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# Directions:

## POWERPOINT:

I like to begin the lesson by explaining that some fall friends will be teaching us all about our feelings and how to cope with them today. Next, I review the PowerPoint presentation that teaches the 8 feeling words. On the slide that says, "How do you feel today?", students can drag the leaf emojis to the tree that show how they are feeling today (please make sure to do this part 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). Next, as I teach about each emotion, I ask students to act out the feeling word by making that expression on their face. After I read the scenario for that feeling, I ask students to either share with the class or "turn and talk" with a neighbor about a time when they experienced that feeling. Next, we review the three coping strategies or choices that go along with each emotion. At the end of the PowerPoint, please ask students to share with the class or with a partner which coping strategies they like best/work best for them. Finally, students can share how they are feeling today and which coping strategies they could use to manage their feelings.

## FALL FEELINGS CRAFT:

**Materials Needed:** one leaf topper and one "I feel \_\_\_\_\_ when" page per student, scissors, pencil, crayons or markers, glue stick

After the PowerPoint presentation, I like to create the **Fall Leaf Feelings Craft** with students. All 8 emotions are included and you can 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 which best describes how they are feeling today. Students can cut out the leaf 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 leaf topper. Please see the sample provided



# Directions Cont.:

## MY FALL FEELINGS CHECK-IN CUT & PASTE:

**Materials Needed:** "My Fall Feelings" page, hook-and-loop fastener dots or glue, crayons (if using the black/white page)

This is a simple activity that you can use to check-in with students about their feelings. For the color version, I like to cut out all of the leaf emojis and laminate them and the page (so it can be used again and again).

Then, I place hook-and-loop fastener dots on each leaf and in spots around the tree. (Please see the sample provided). To use the activity, students attach the leaf emojis that show how they are feeling today to the tree. For the black/white version, students can color the tree and leaves and glue the leaf emojis that show how they are feeling today to the tree.

## MY FEELINGS CHECK-IN COLORING PAGE:

**Materials Needed:** one coloring page per student, crayons

This coloring page is a simple way to check-in with students about their feelings. They can decorate the tree and then color only the leaf emojis that show how they are feeling today.

Looking for the **digital activity for Google Slides™**? It is included in the zip folder, too!

Questions or comments? Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com). I'm here to help! 😊

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# **ASCA Mindsets & Behaviors:**

## **Category 1: Mindset Standards**

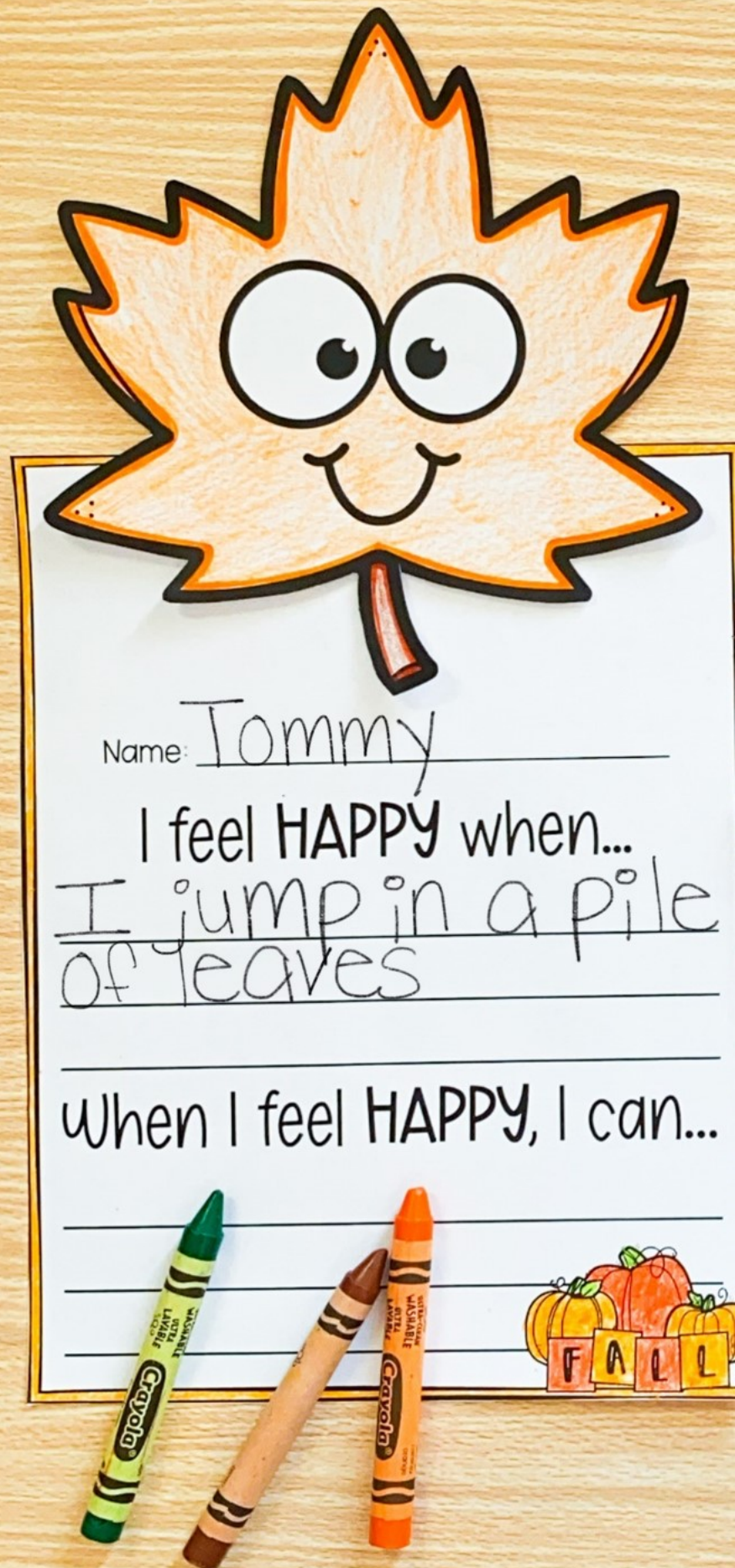
- M1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being

