

# THANK YOU FOR YOUR PURCHASE!



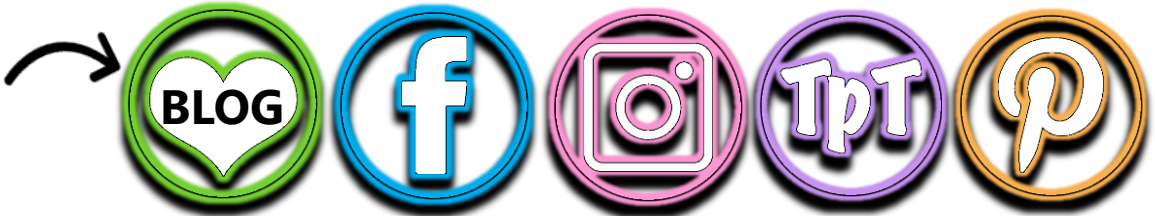
Did you know that when you leave feedback on TPT you earn credits towards future purchases?

★★★★★ Extremely satisfied

I truly appreciate your feedback to help my little store grow.

## LET'S BE FRIENDS

Access my  
Freebie  
Library



Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter.



If you have any questions or concerns please email me at:  
[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

♥  
*Ashley*

# Pre-k Emotions Activities

## Session Objective:

\*Students will identify different emotions.

## Materials:

\*Handouts, scissors, pencils, crayons, dab makers, Velcro dots.

## Guiding Questions:

\*What are some emotions we feel?

\*What are some ways to calm down when we are upset?

## Session Details

\*Color by Code: Have students practice identifying emotions by coloring the emotion using the color code at the bottom of the page.

\*Dot to Dot: Students will practice writing animal names and emotions, and connecting each dot starting at number one. (Use the black & white version and have them color it)

\*Tracing: Students will practice writing animal names and emotions, and tracing around each animal. (Use the black and white version and have them color it!)

\*Directed Drawing: Teach students to draw different animals and emotions with step by step directions on how to draw. Follow the steps 1-6 and draw the animal in the space available, then have them practice their writing at the bottom.

\*Puzzle Pieces: Cut the puzzle pieces out and have students match the emotion face with the correct emotion word.

\*Matching: Print out page 35 and 36, cut out the faces and emotion words on page 36. Have students select an emotion face and put it on the blank face on page 35, and the matching emotion word at the bottom of the page. (Laminate for repeated use, and put Velcro dots on them)

\*Play-doh faces: Use the emotion words from page 36, have students use play-doh to create emotion faces using the guide at the top of the page. They should also label the emotion using the emotion words.

\*Dab-a-dot: Have students use dab markers to dab the indicated emotions. (If you don't have dab makers, they can color it in)

\*Pocket Chart elements: Use these emotion labels to display on your pocket chart.

\*Flash cards: Use these for students to practice identifying emotions.

\*Emotions Check in: Perfect for your calm corner! Display the poster on page 54 and the check in on page 55. Cut out of the emotions and coping skills on pages 57-58. Students can complete page 55 check in, to remind them how to use their coping skills to control an emotion. (Laminate & use Velcro dots to stick them on the page).

\*Writing: Have students use the pictures to write sentences about the emotion faces.

\*Math: Have students count the emotion faces.

## ASCA Standards Alignment:

\*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

\*Behavior: Social Skills: Social Maturity and behaviors appropriate to the situation and environment. (B-SS 9)

\*Behavior: Self-Management Skills: Effective coping skills. (B-SMS 7)

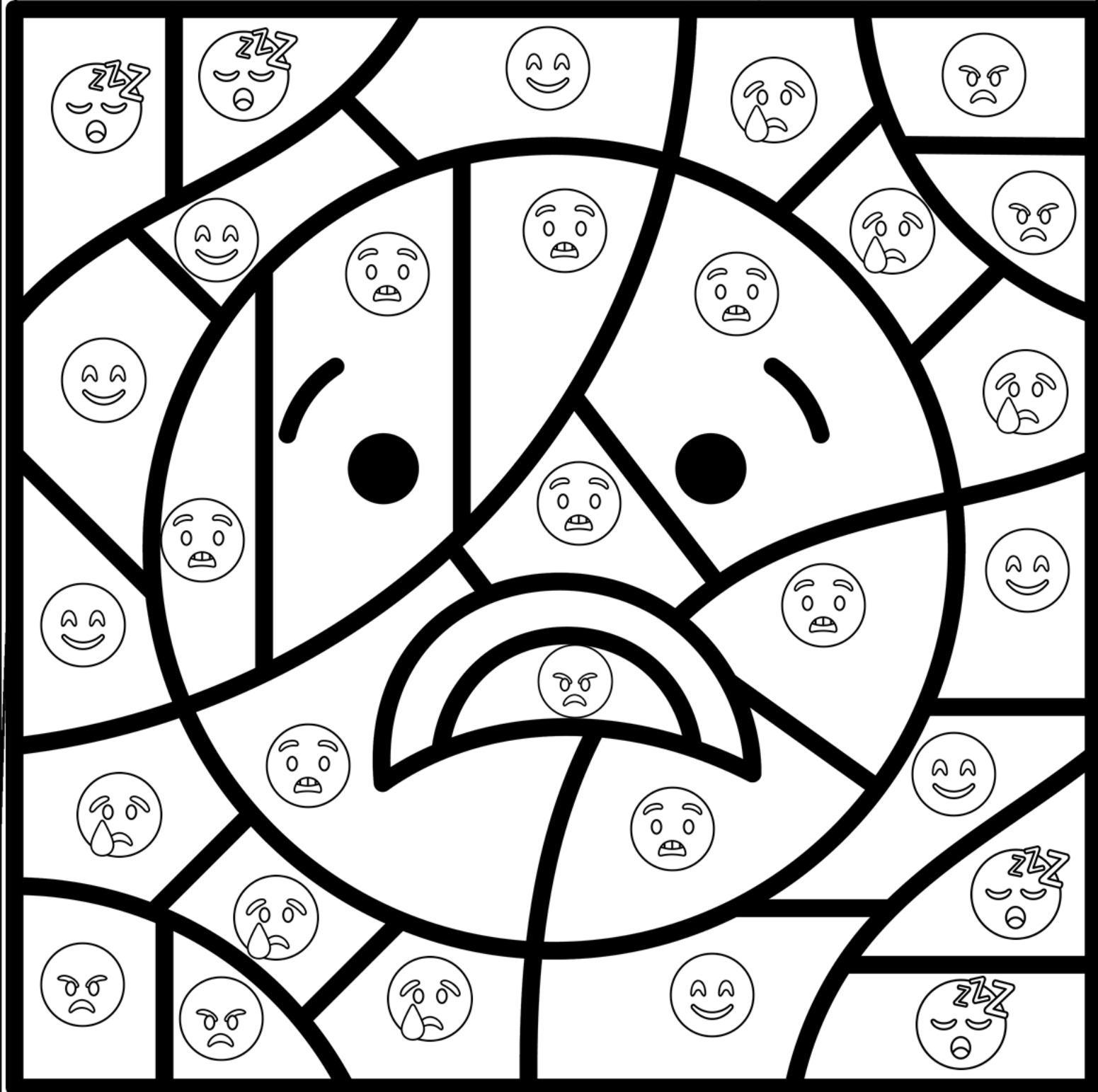
## SEL Competencies:

\*Self-awareness: Identifying Emotions.

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



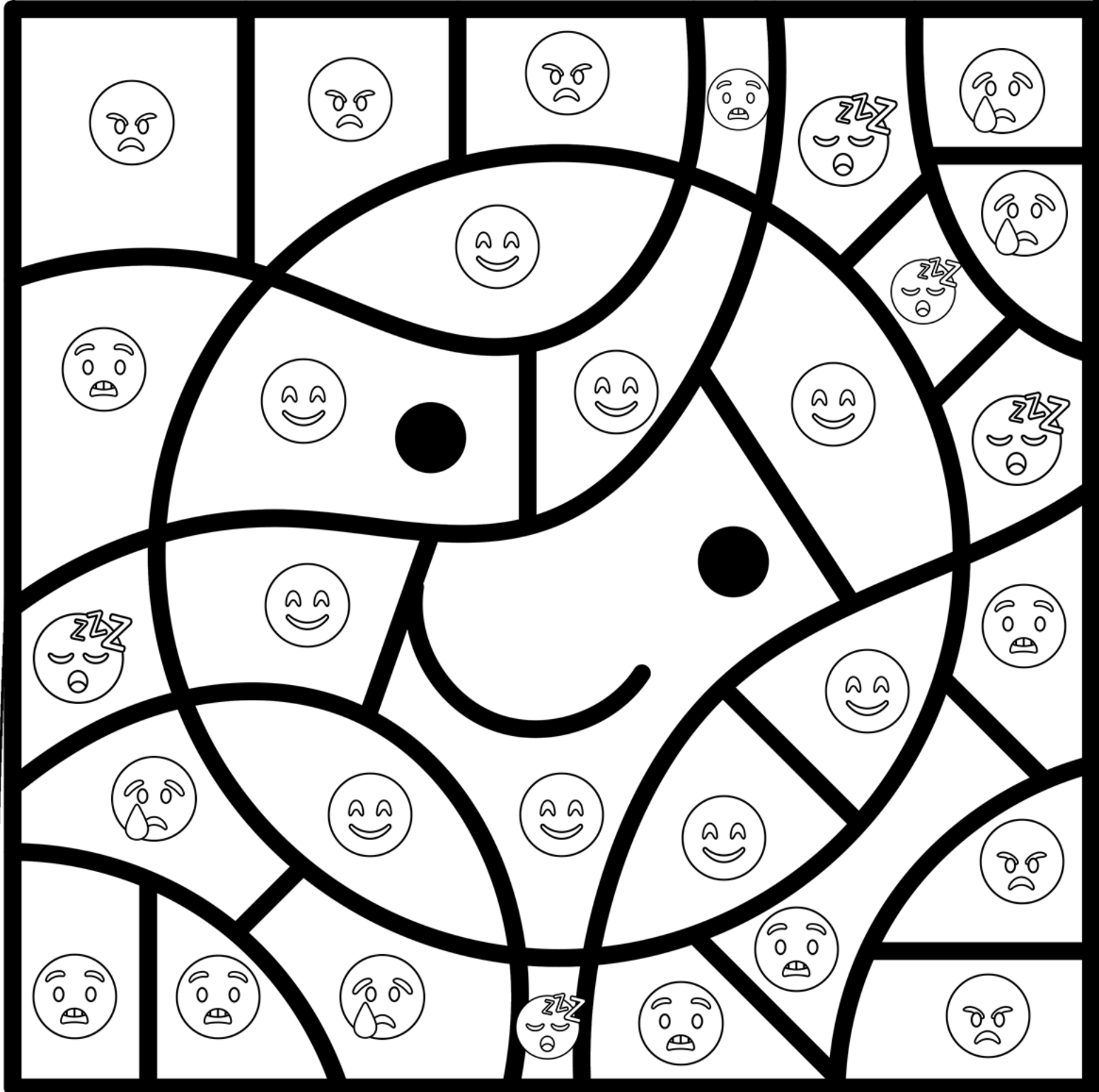
# Emotions: Color by Code



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



# Emotions: Color by Code

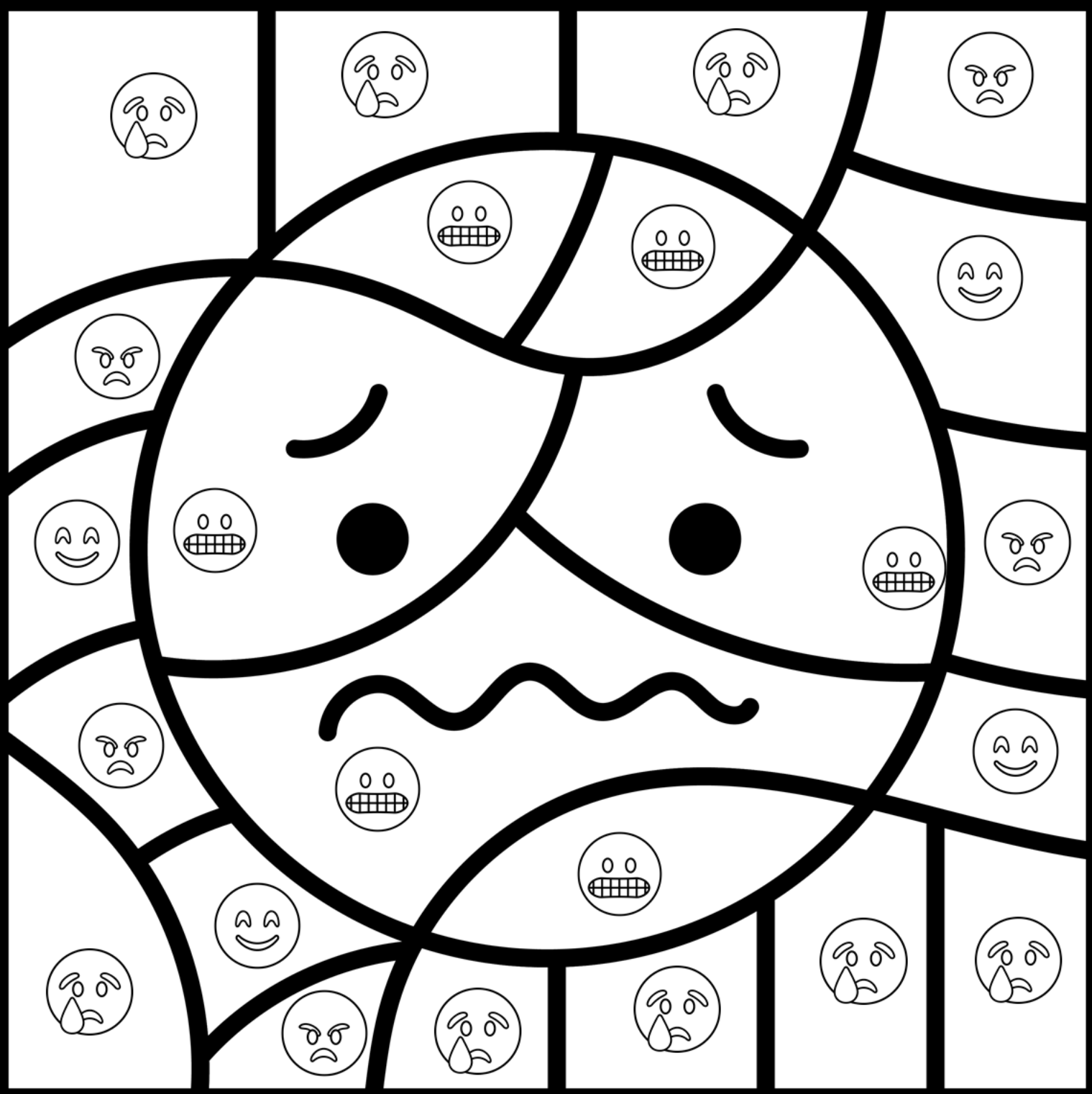


