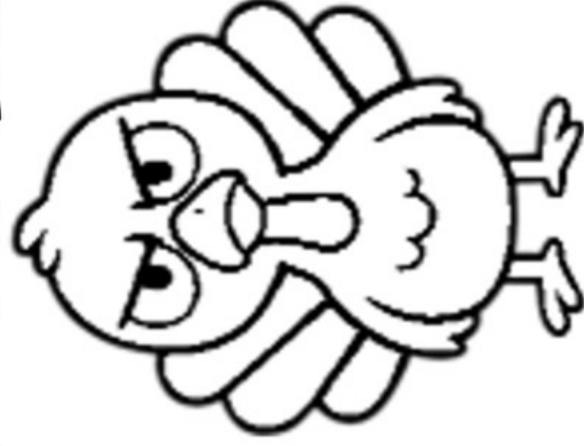
THANKSGIVING FEELINGS



Happy



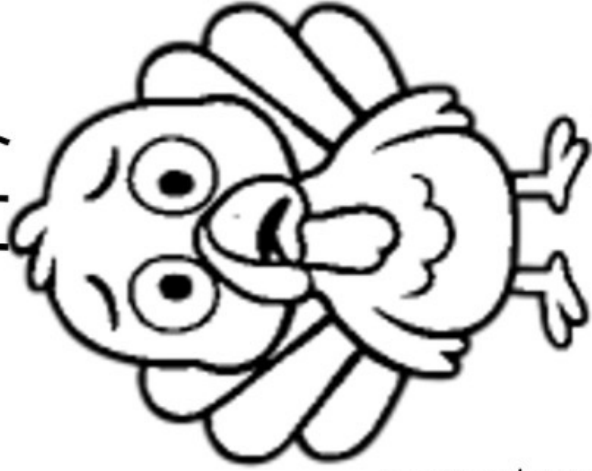
Sad



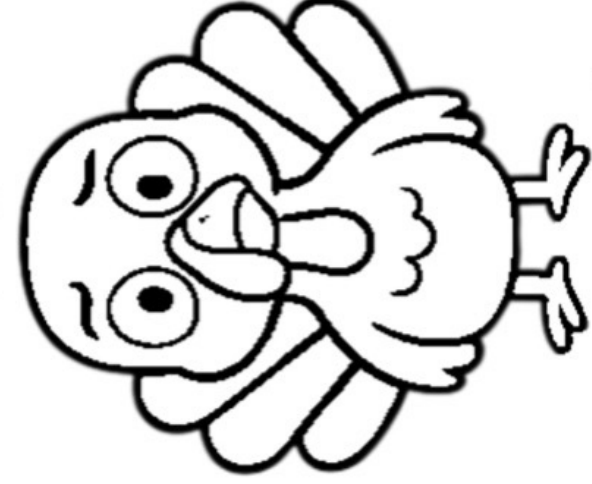
Angry



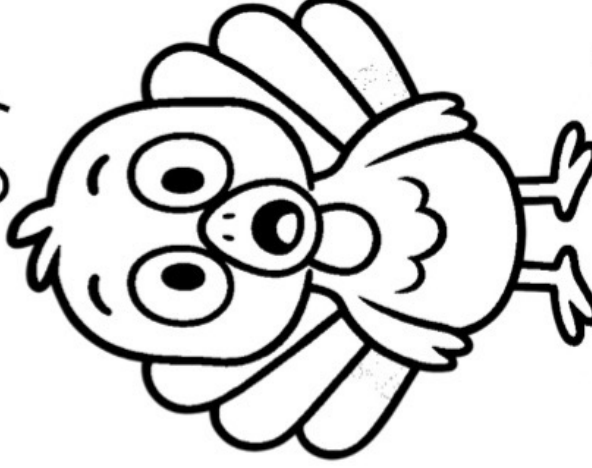
Excited