## **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

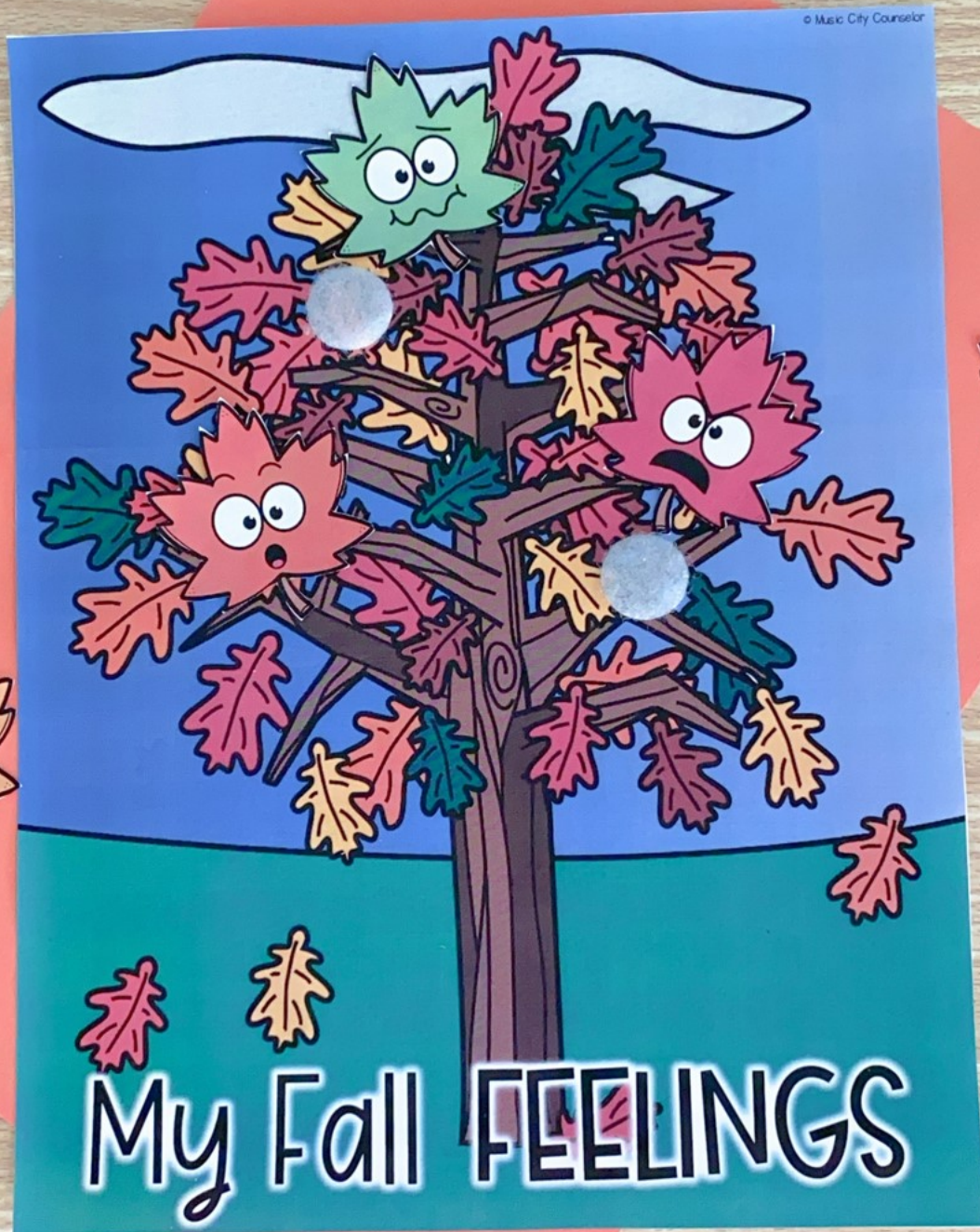


# Craft Sample





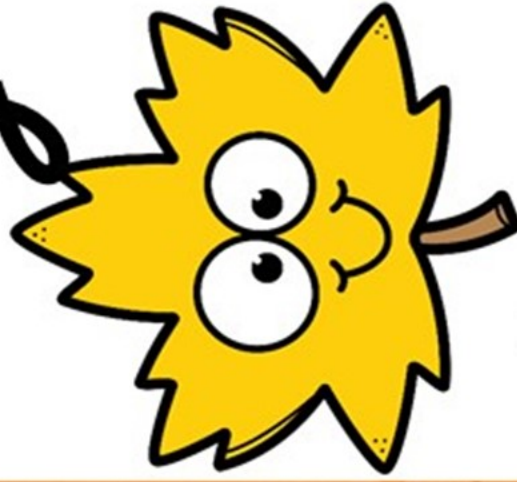
# My Fall Feelings Check-In Cut & Paste Sample





