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Directions:

POWERPOINT:

I like to begin the lesson by explaining that some Halloween 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, "Build your feelings", students can drag the Frankenstein faces to the body 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.

HALLOWEEN FEELINGS CRAFT:

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

After the PowerPoint presentation, I like to create the **Halloween 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 witch 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 witch topper. Please see the sample provided.

Directions Cont.:

BUILD A FRANKENSTEIN FEELINGS CHECK-IN

Materials Needed: printed laboratory background, 2 pages of Frankenstein pieces, crayons or markers, glue

This is a fun activity that lets students express their emotions by building a feelings Frankenstein monster. You can choose to have one set of materials for a group of students, or to give each student their own set. First, please print the 3 pages (the laboratory background, Frankenstein faces, and Frankenstein pieces). Students can color and cut out the materials. Then, students choose the Frankenstein face that expresses how they are feeling today and place it in the laboratory. Next, they choose the body that they like best and place it under the face. Then, they attach the arms and legs. Students can glue their pieces onto the laboratory or you can use hook-and-loop fastener dots if you'd like it to be a reusable activity.

MY FEELINGS CHECK-IN COLORING PAGES:

Materials Needed: one coloring page per student, crayons

These coloring pages are a simple way to check-in with students about their feelings. They can color the Frankenstein or witch faces 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. I'm here to help! ☺

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ASCA Mindsets & Behaviors:

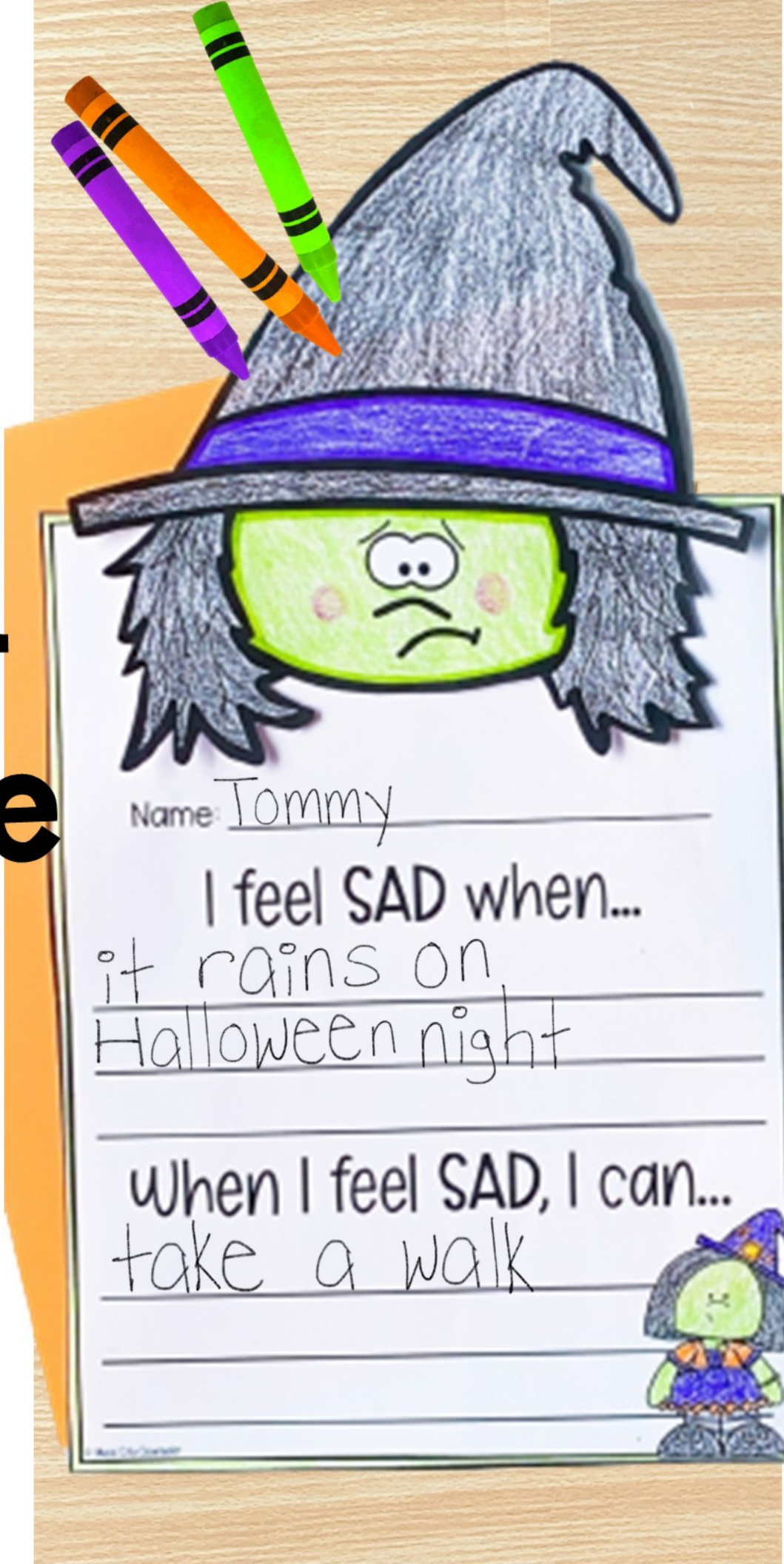
Category 1: Mindset Standards

- 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



Build a Feelings Frankenstein Check-In SAMPLE

Feelings Poster

My Halloween FEELINGS

Happy

Sad

Angry

Excited

Scared

Nervous

Proud

Surprised

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My Halloween FEELINGS

Happy

Sad

Angry

Excited

Scared