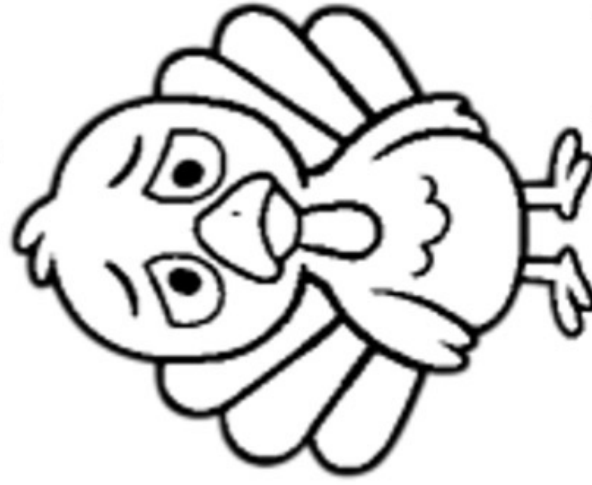
Scared



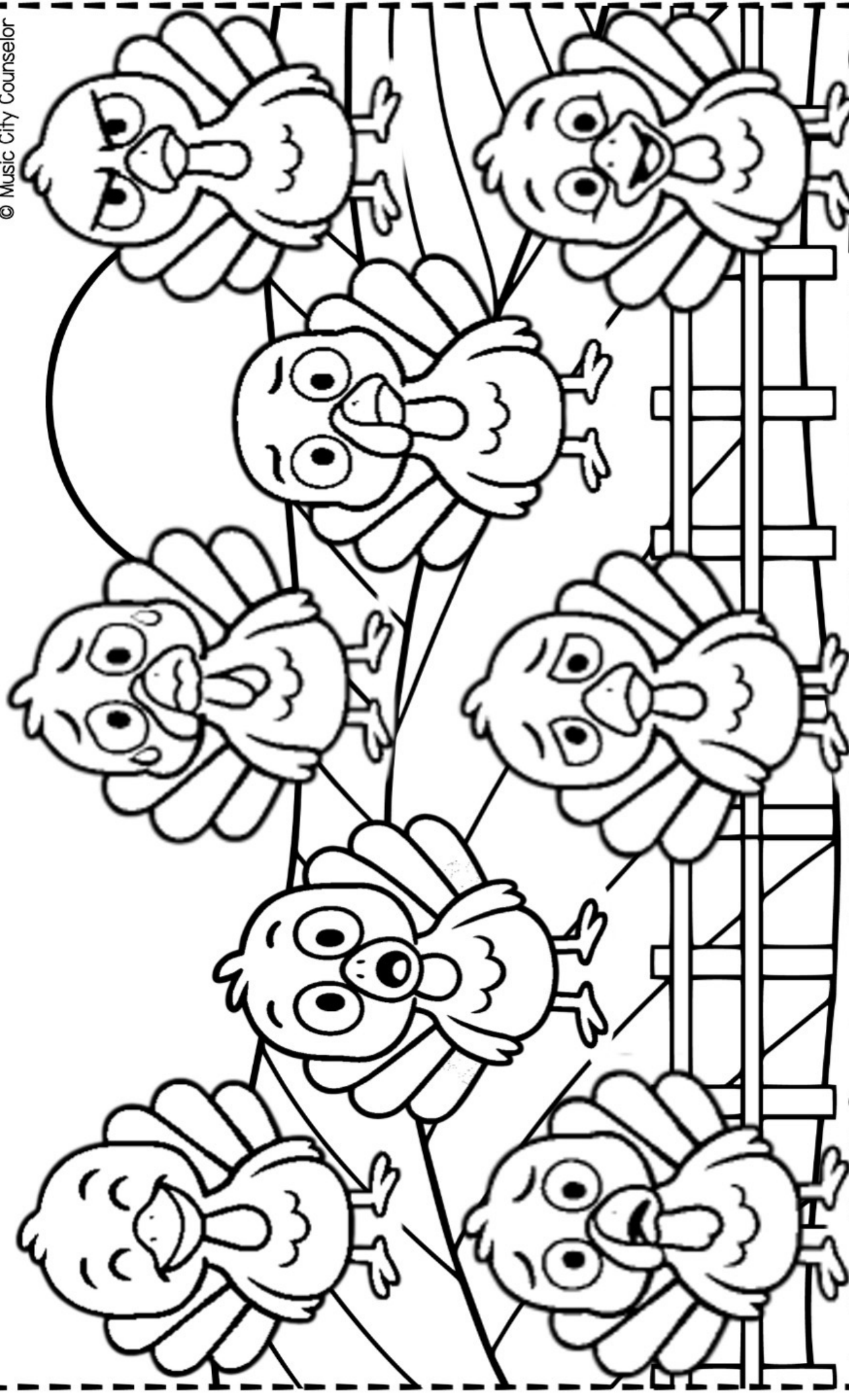
Worried



Surprised



Disappointed



THANKSGIVING FEELINGS

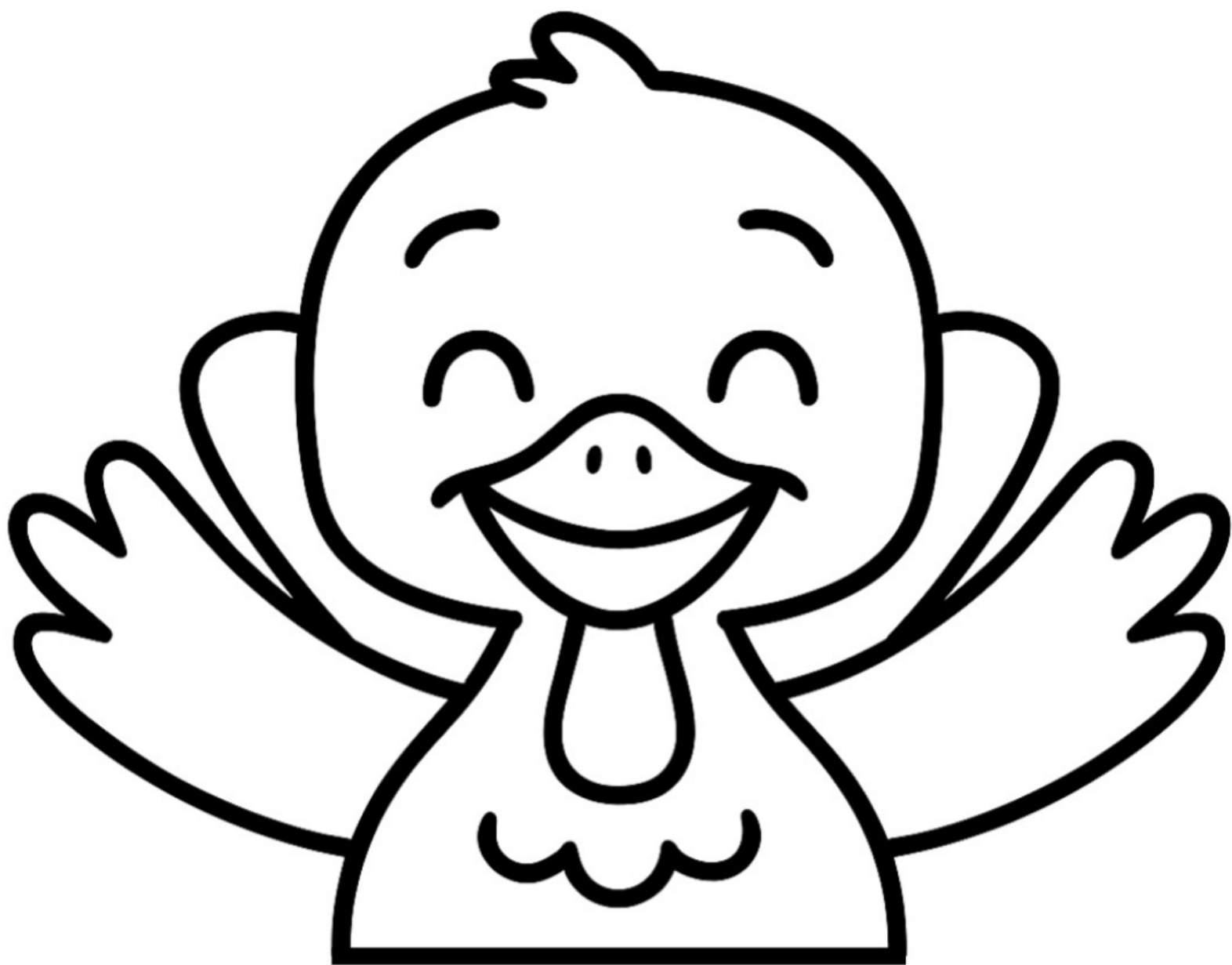
Color the turkeys that show how you're feeling.