# Feelings Poster

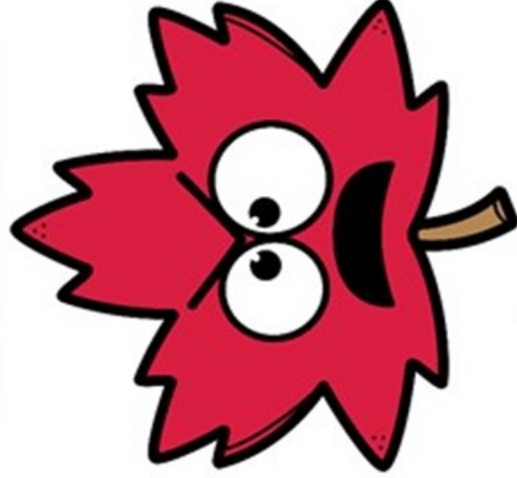
# My Fall FEELINGS



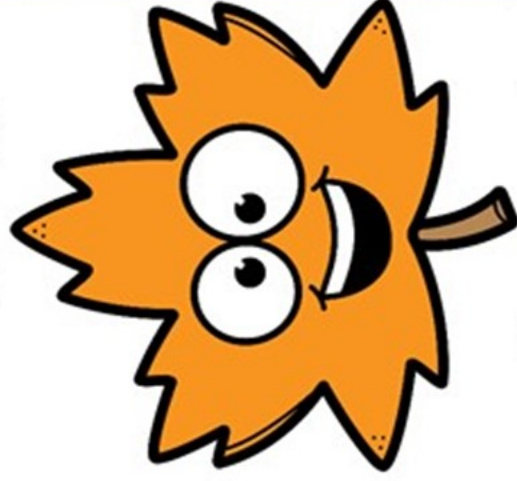
Happy



Sad



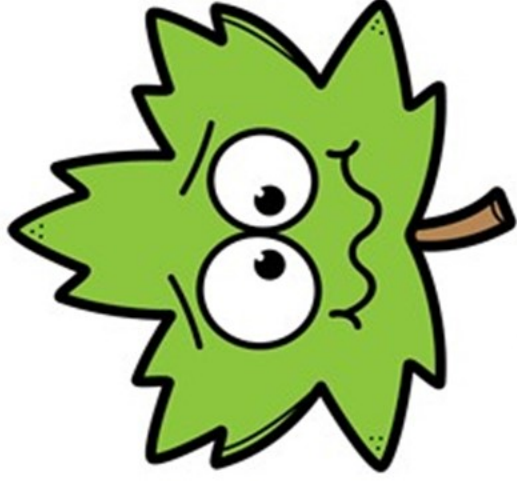
Angry



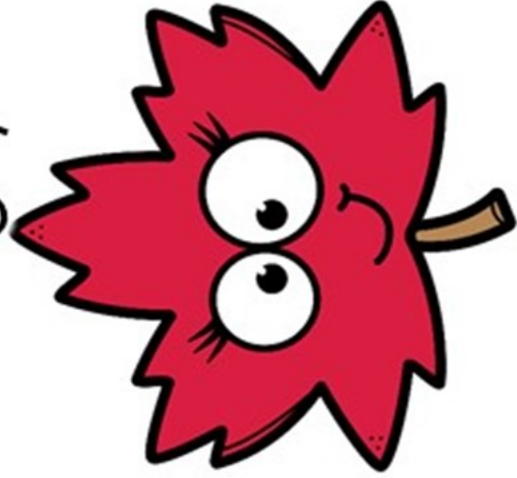
Excited



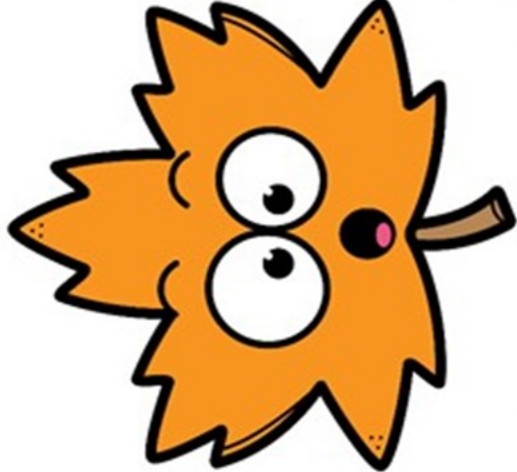
Scared



Nervous



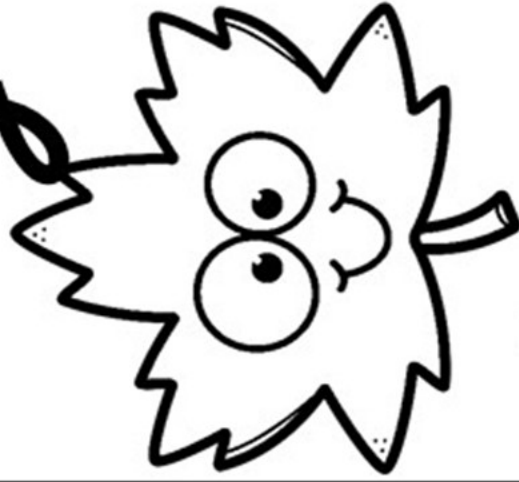
Proud



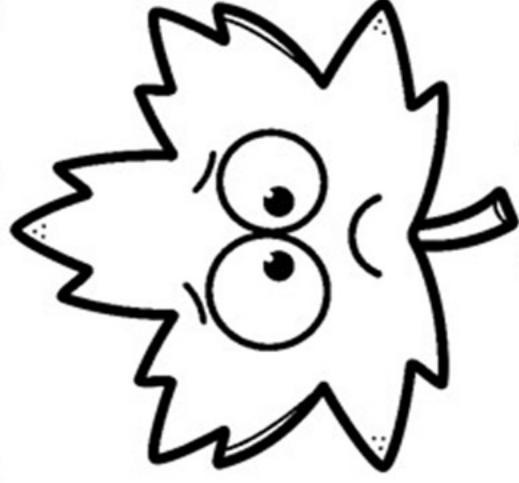
Surprised



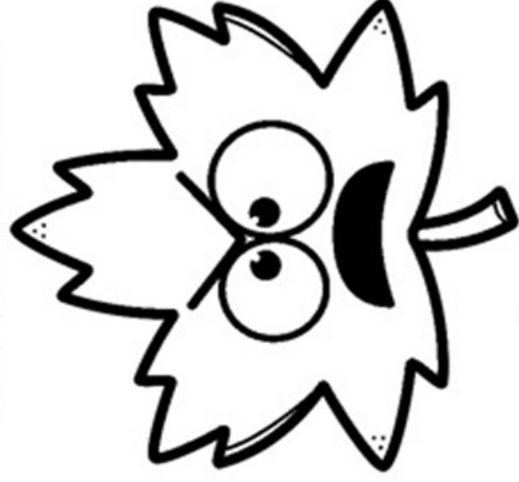
# My Fall FEELINGS



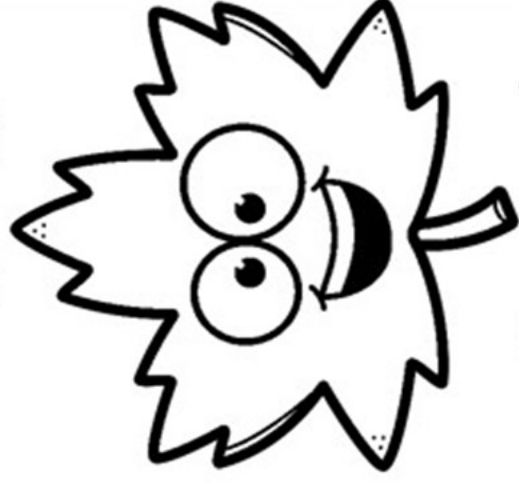
Happy



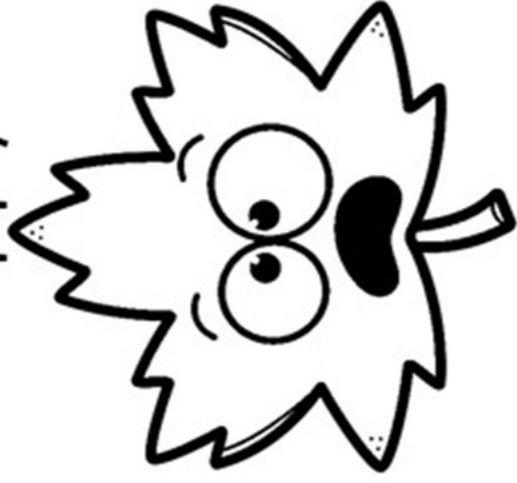
Sad



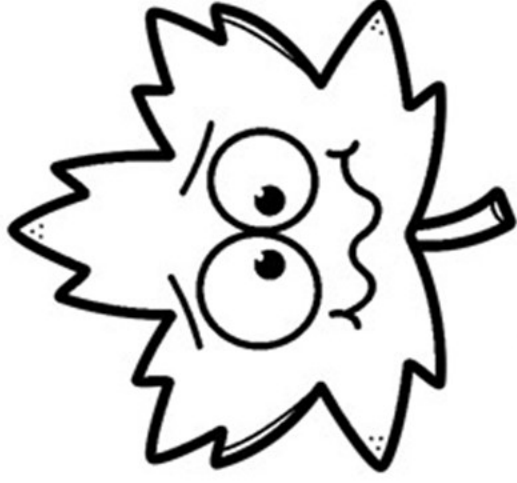
Angry



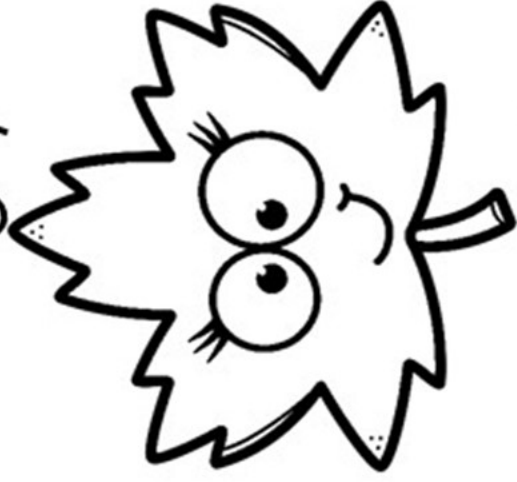
Excited