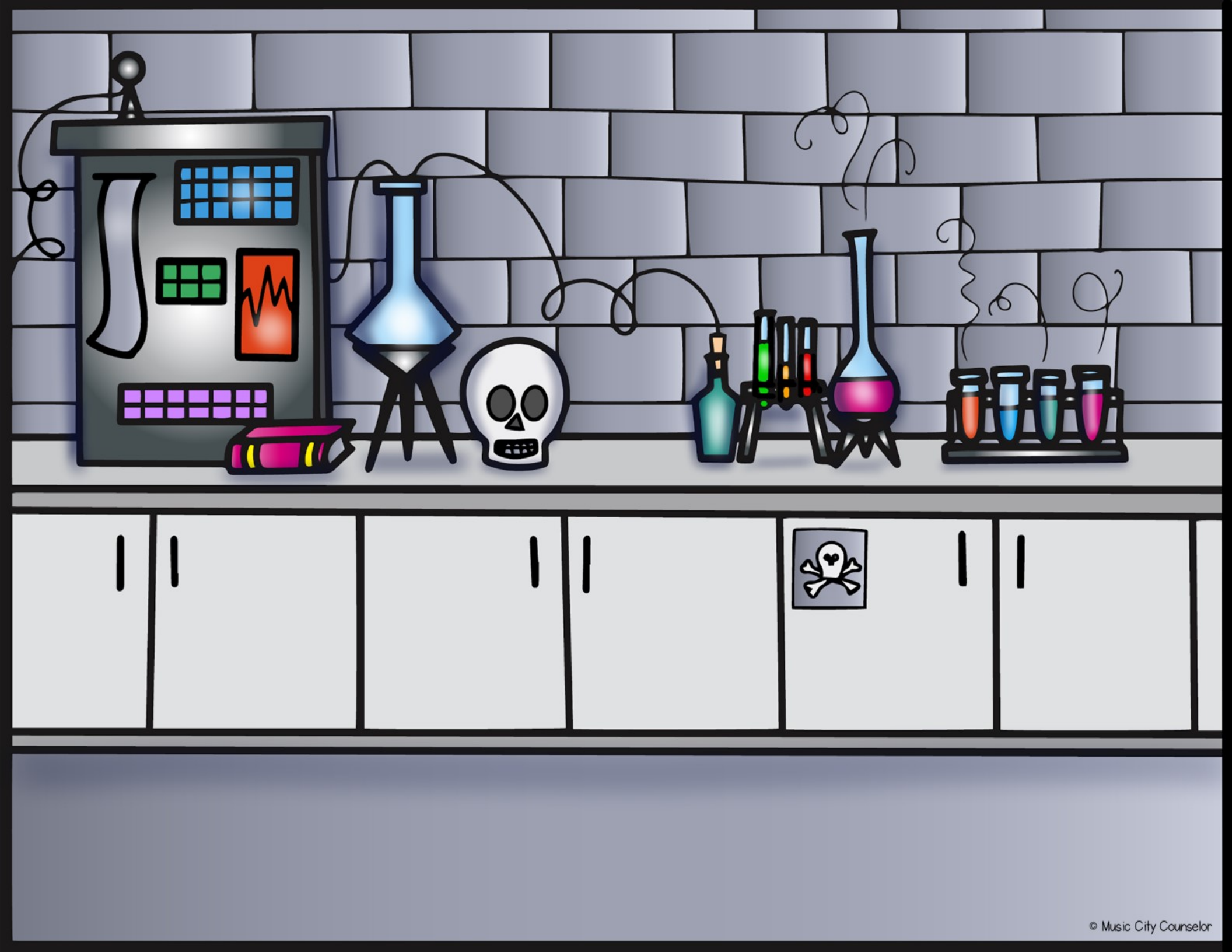
Nervous

Proud

Surprised

© Music City Counselor

Build a Feelings Frankenstein Check-In



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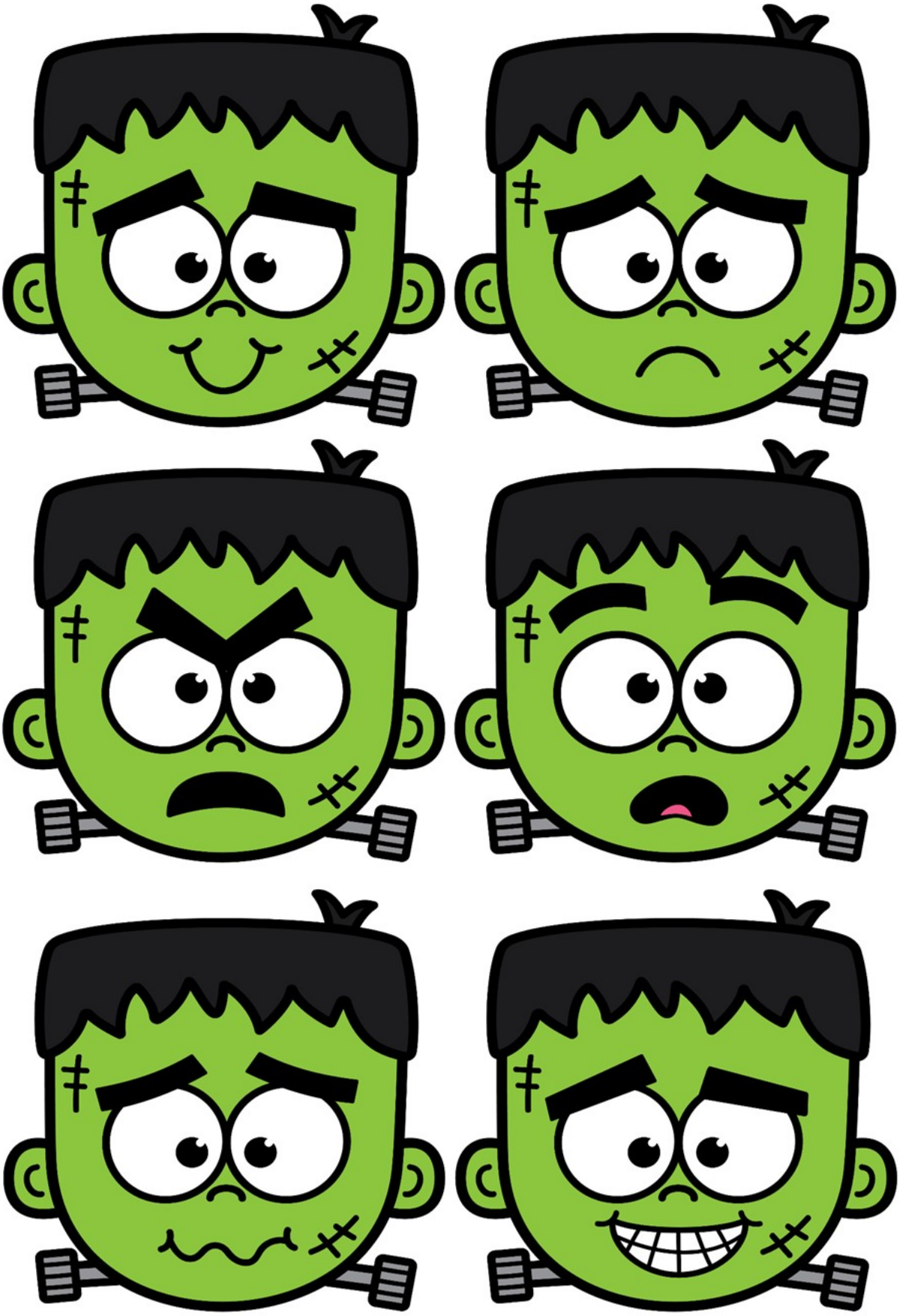
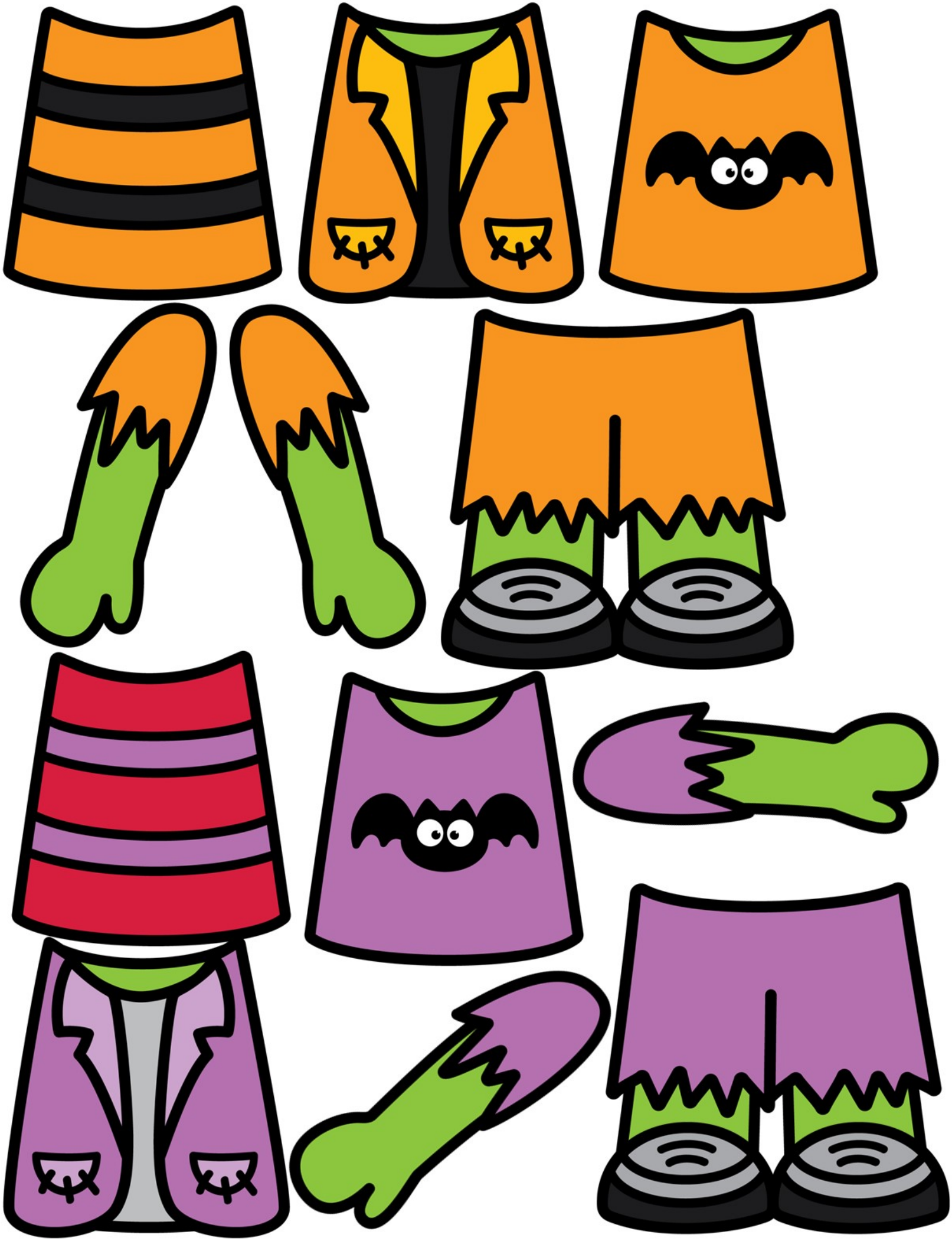
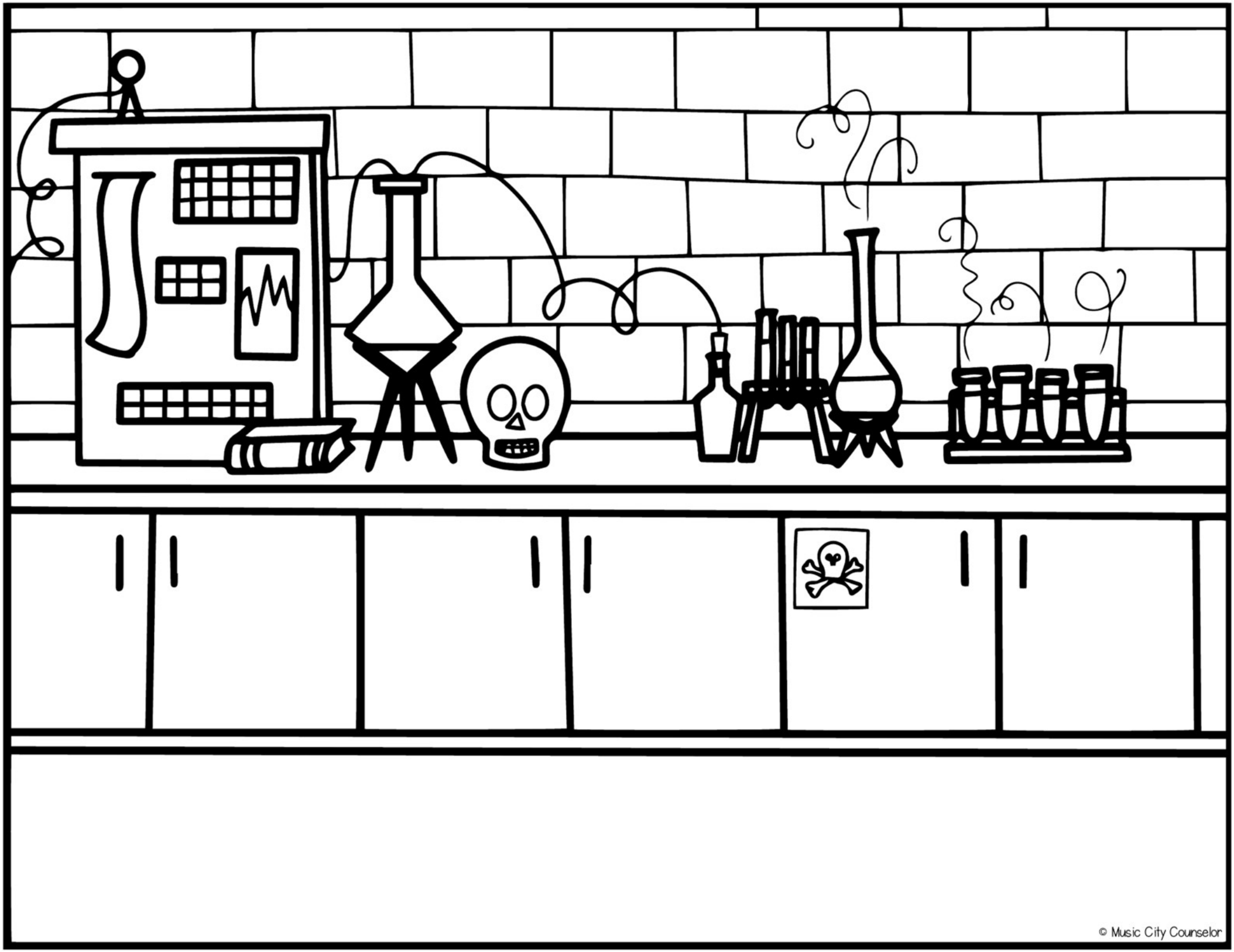
Choose a face that shows how you are feeling today. Then, choose the shirt, pants, and two arms that you like best.