 **Sad**  **Angry**  **Happy**  **Scared**  **Tired**



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

# Emotions: Color by Code



**Sad**



**Angry**



**Happy**



**Scared**

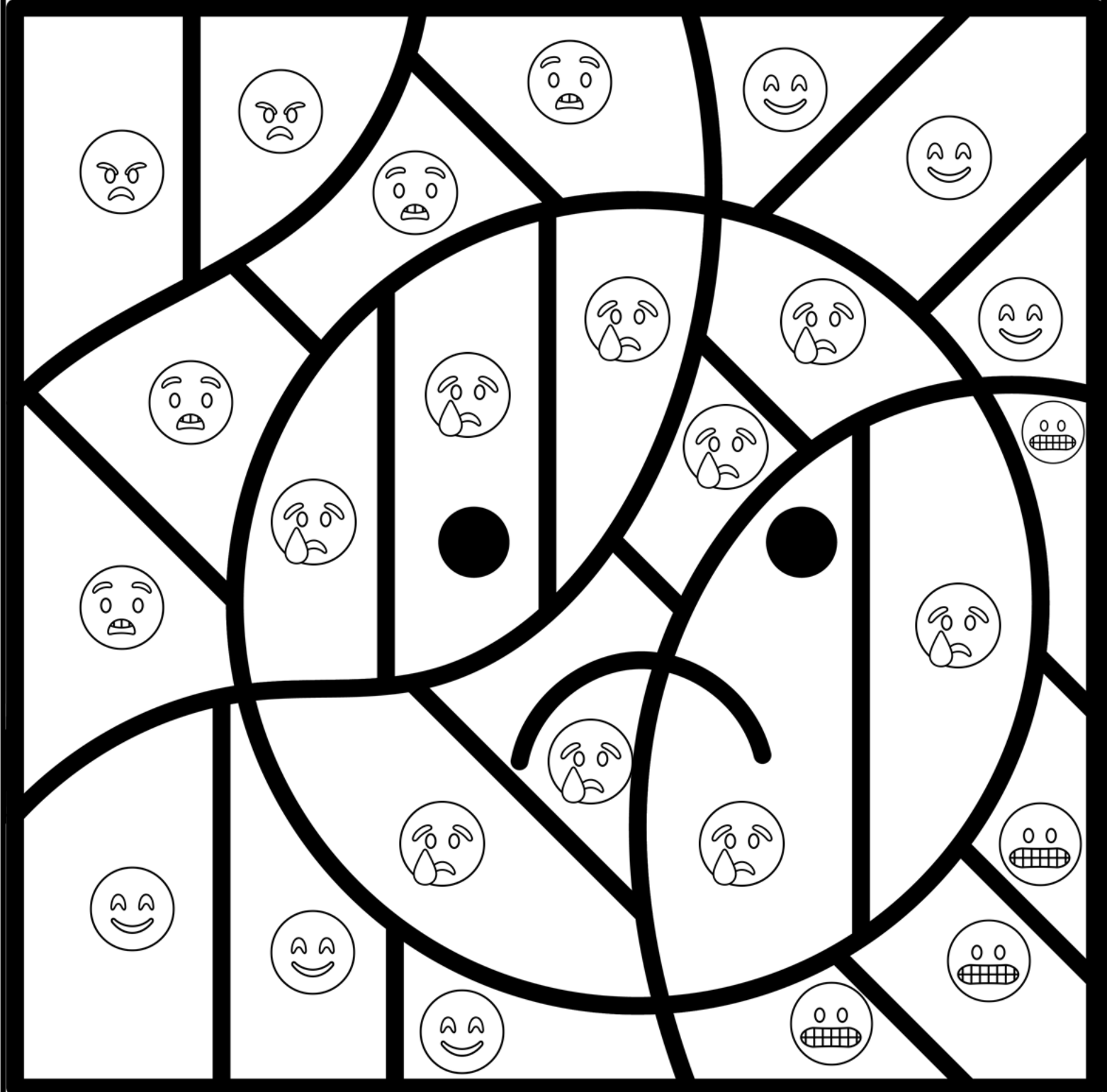


**Nervous**

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