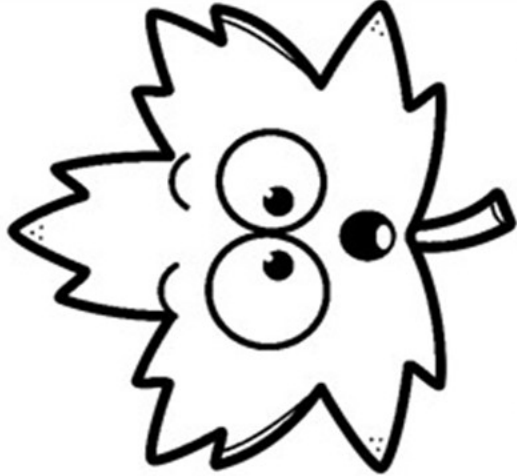
Scared



Nervous



Proud



Surprised

# **Fall Feelings Check-In (Cut & Paste)**

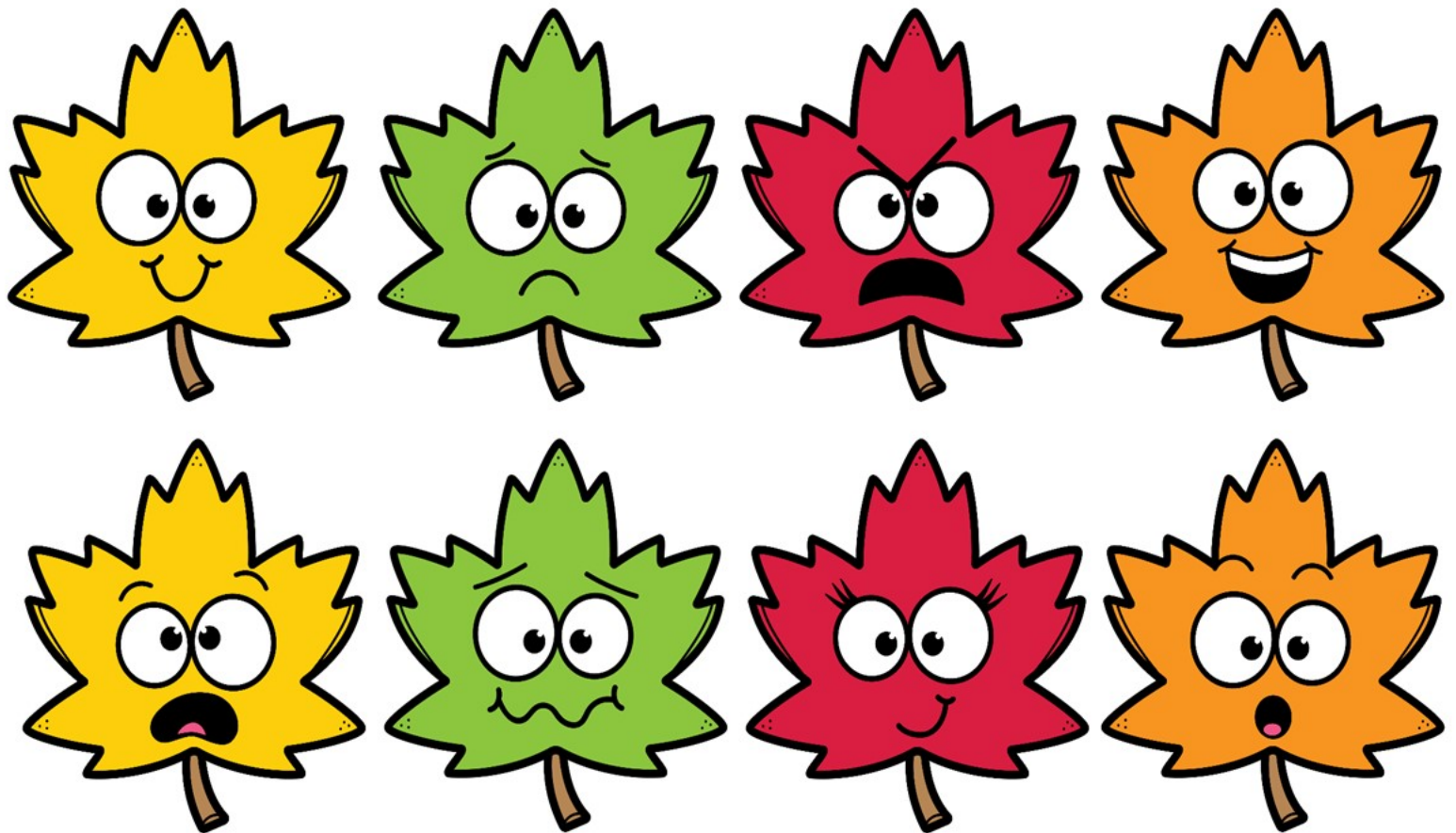




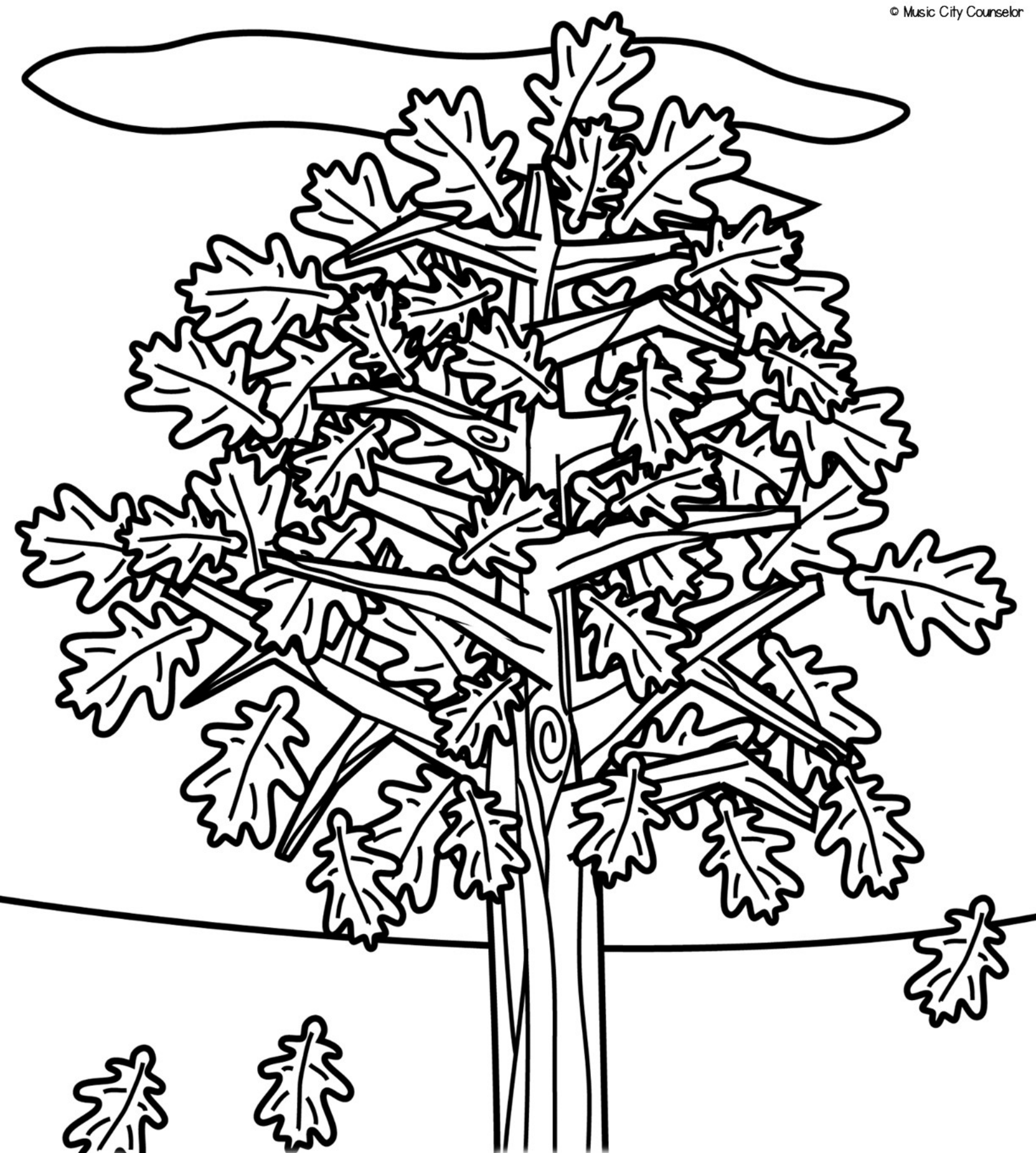
My Fall FEELINGS

Please cut out the fall leaves. Then, glue onto the tree the leaf emojis that show how you are feeling today.

Educators, you can also laminate the materials and have students attach the leaves to the tree with hook-and-loop fastener dots so it can be used over and over again..

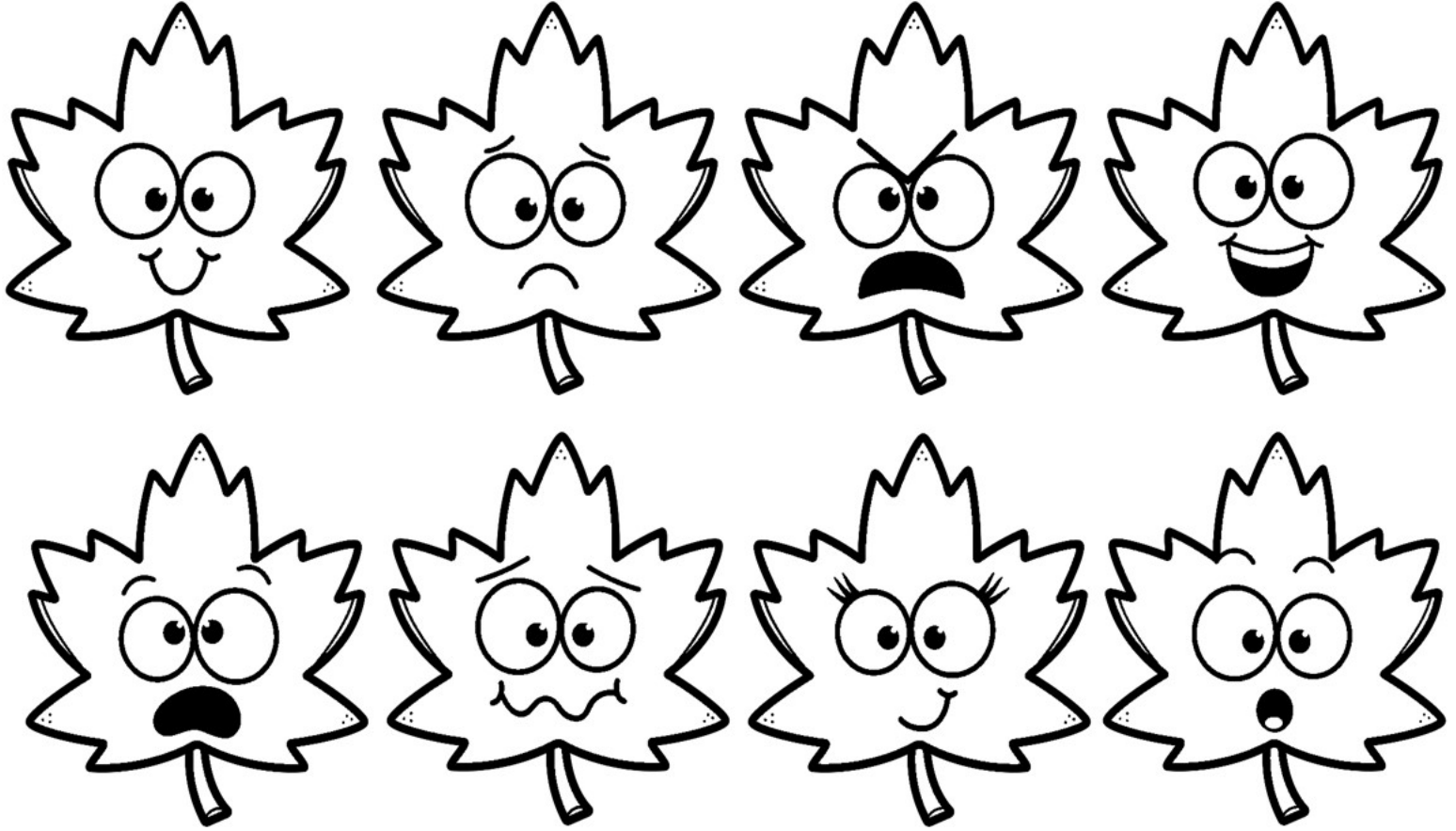






My Fall FEELINGS

Please cut out the fall leaves. Then, glue onto the tree the leaf emojis that show how you are feeling today.