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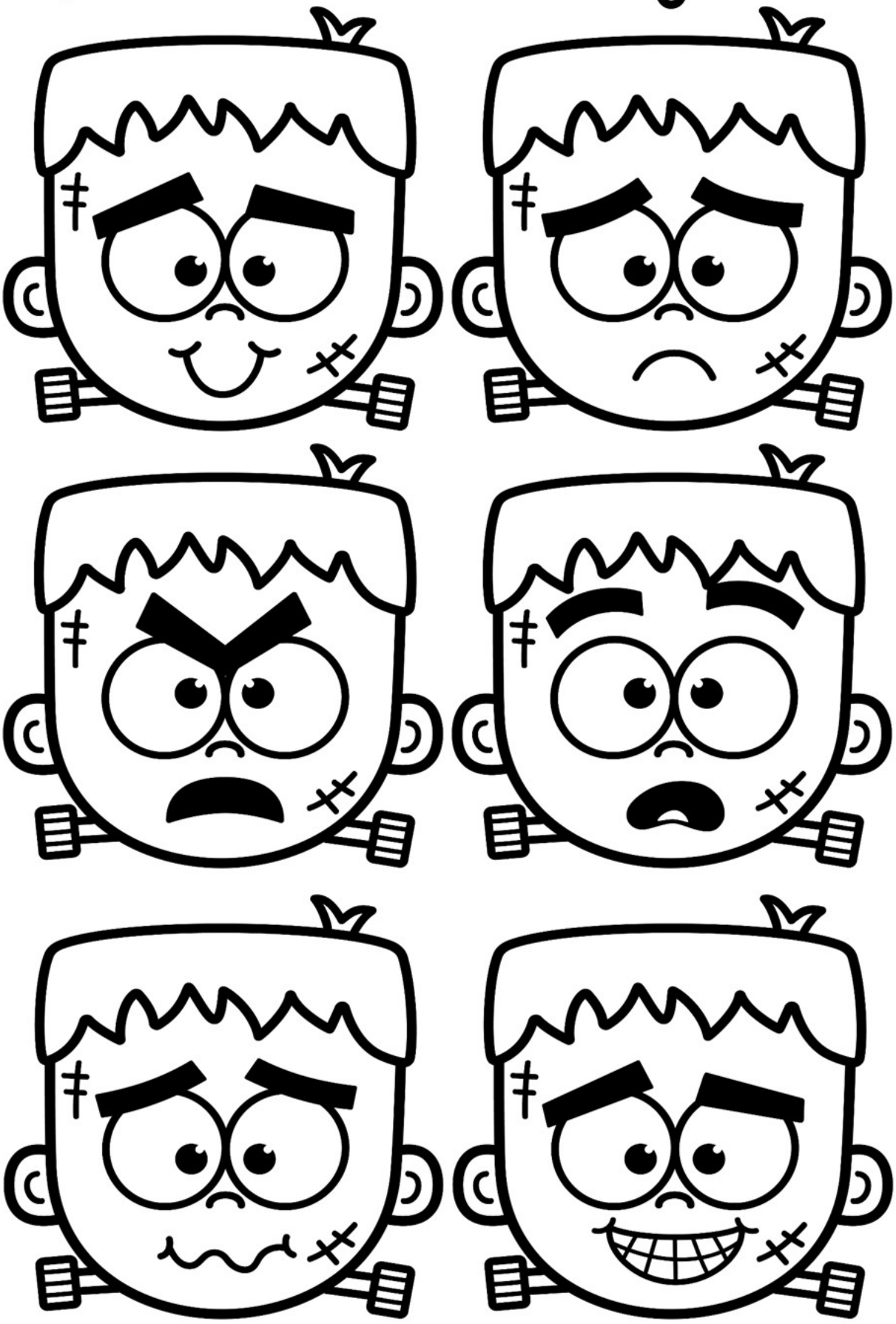
Choose a face that shows how you are feeling today. Then, choose the shirt, pants, and two arms that you like best.



Feelings Check-In Coloring Pages

My Halloween FEELINGS

Color the witches that show how you are feeling today.

Happy

Sad

Angry

Excited

Scared

Nervous

Proud

Surprised

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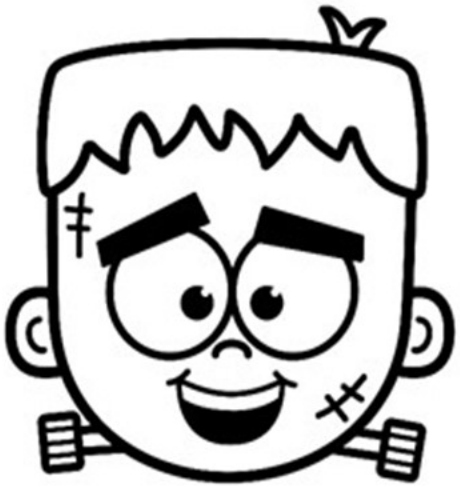
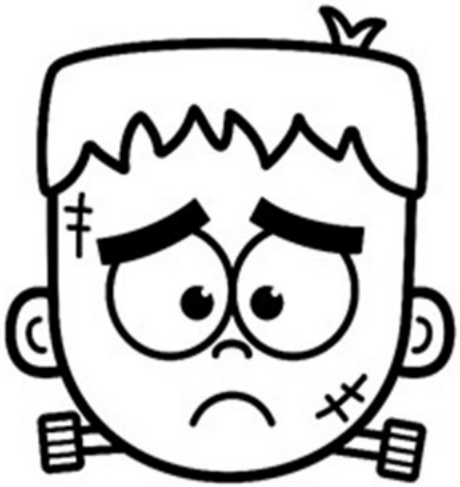
My Halloween FEELINGS

Color the Frankensteins that show how you are feeling today.