THANKSGIVING

feelings &

COPING SKILLS

CRAFTS

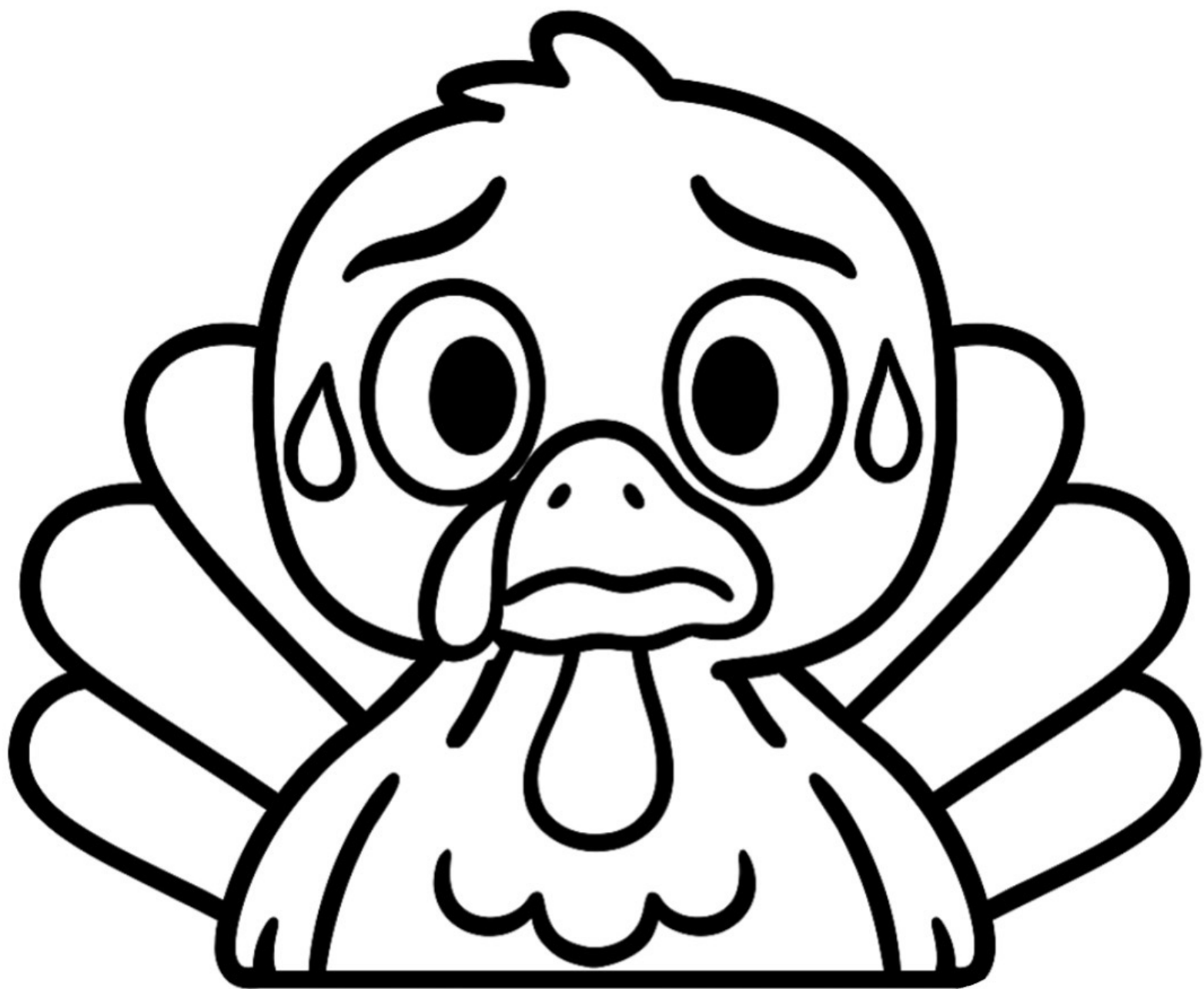


Name: _____

I feel **HAPPY** when:

when I feel **HAPPY** I can:



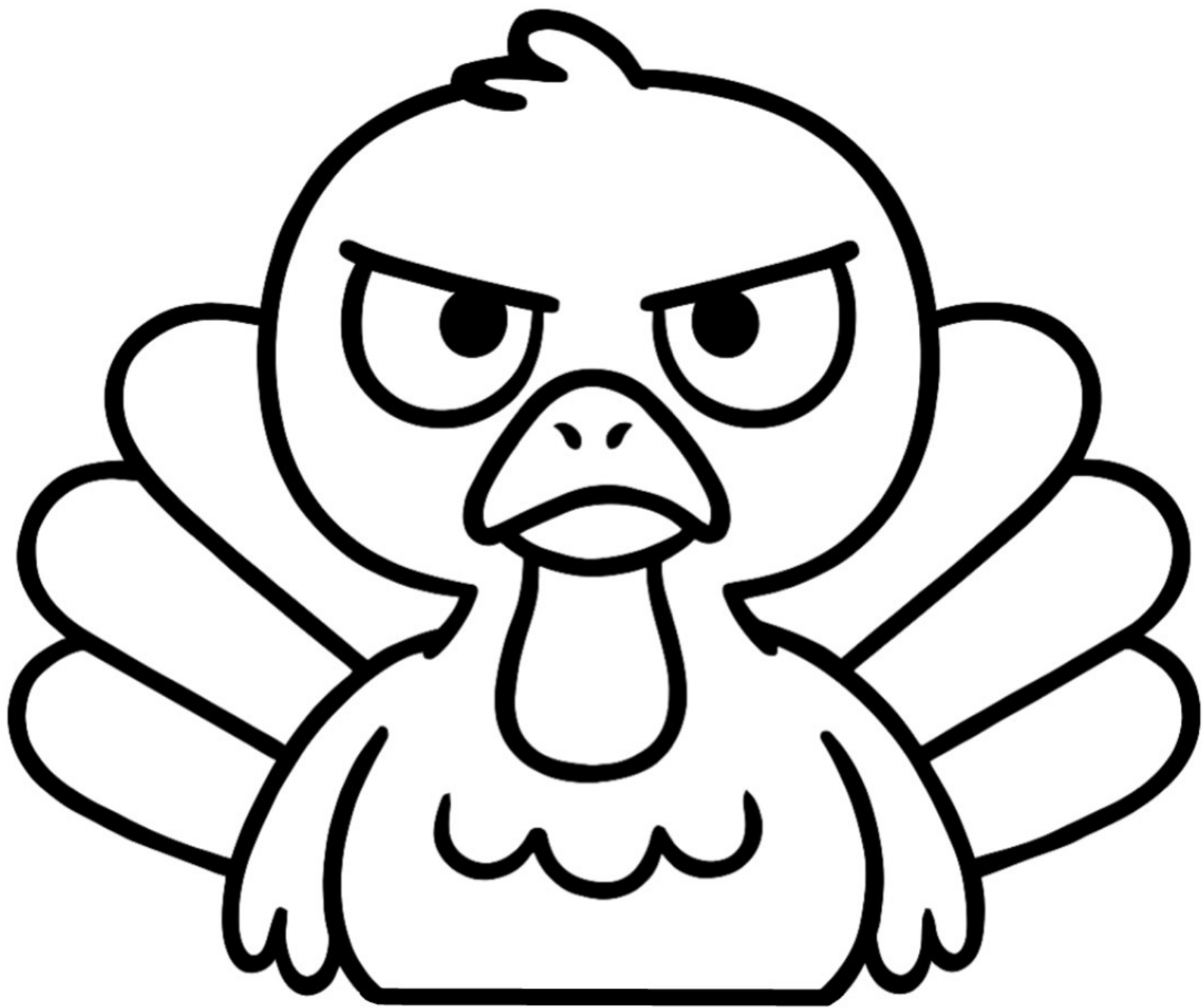


Name: _____

I feel **SAD** when:

when I feel **SAD** I can:



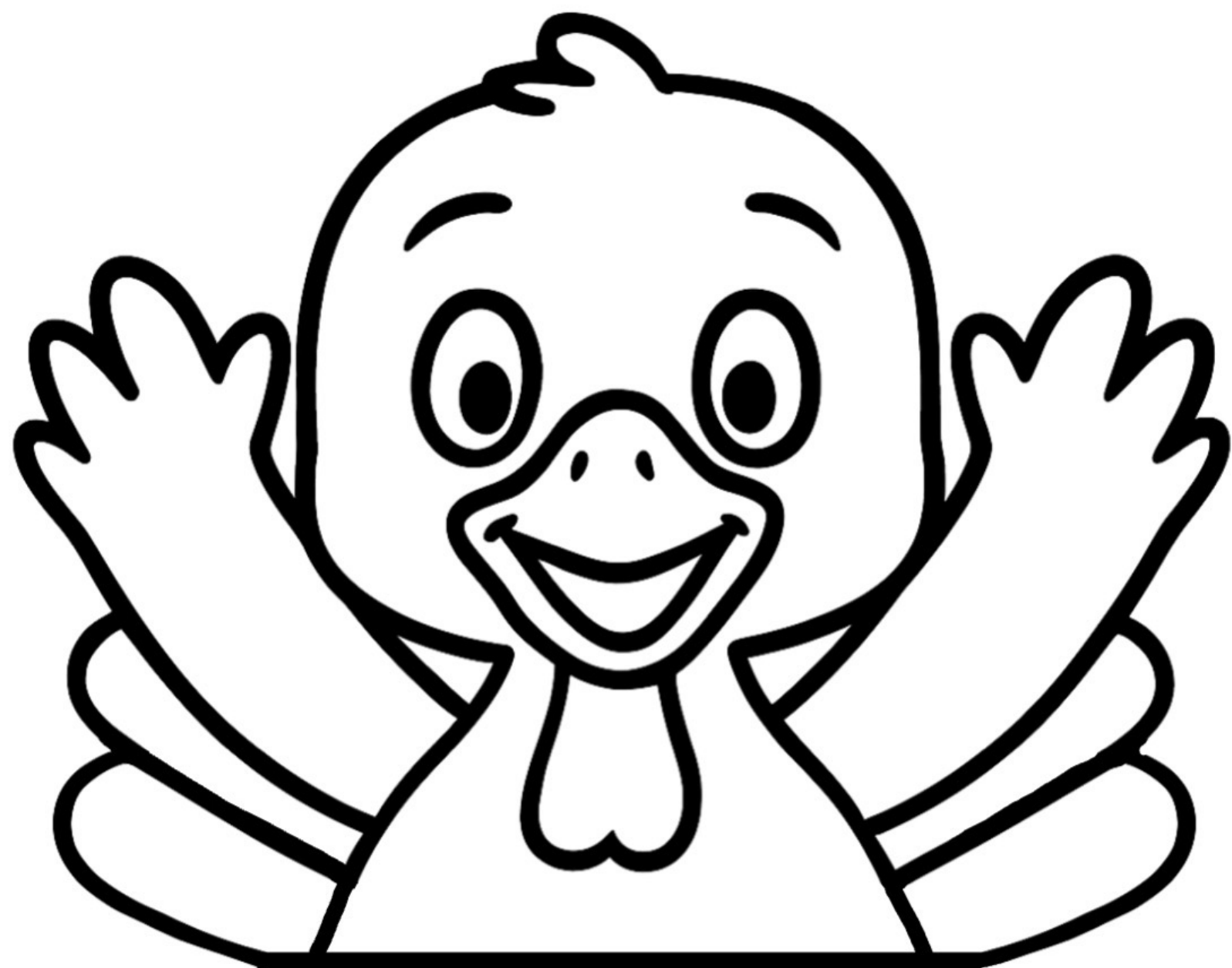


Name: _____

I feel **ANGRY** when:

when I feel **ANGRY** I can:



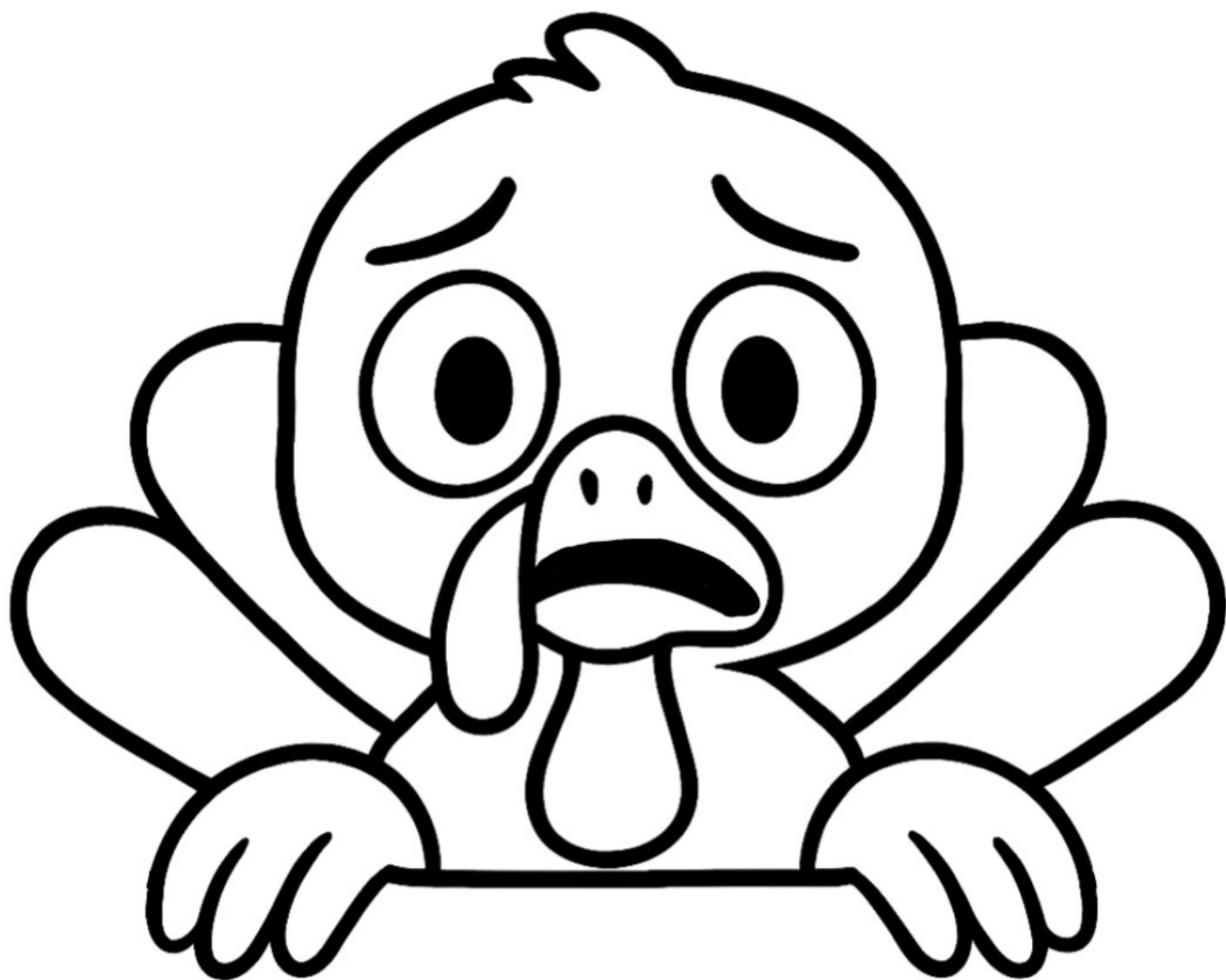


Name: _____

I feel **EXCITED** when:

When I feel **EXCITED** I can:



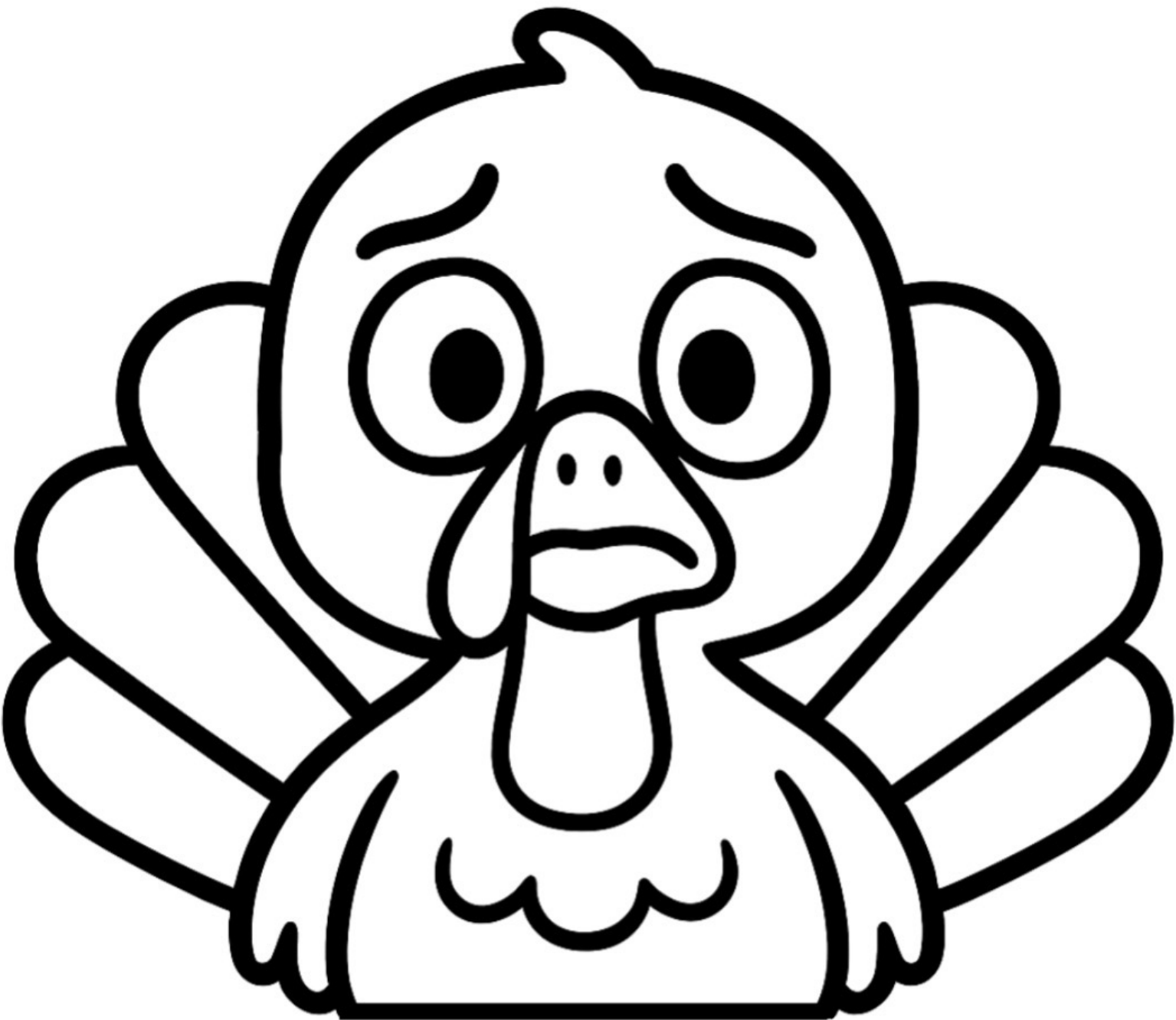


Name: _____

I feel **SCARED** when:

When I feel **SCARED** I can:



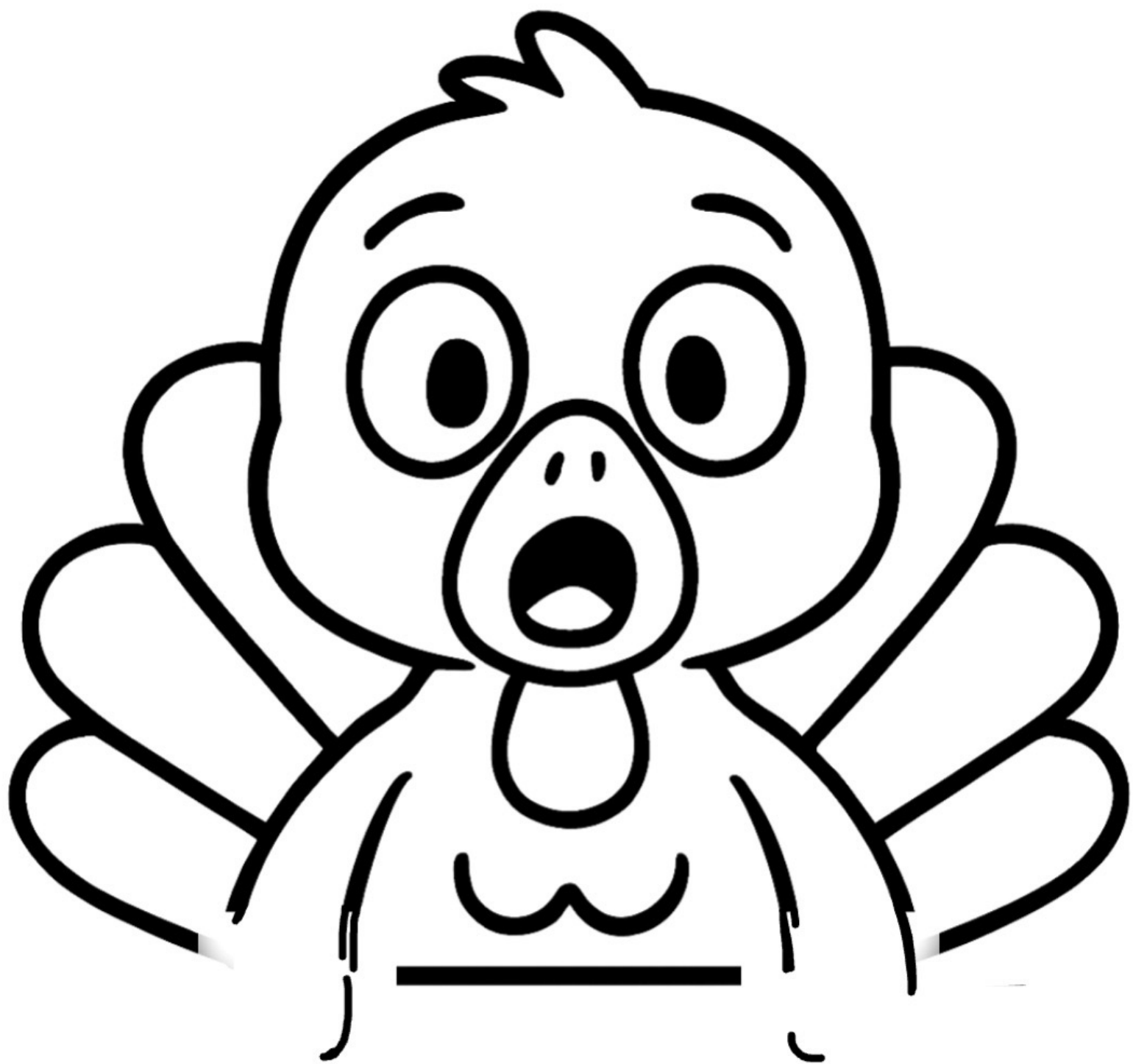


Name: _____

I feel **WORRIED** when:

when I feel **WORRIED** I can:



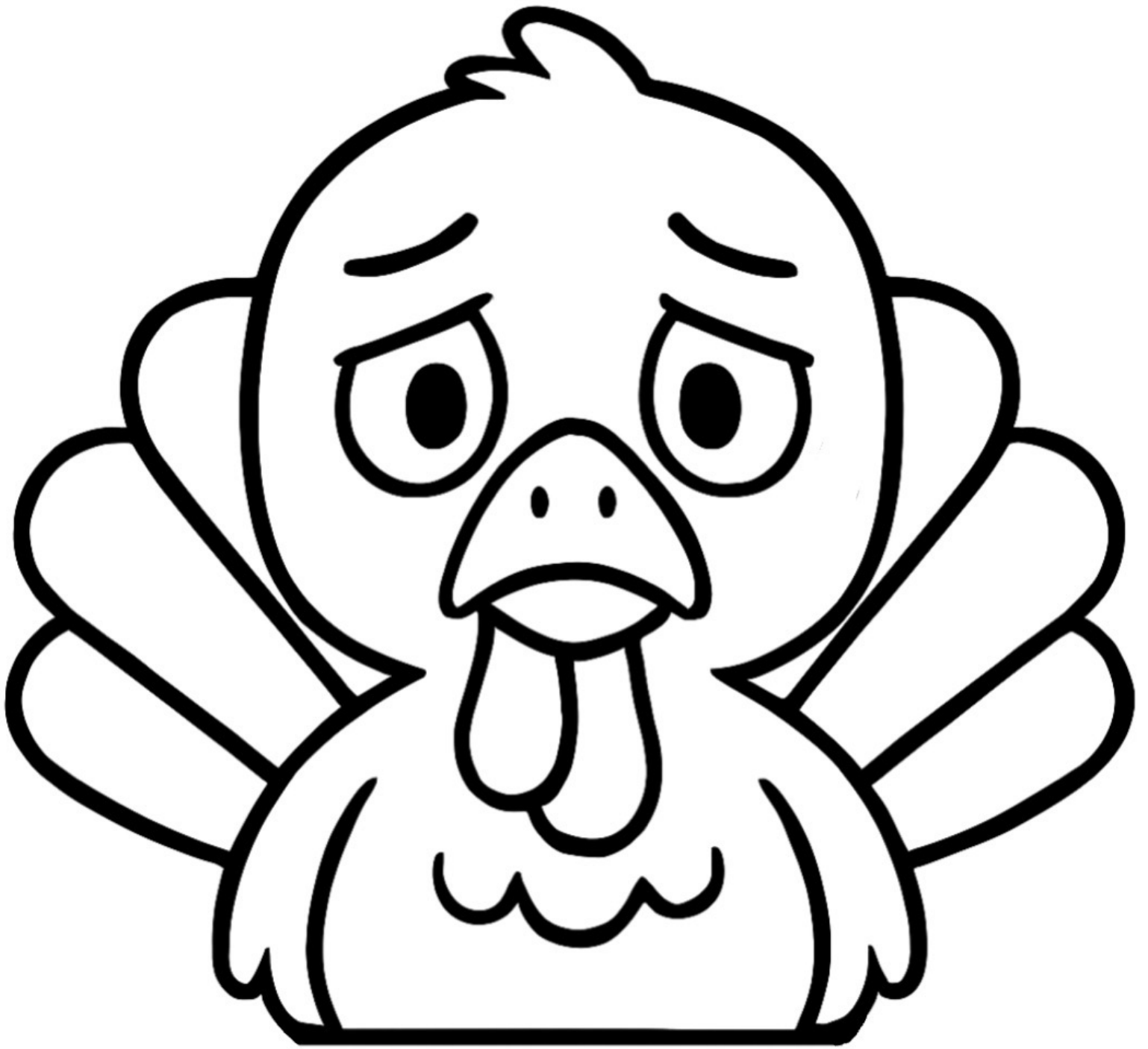


Name: _____

I feel **SURPRISED** when:

when I feel **SURPRISED** I can:





Name: _____

I feel **DISAPPOINTED** when:

When I feel **DISAPPOINTED** I can:



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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ Laura Sathout

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