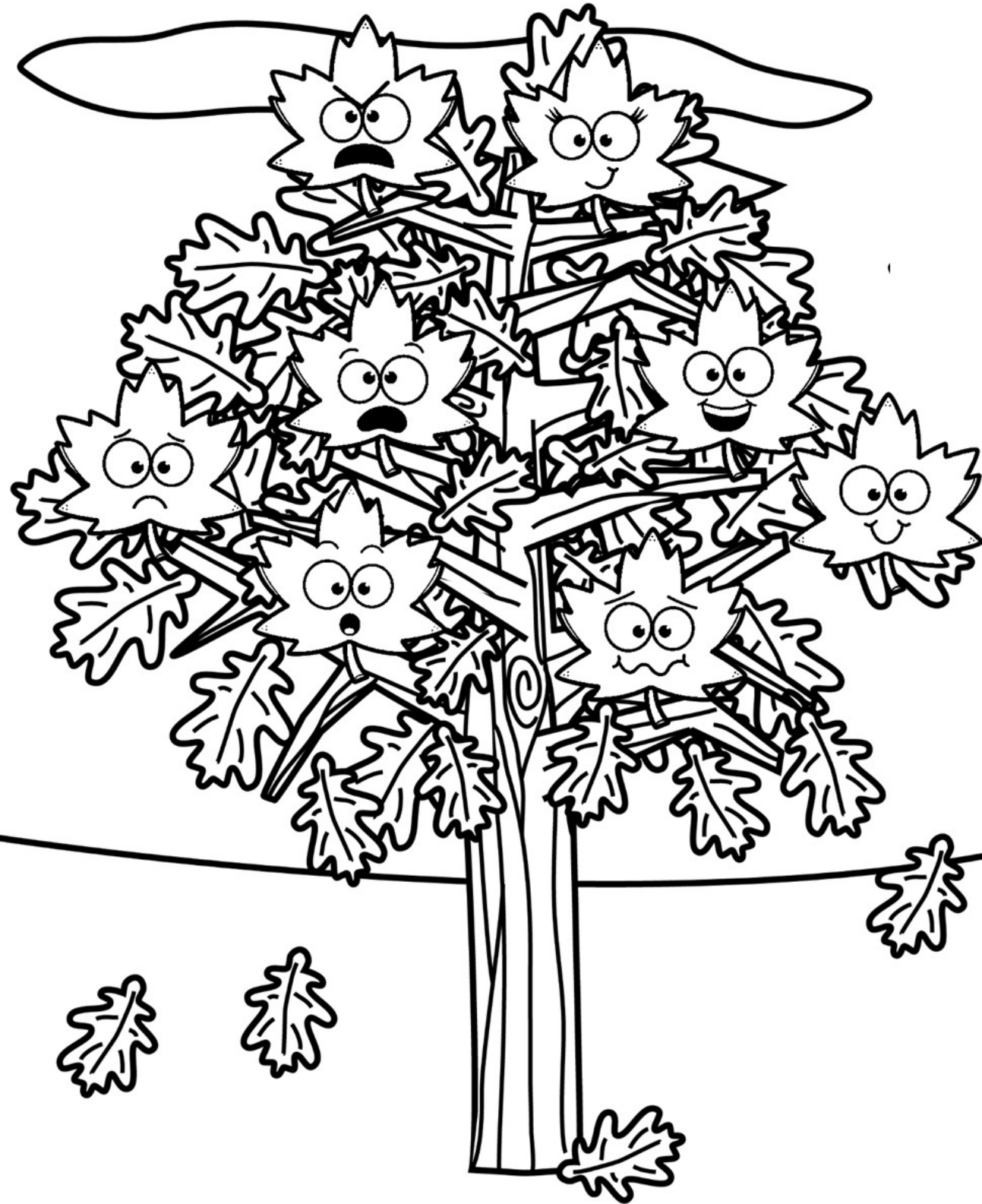
# **My Fall Feelings Check-In Coloring Page**



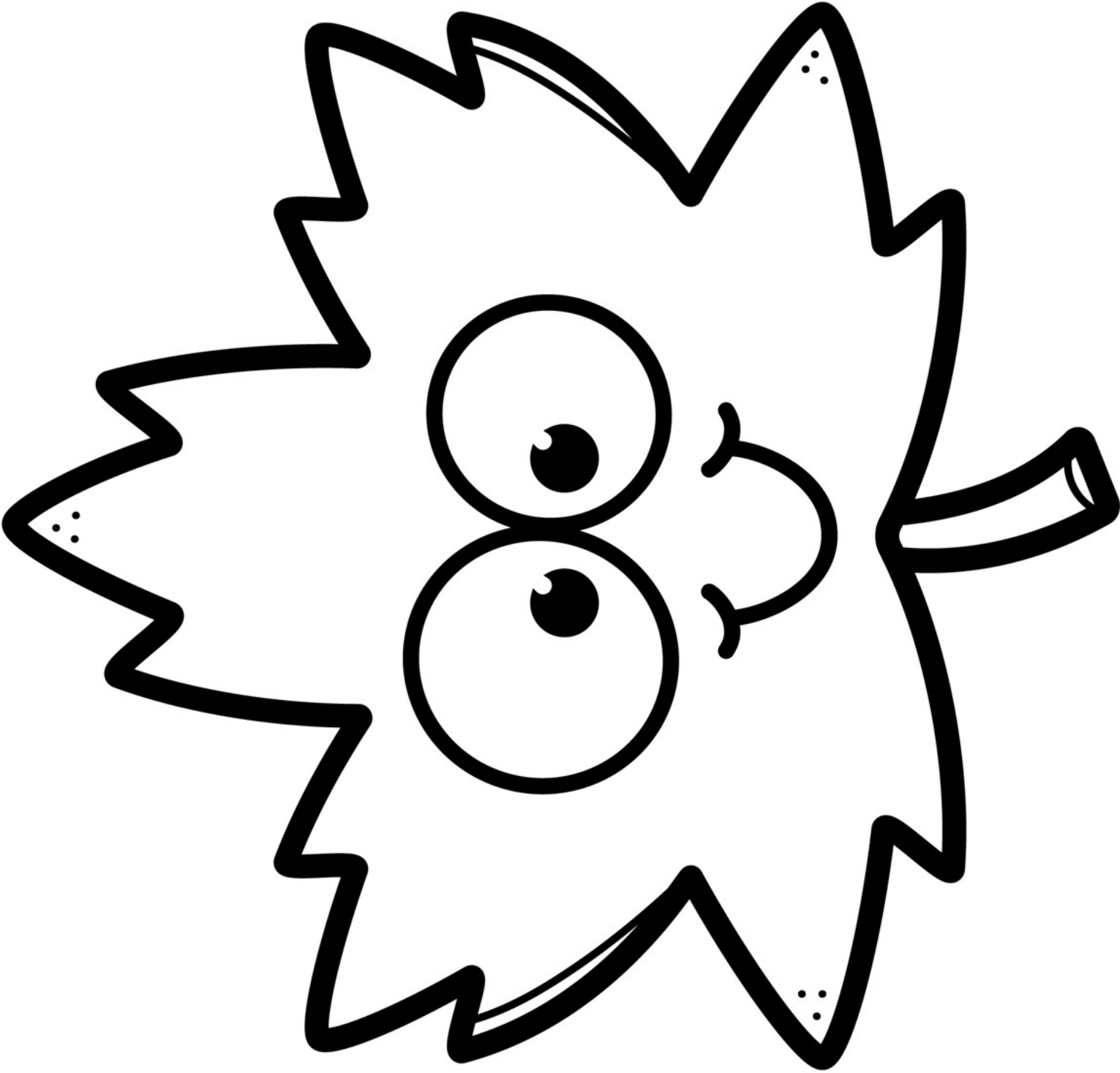
Name: \_\_\_\_\_

# My Fall FEELINGS

Color the leaf emojis that show how you are feeling today.



# Fall Feelings Craft





Name: \_\_\_\_\_

I feel HAPPY when...