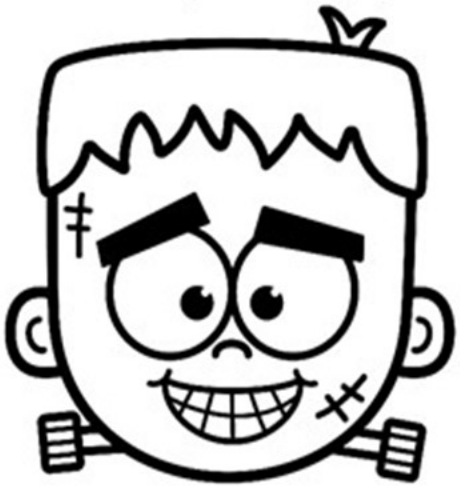


Happy

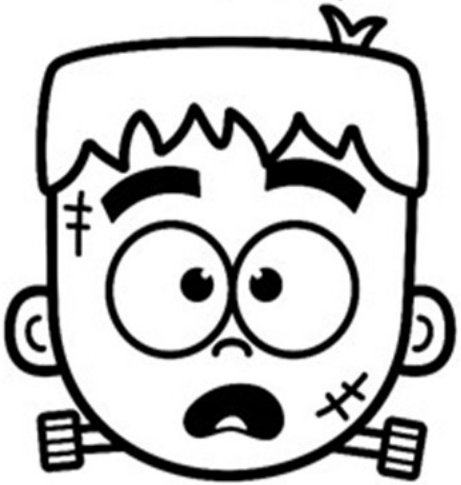


Sad

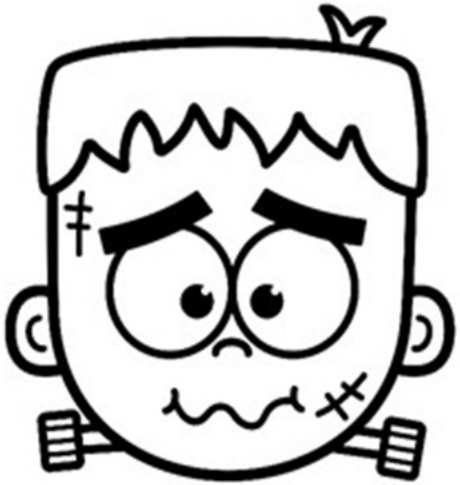
Angry



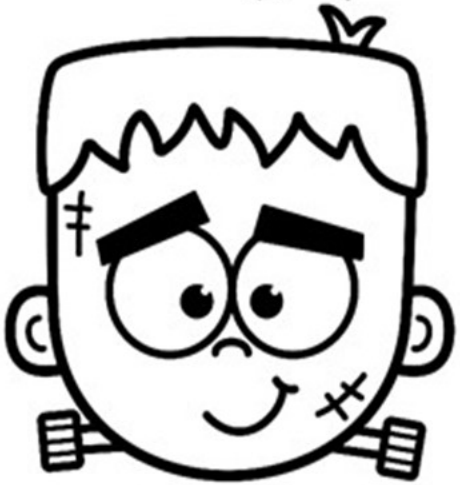
Excited



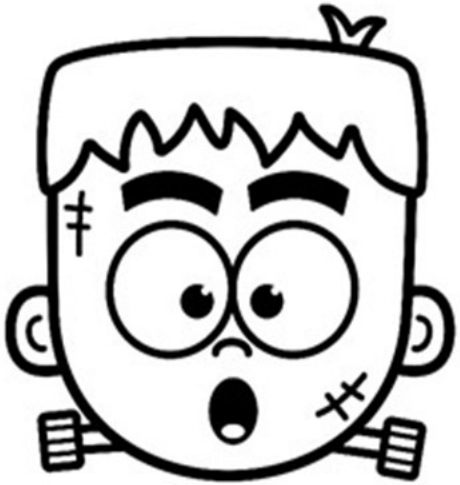
Scared



Nervous



Proud



Surprised

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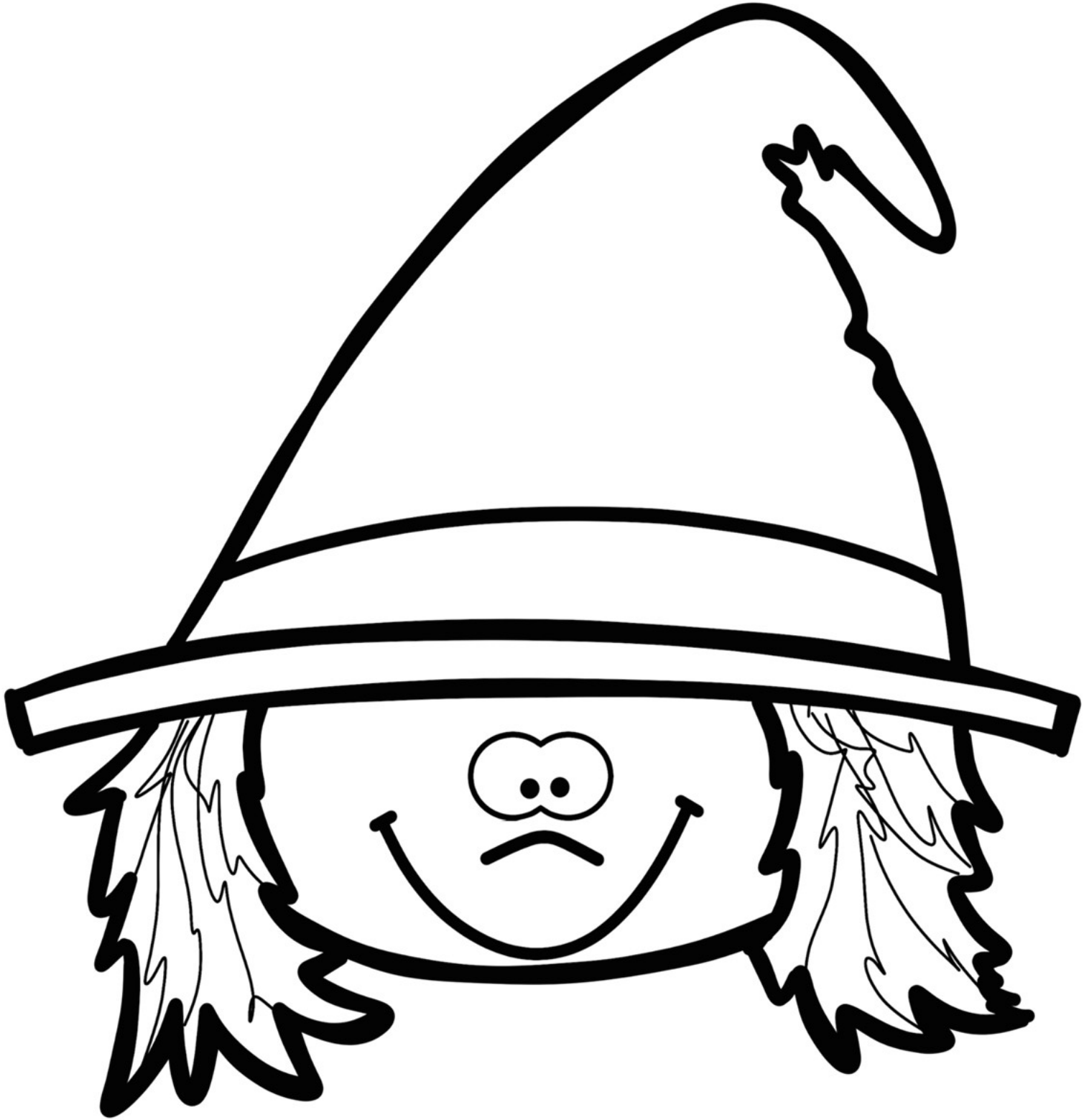
Fall Feelings Craft



Name: _____

I feel HAPPY when...

_____

_____

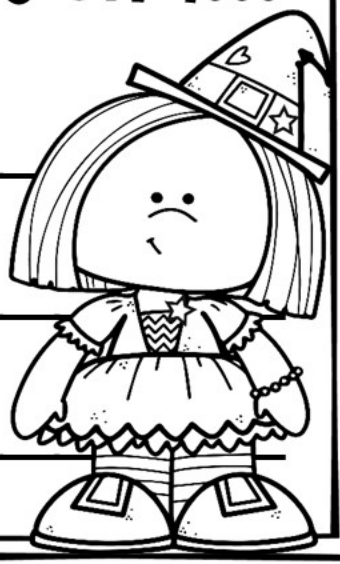
_____

When I feel HAPPY, I can...

_____

_____

_____



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Name: _____

I feel SAD when...

_____

_____

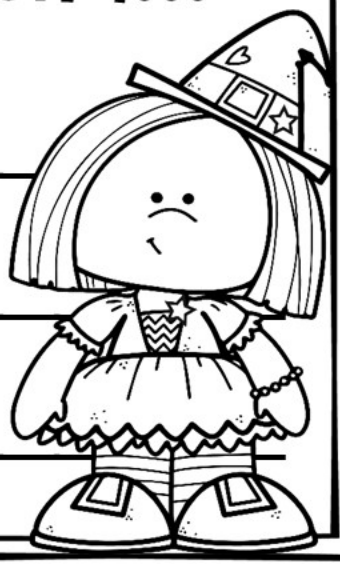
_____

When I feel SAD, I can...