# Emotions: Color by Code



**Sad**



**Angry**



**Happy**



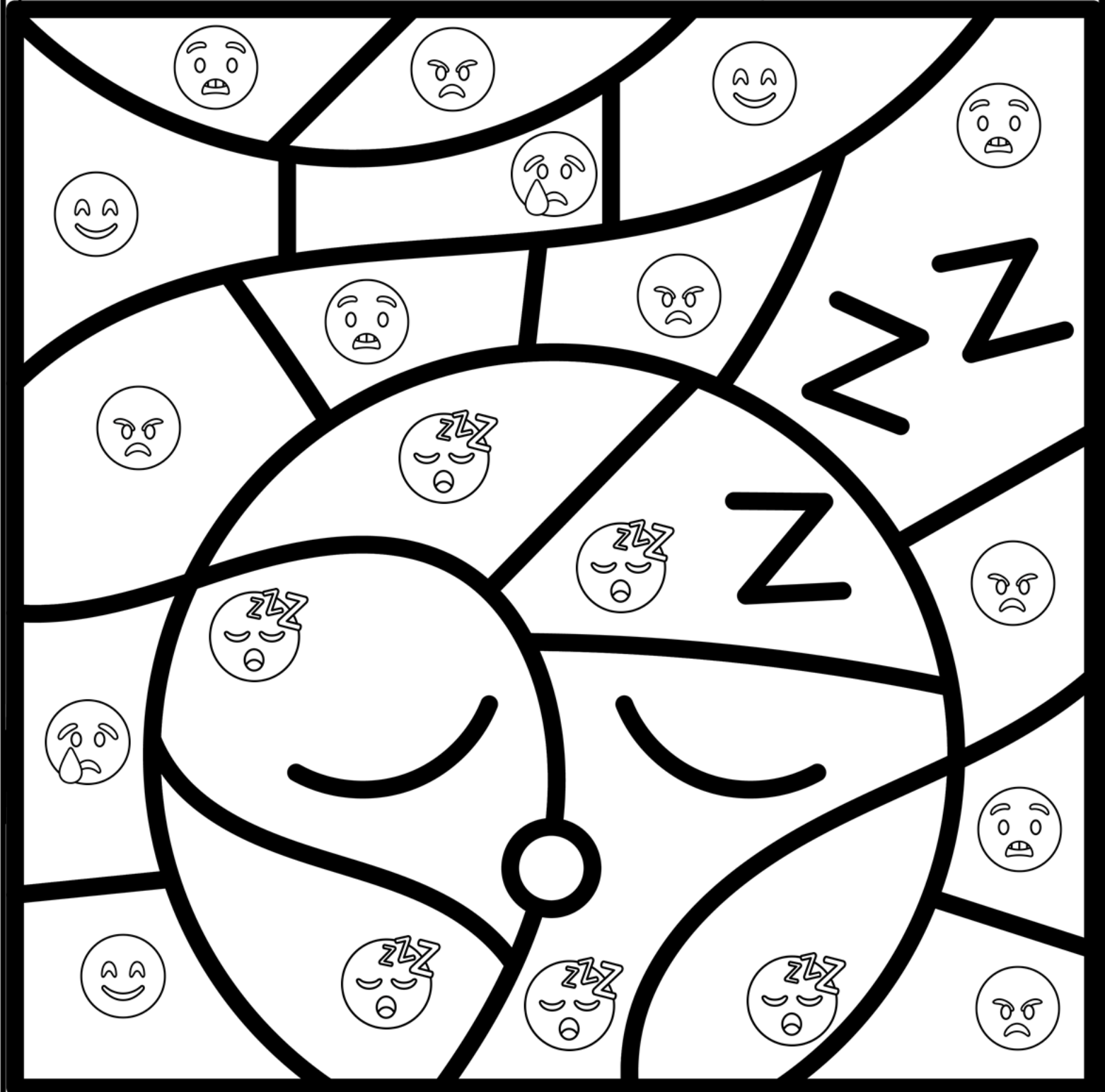
**Scared**



**Nervous**

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

# Emotions: Color by Code



**Sad**



**Angry**



**Happy**



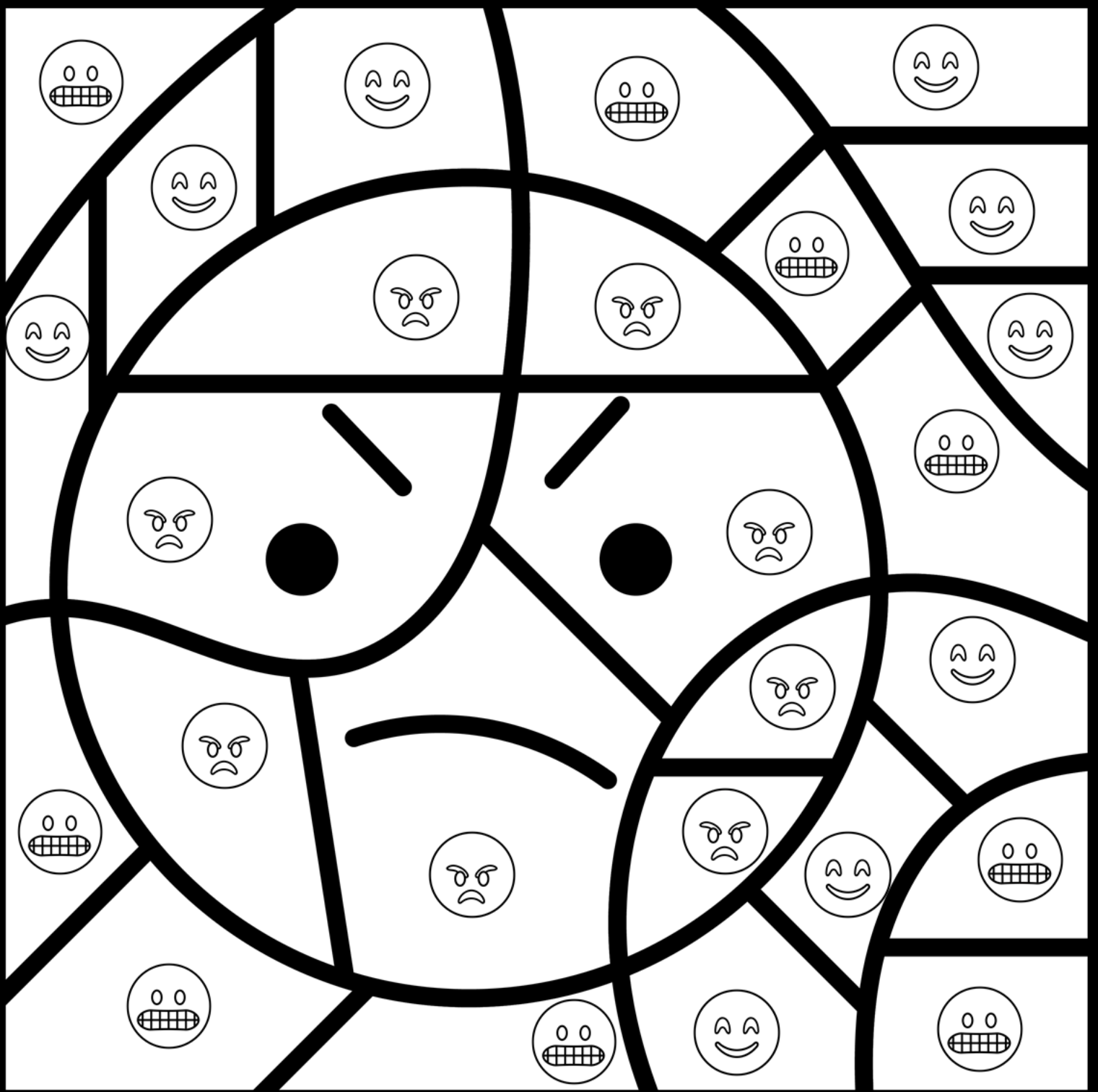