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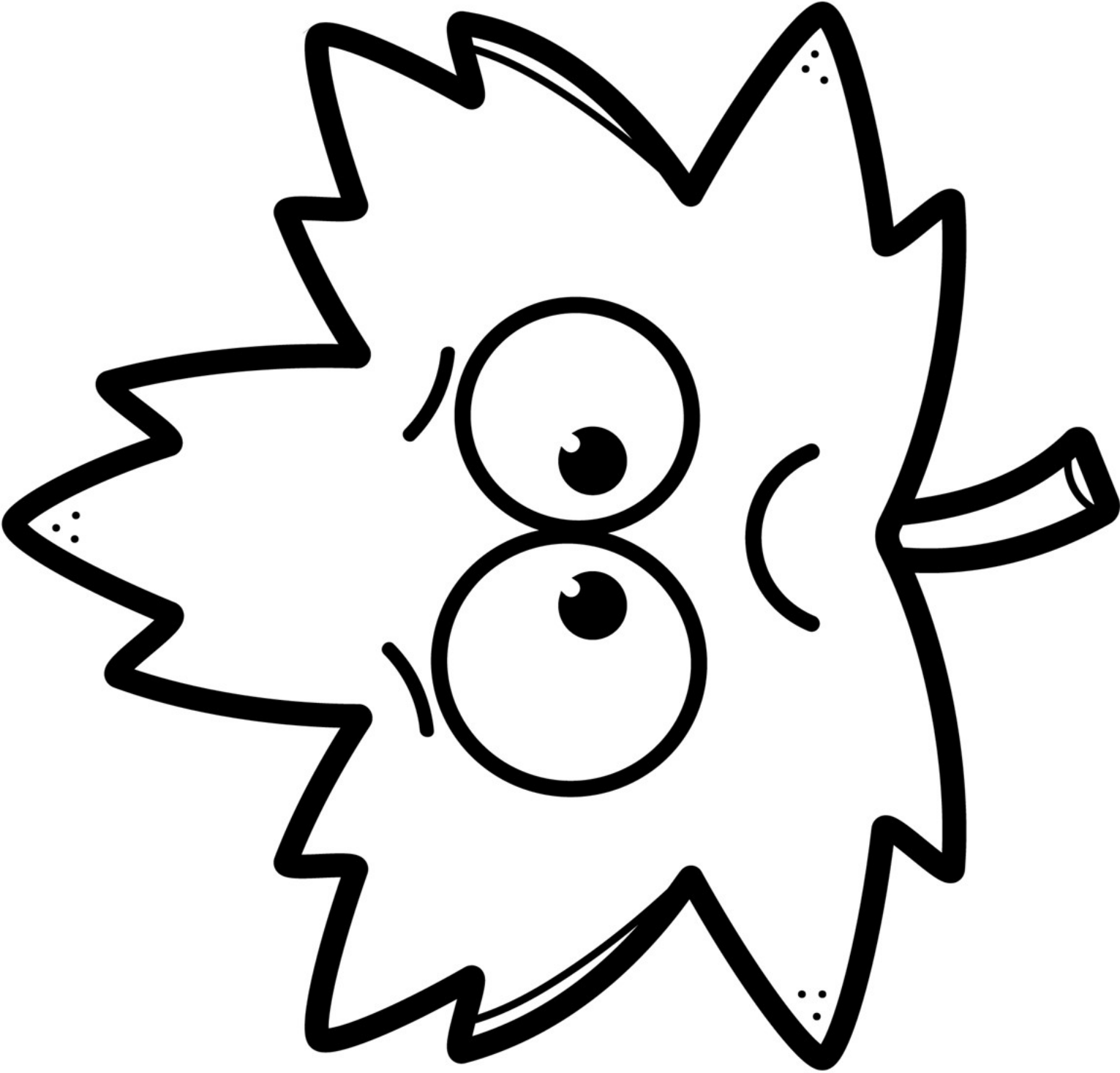
When I feel HAPPY, I can...

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Name: \_\_\_\_\_

I feel SAD when...

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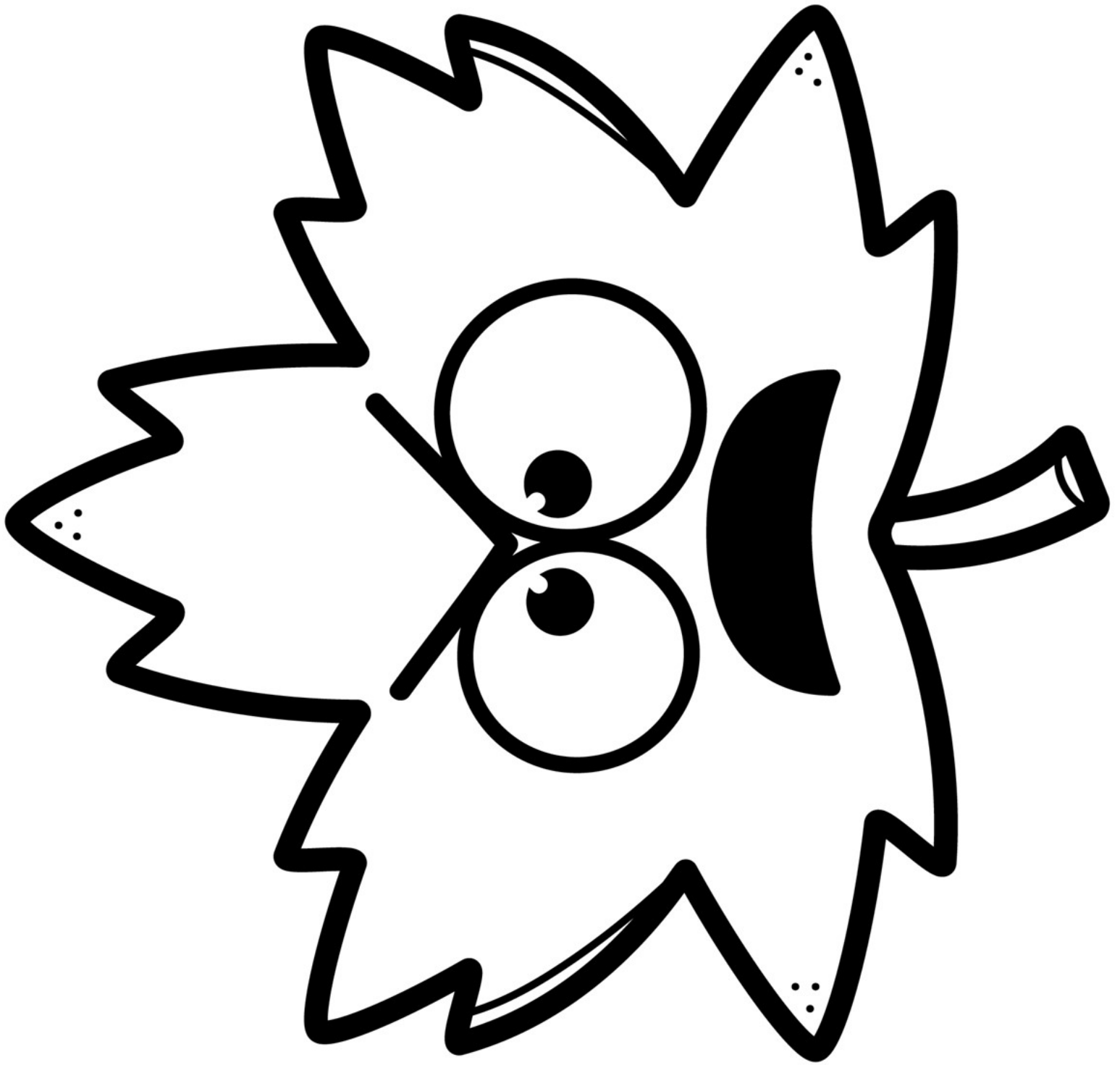
When I feel SAD, I can...

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Name: \_\_\_\_\_

I feel **ANGRY** when...

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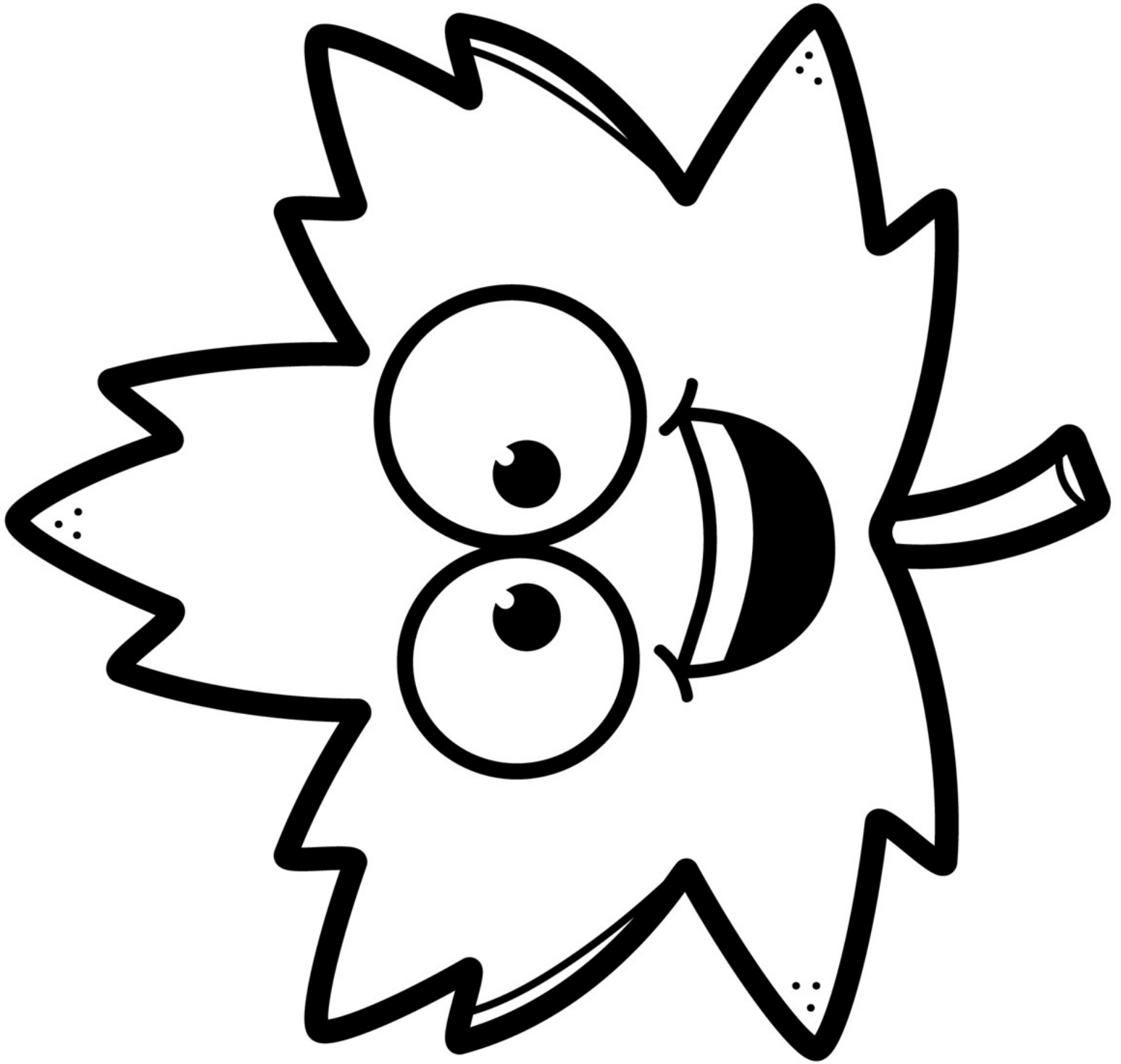
When I feel **ANGRY**, I can...