_____

_____

_____



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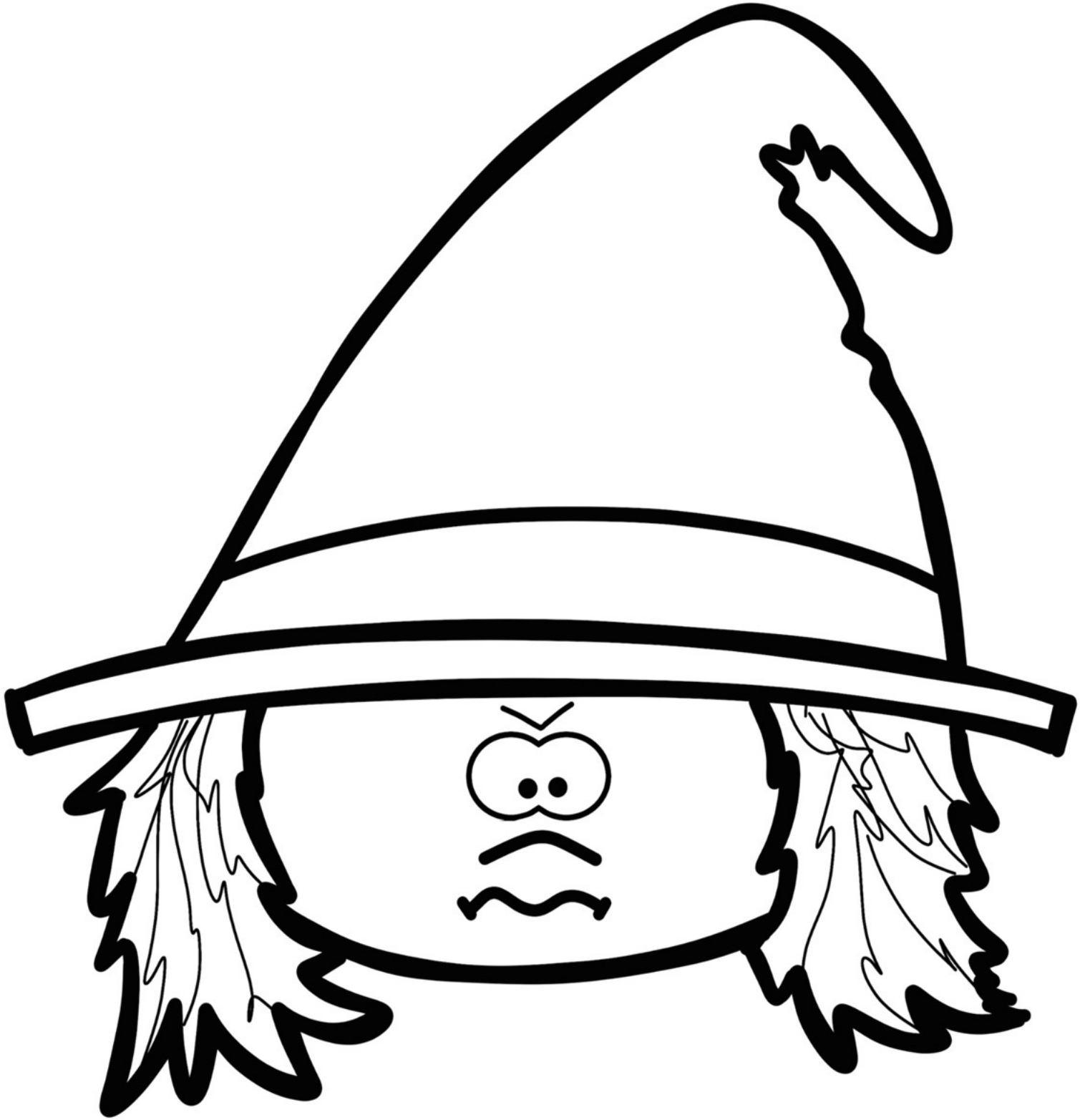


Name: _____

I feel ANGRY when...

_____

_____

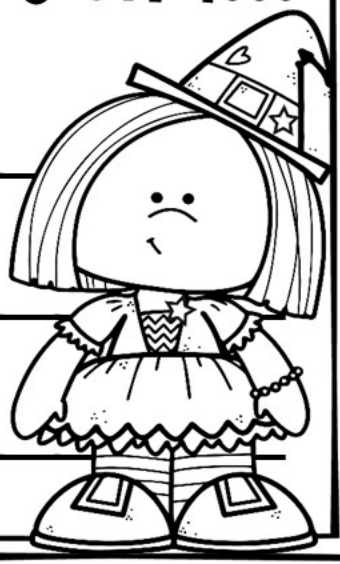
_____

When I feel ANGRY, I can...

_____

_____

_____



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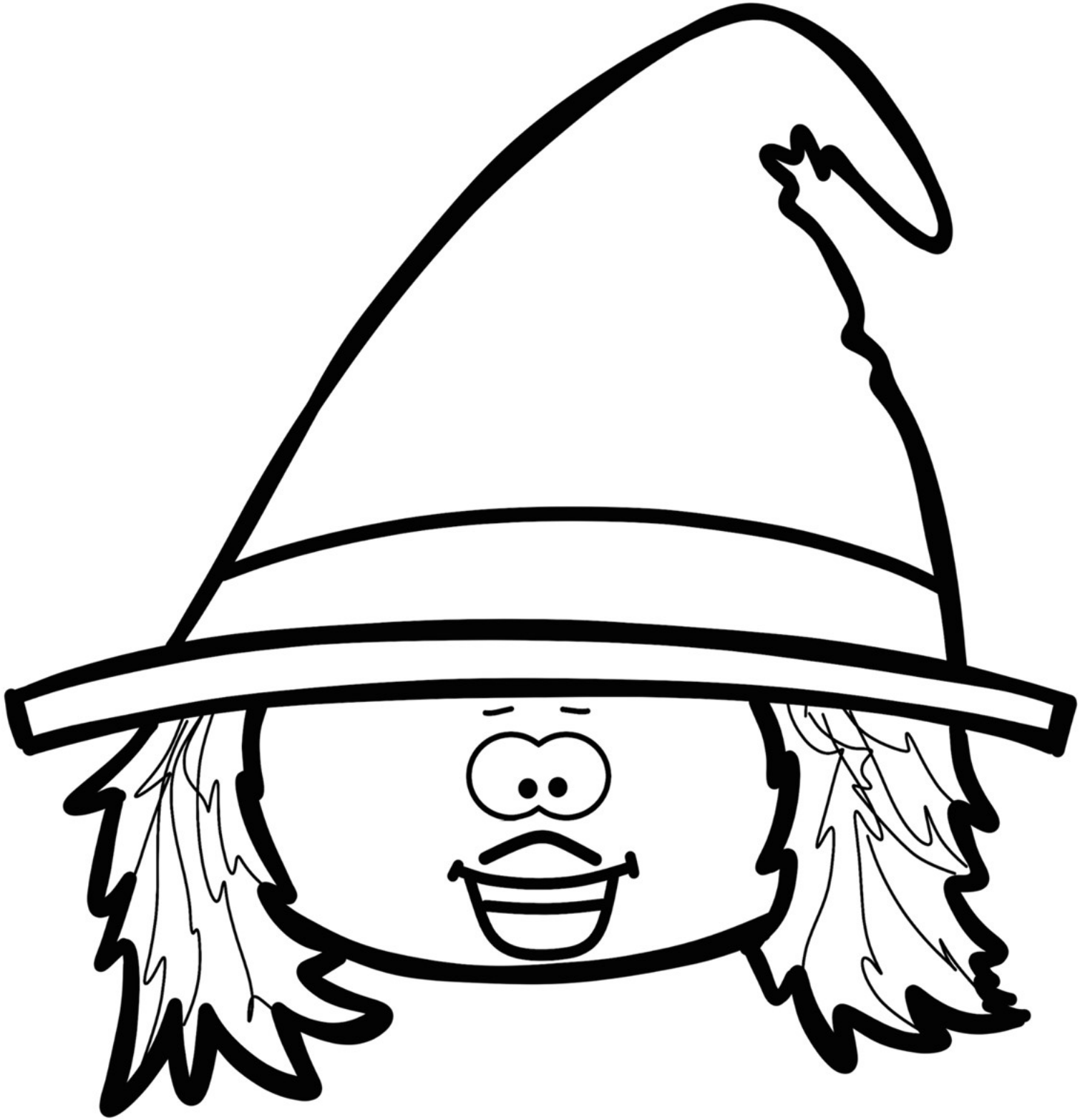


Name: _____

I feel EXCITED when...