**Scared**



**Tired**

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

# Emotions: Color by Code





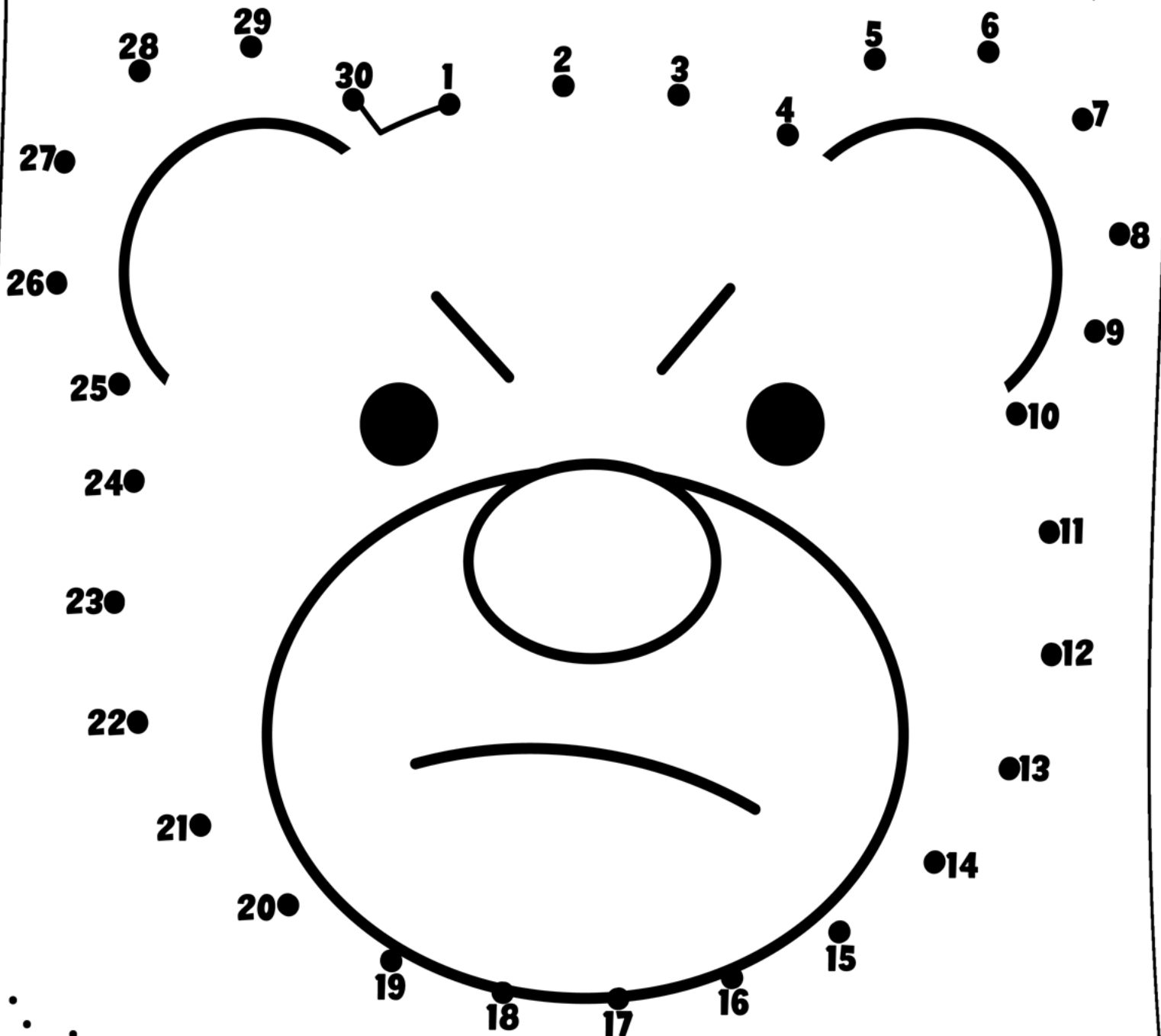
# **Emotions: Dot to Dot**

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

# Emotions: Dot to Dot

## The bear is angry.

The bear is angry.