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Name: \_\_\_\_\_

I feel **EXCITED** when...

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When I feel **EXCITED**, I can...

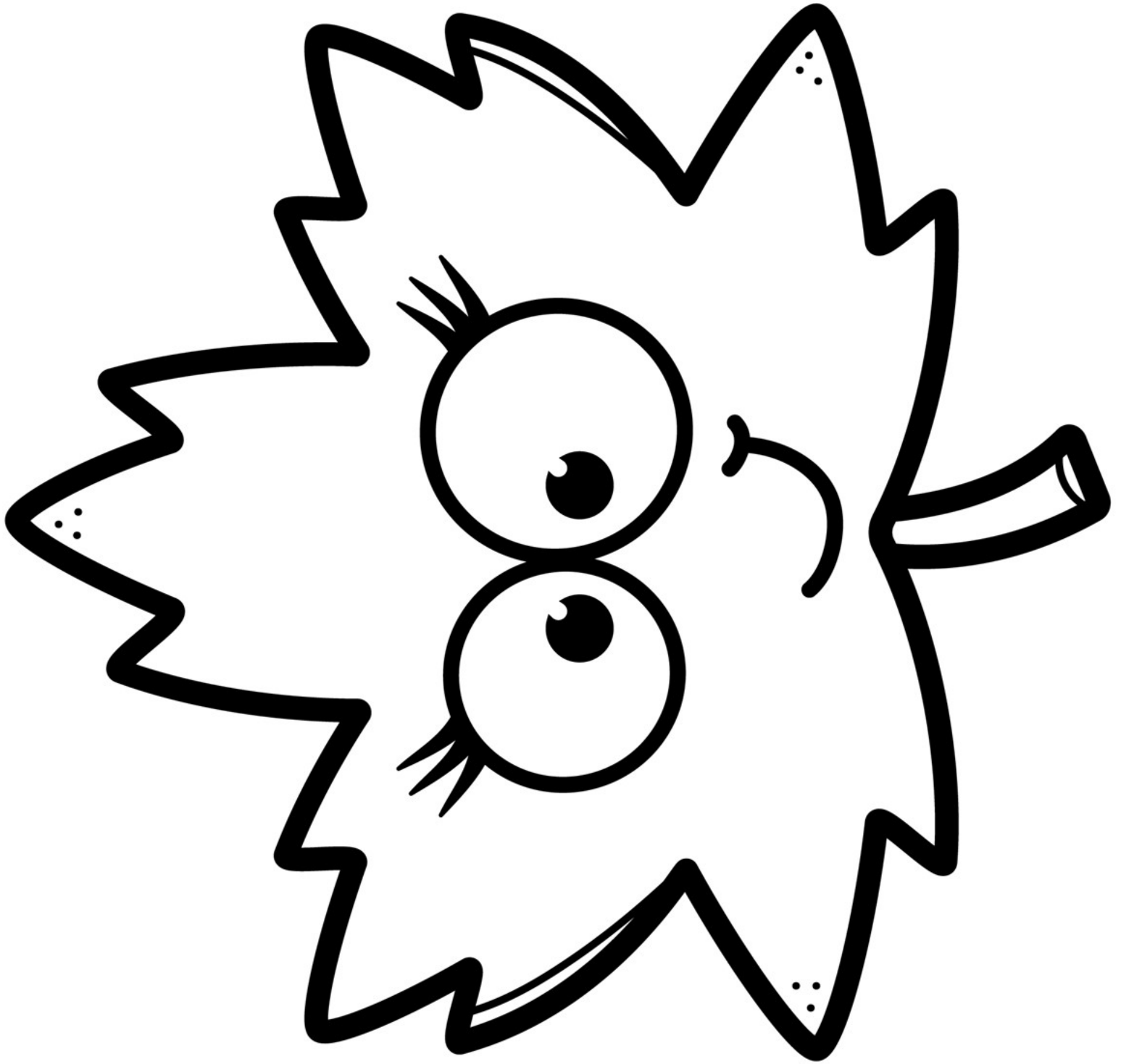
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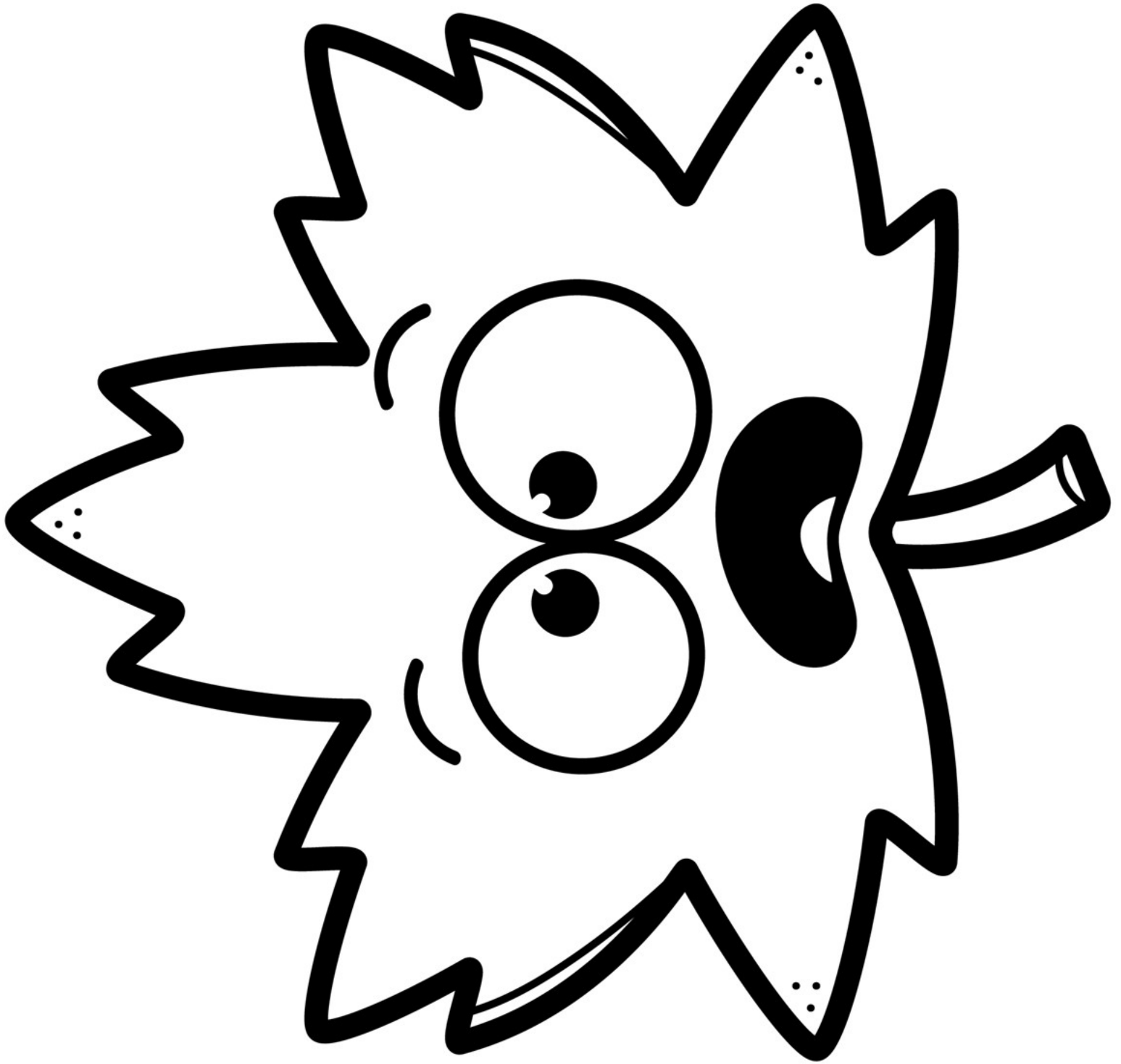


Name: \_\_\_\_\_

I feel PROUD when...