_____

_____

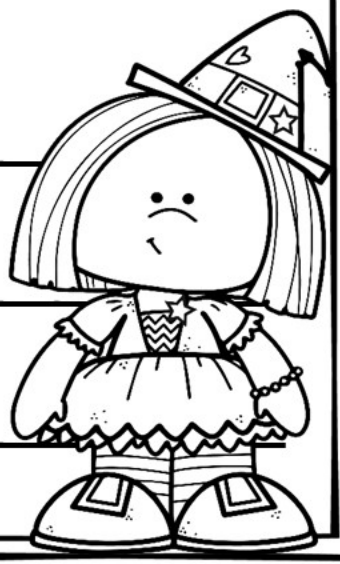
_____

When I feel EXCITED, I can...

_____

_____

_____



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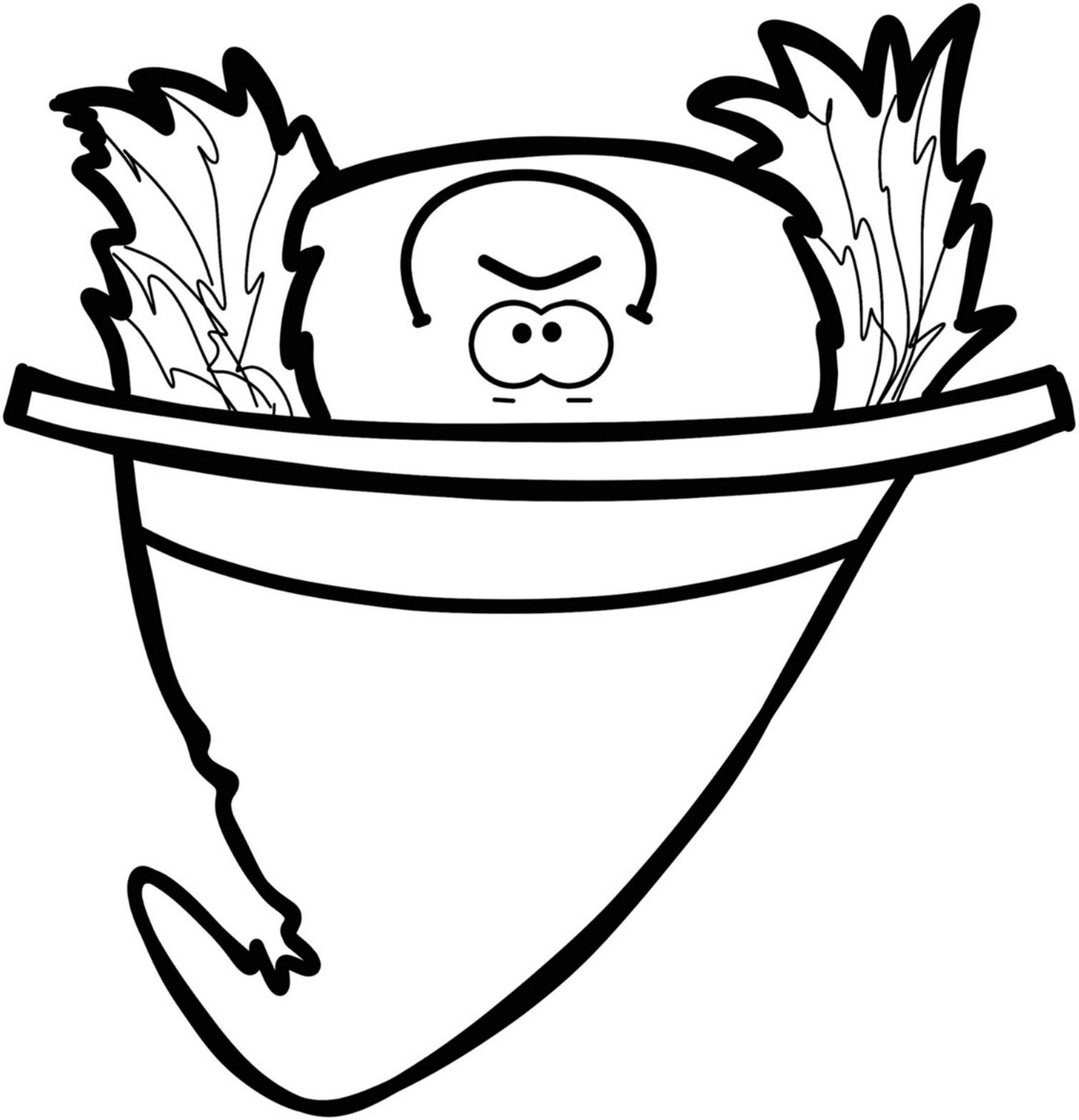


Name: _____

I feel PROUD when...

_____

_____

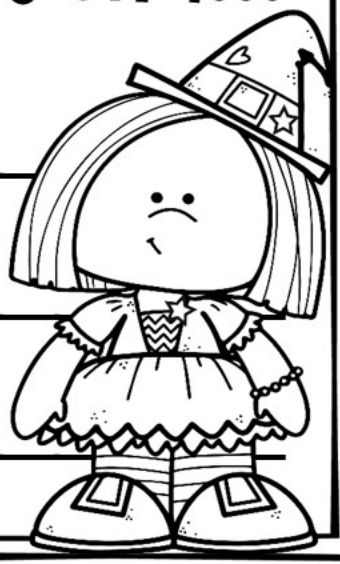
_____

When I feel PROUD, I can...

_____

_____

_____



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Name: _____

I feel SCARED when...

_____

_____

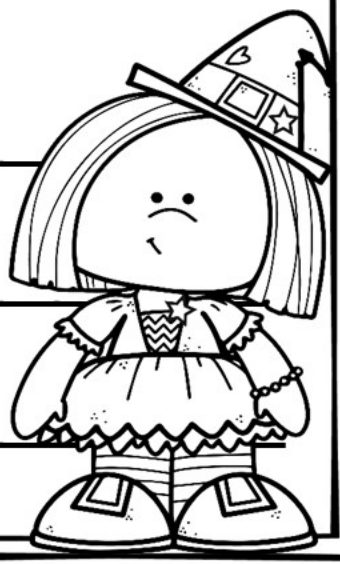
_____

When I feel SCARED, I can...