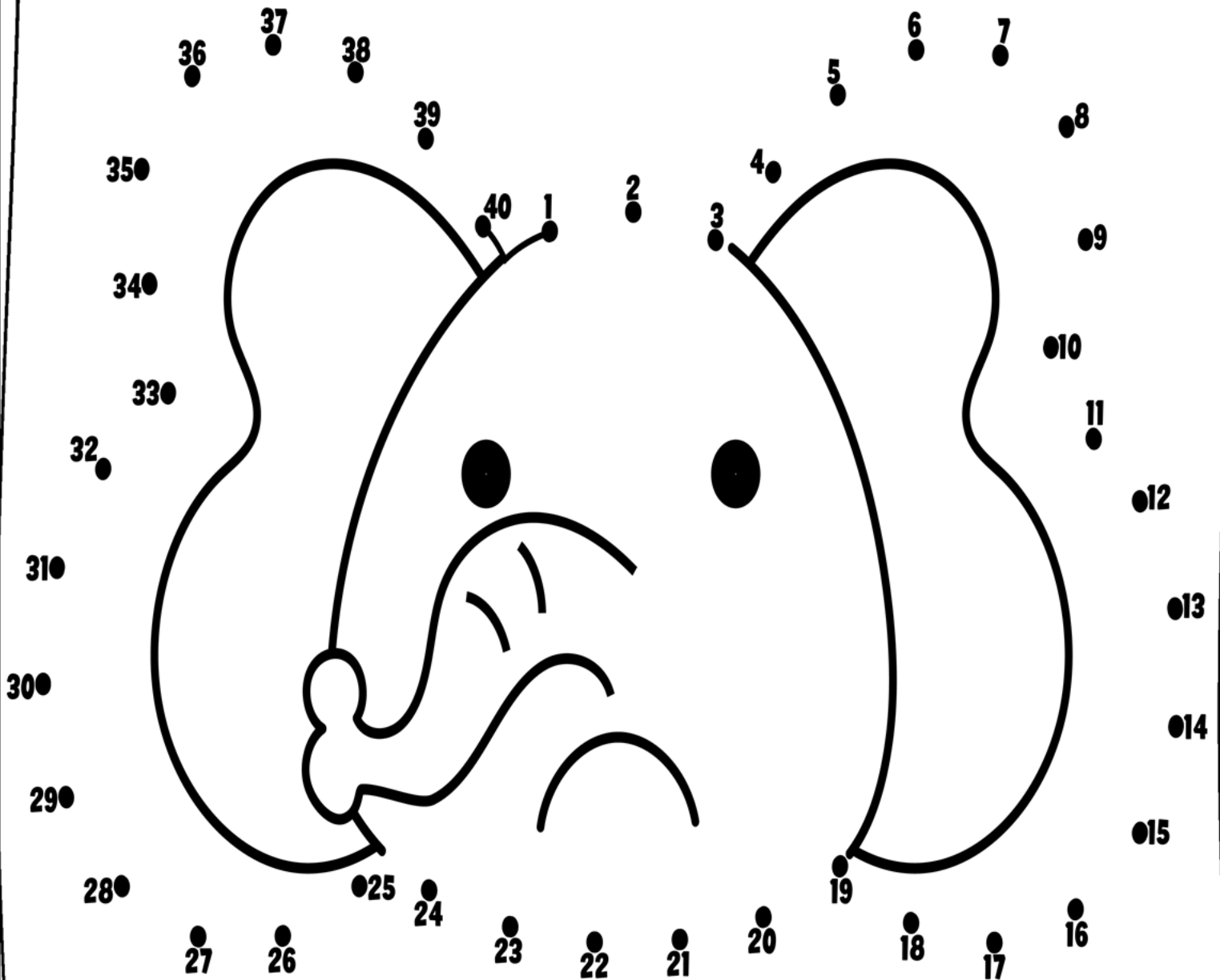


Name: \_\_\_\_\_

## Emotions: Dot to Dot

# The elephant is sad.

The elephant is sad.

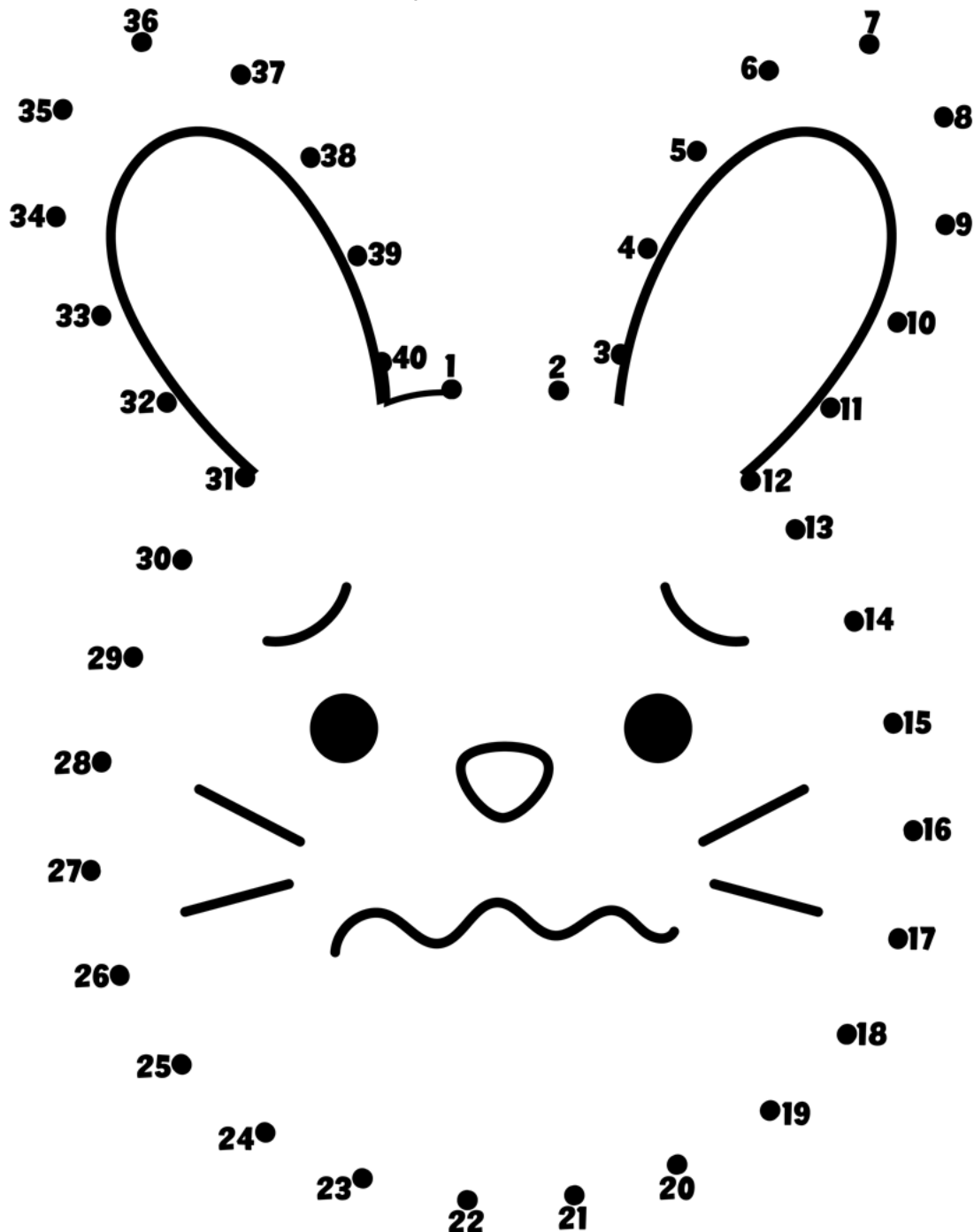


Name: \_\_\_\_\_

# Emotions: Dot to Dot

## The bunny is nervous.

The bunny is nervous.