When I feel PROUD, I can...







Name: \_\_\_\_\_

I feel SCARED when...

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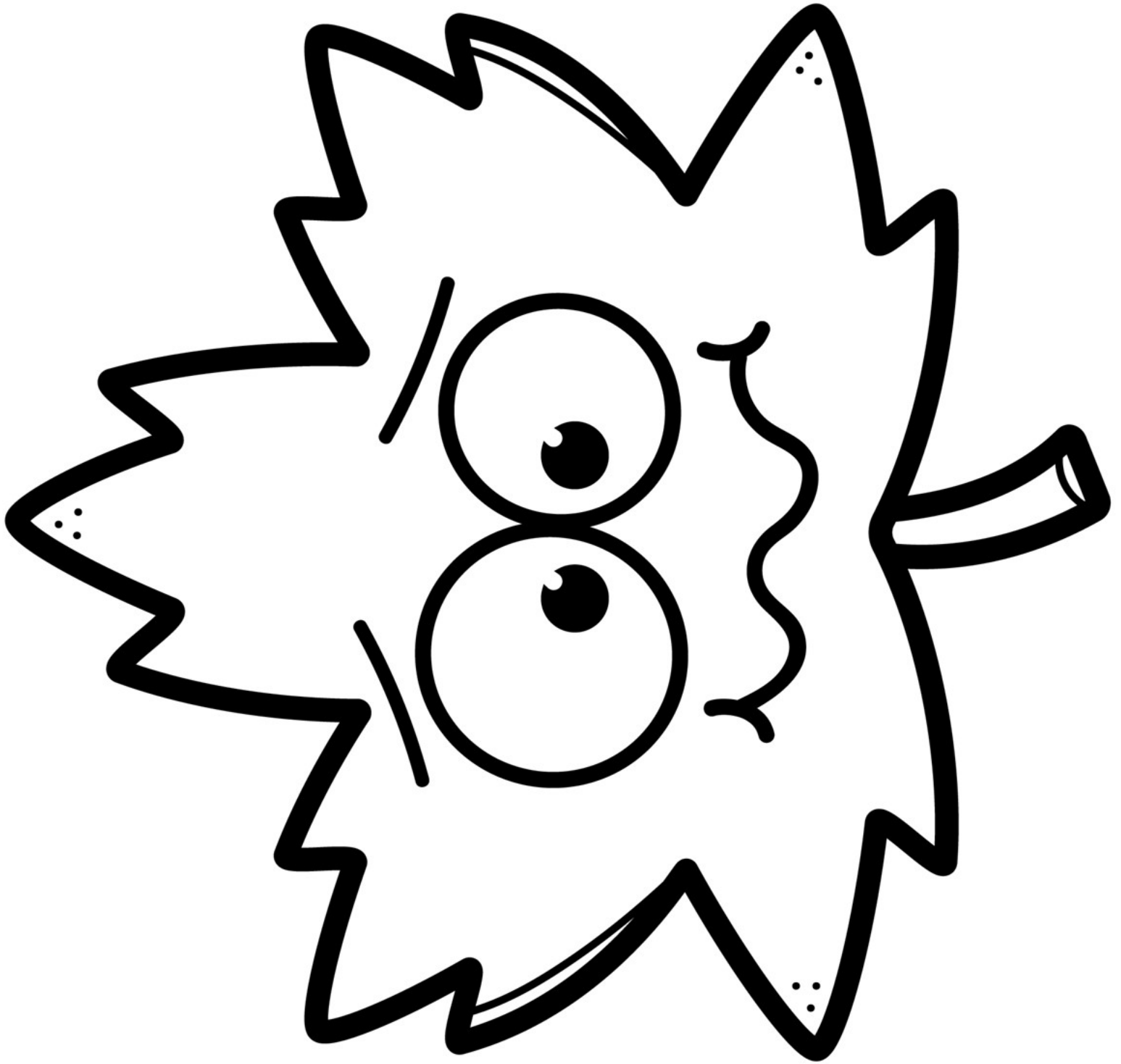
When I feel SCARED, I can...

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Name: \_\_\_\_\_

I feel NERVOUS when...

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When I feel NERVOUS, I can...

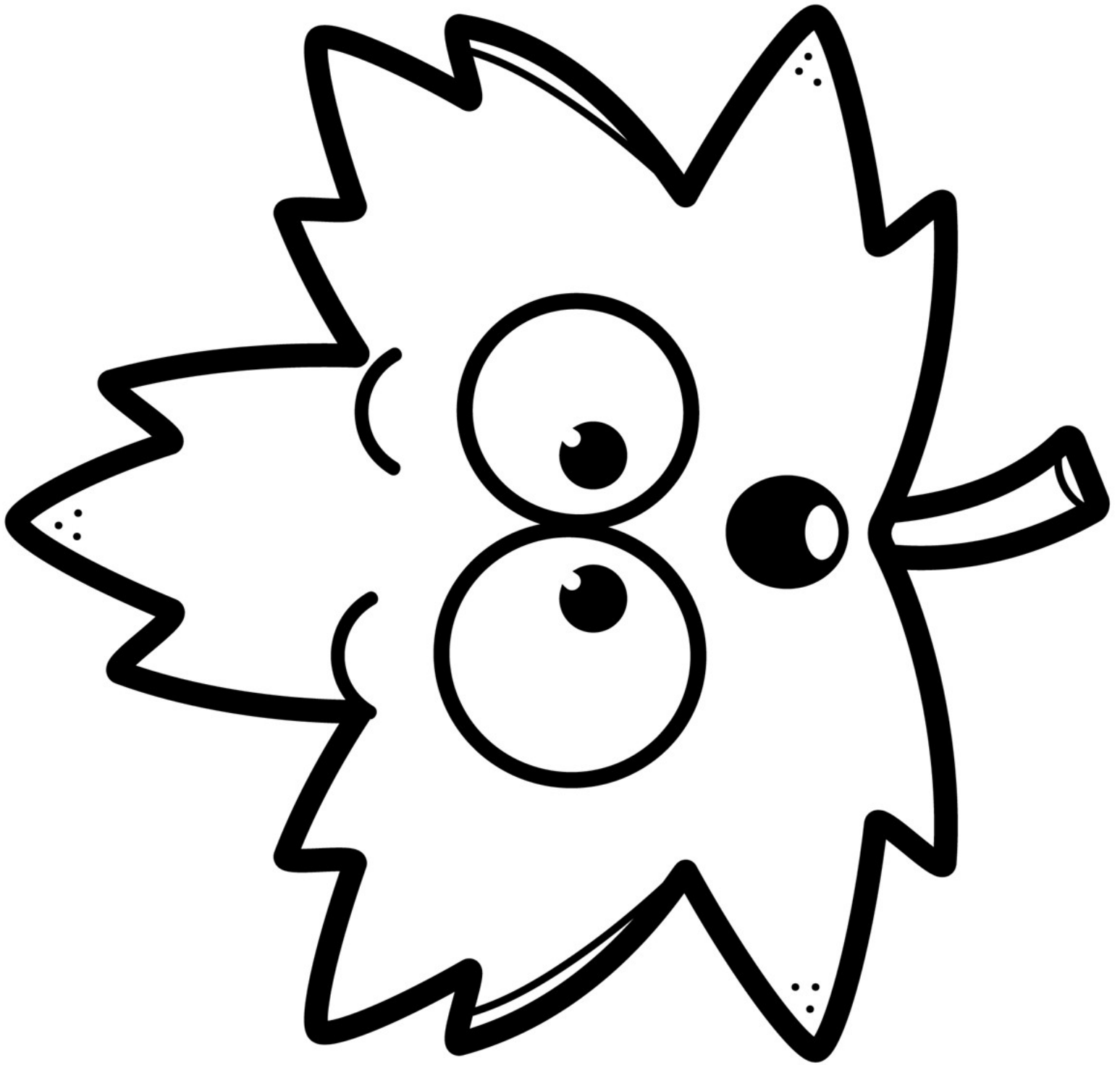
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Name: \_\_\_\_\_

I feel SURPRISED when...

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When I feel SURPRISED, I can...

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