_____

_____

_____



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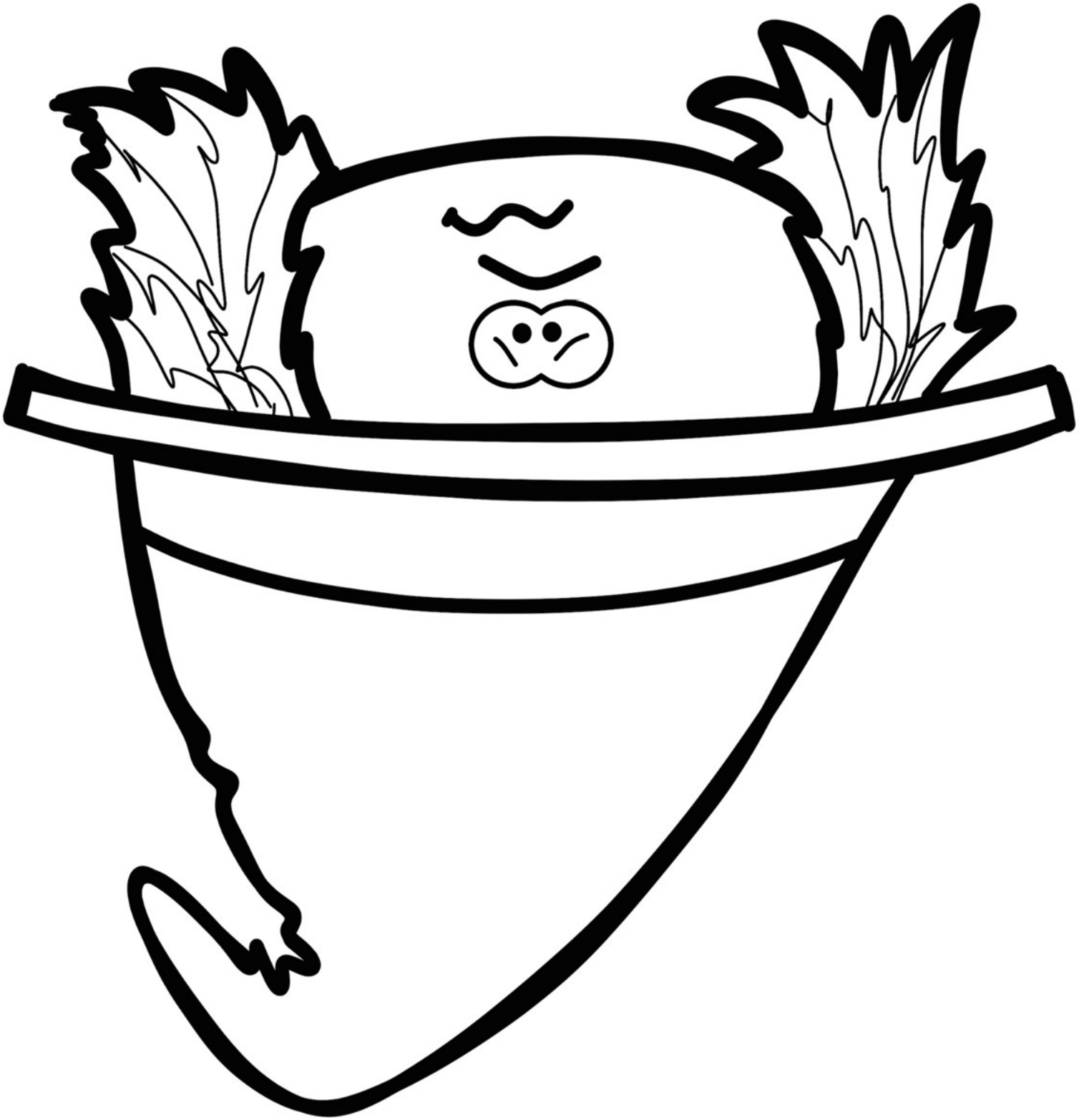

Name: _____

I feel NERVOUS when...

_____

_____

_____

When I feel NERVOUS, I can...

_____

_____

_____

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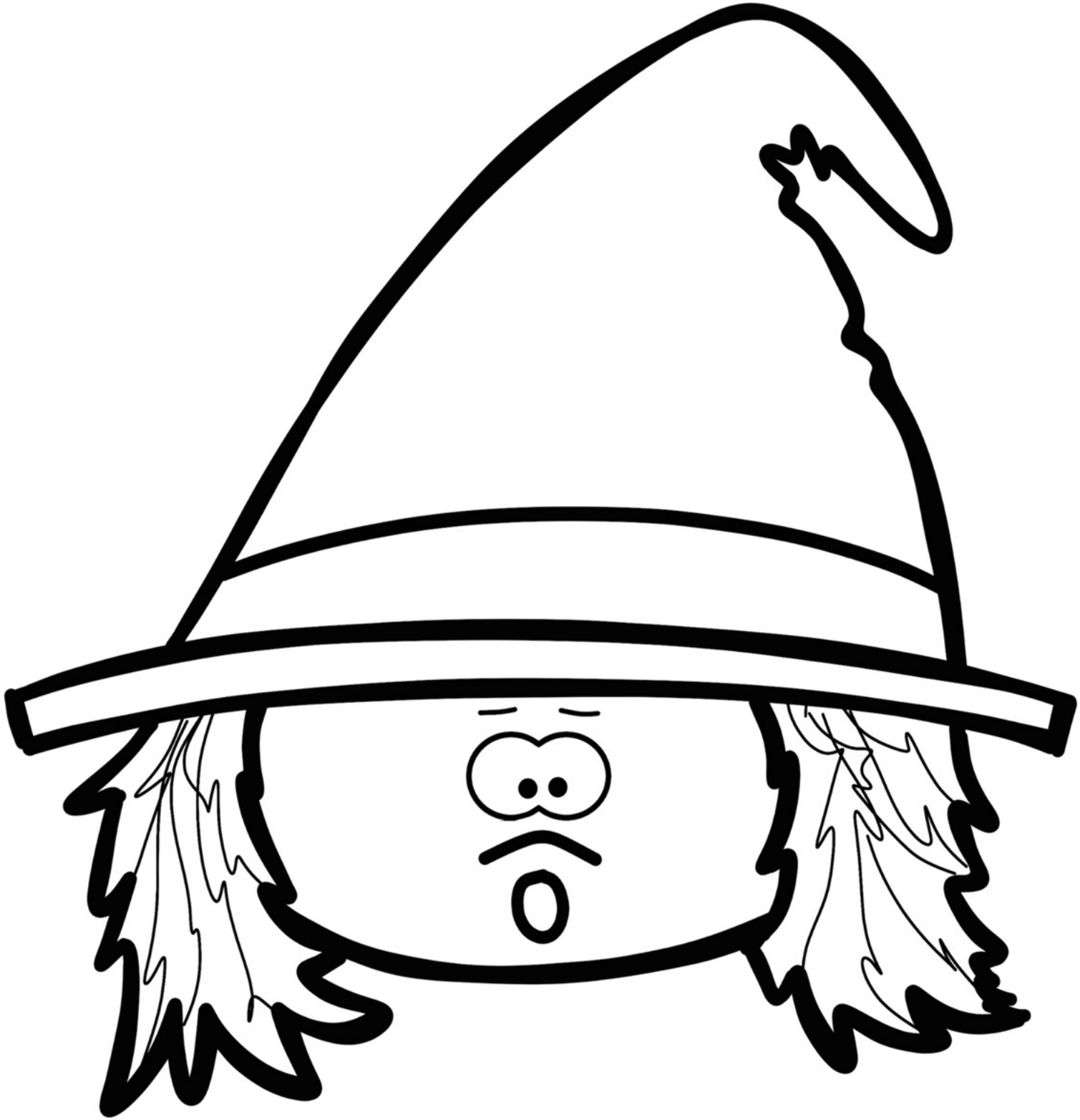

Name: _____

I feel SURPRISED when...

_____

_____

_____

When I feel SURPRISED, I can...

_____

_____

_____

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