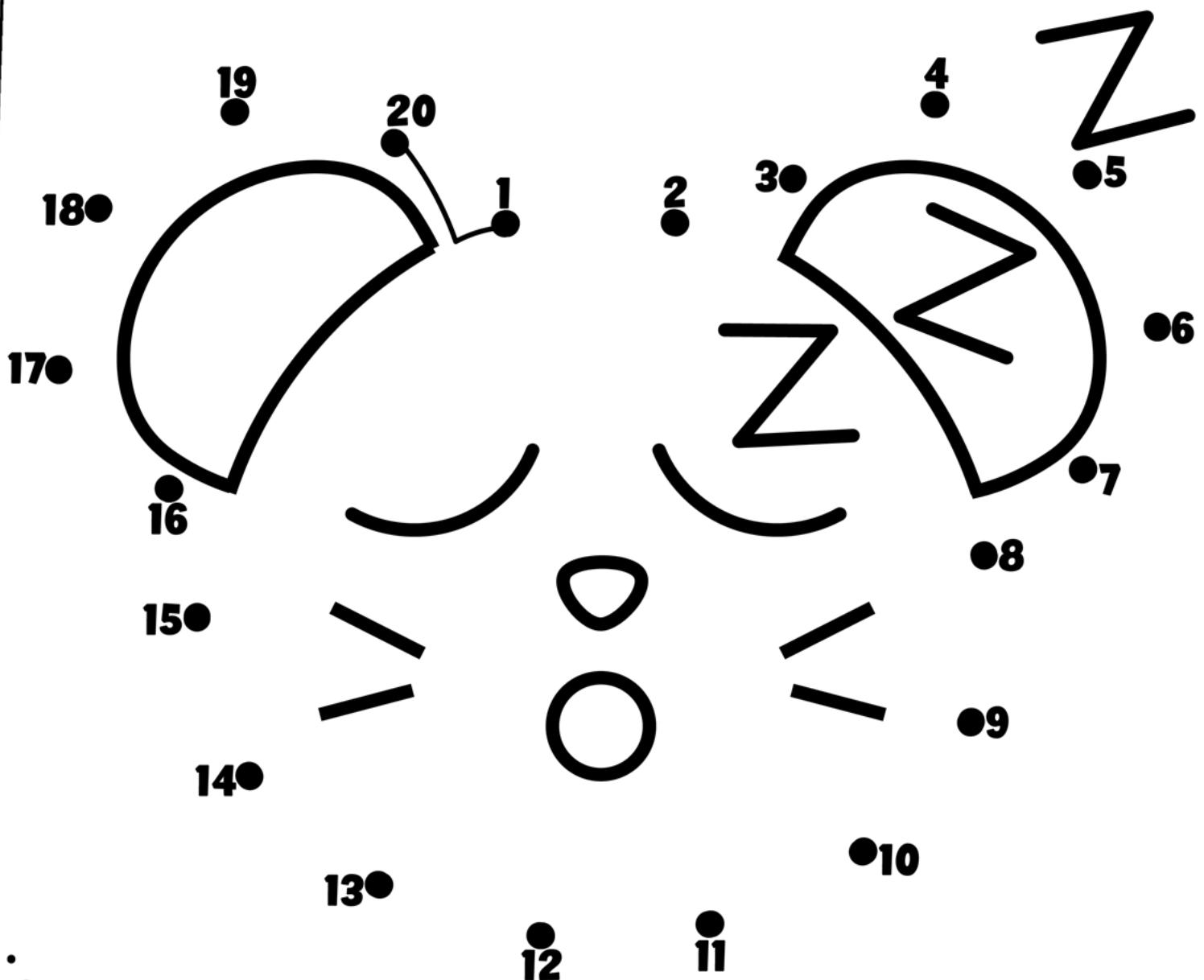


Name: \_\_\_\_\_

# Emotions: Dot to Dot

## The mouse is tired.

The mouse is tired.

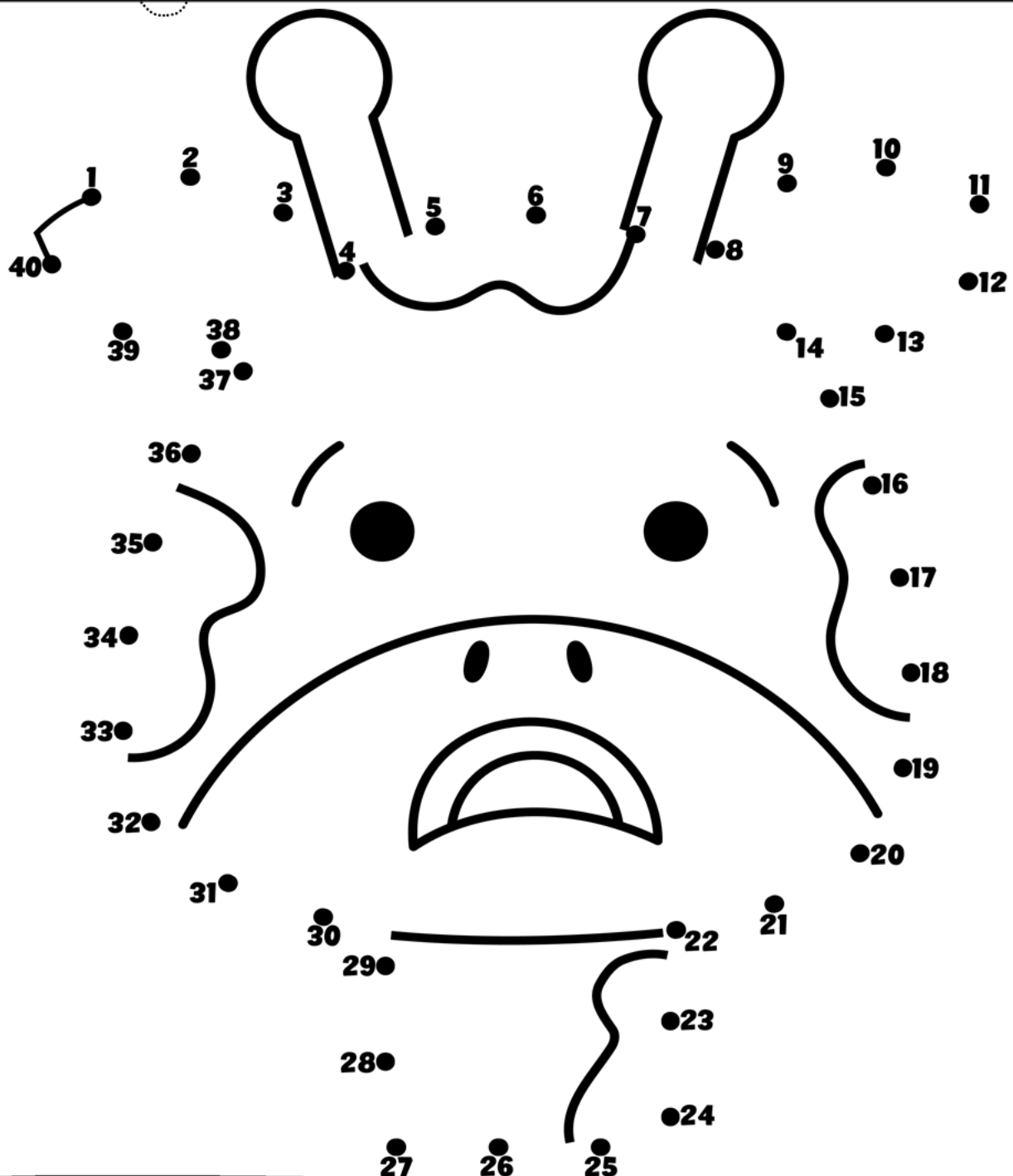


Name: \_\_\_\_\_

# Emotions: Dot to Dot

## The giraffe is scared.

The giraffe is scared.

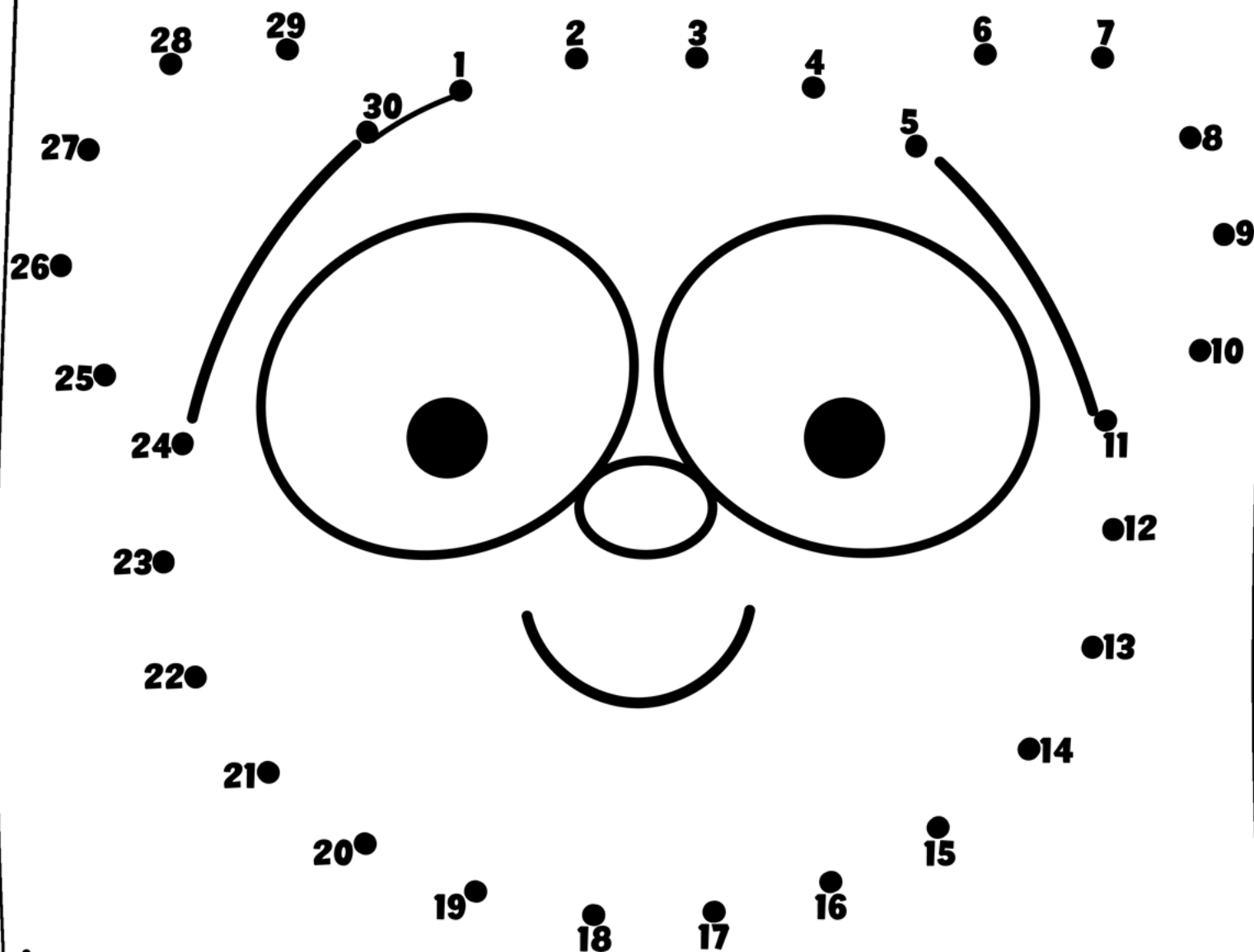


Name: \_\_\_\_\_

# Emotions: Dot to Dot

## The panda is happy.

The panda is happy.



# **Emotions: Tracing**

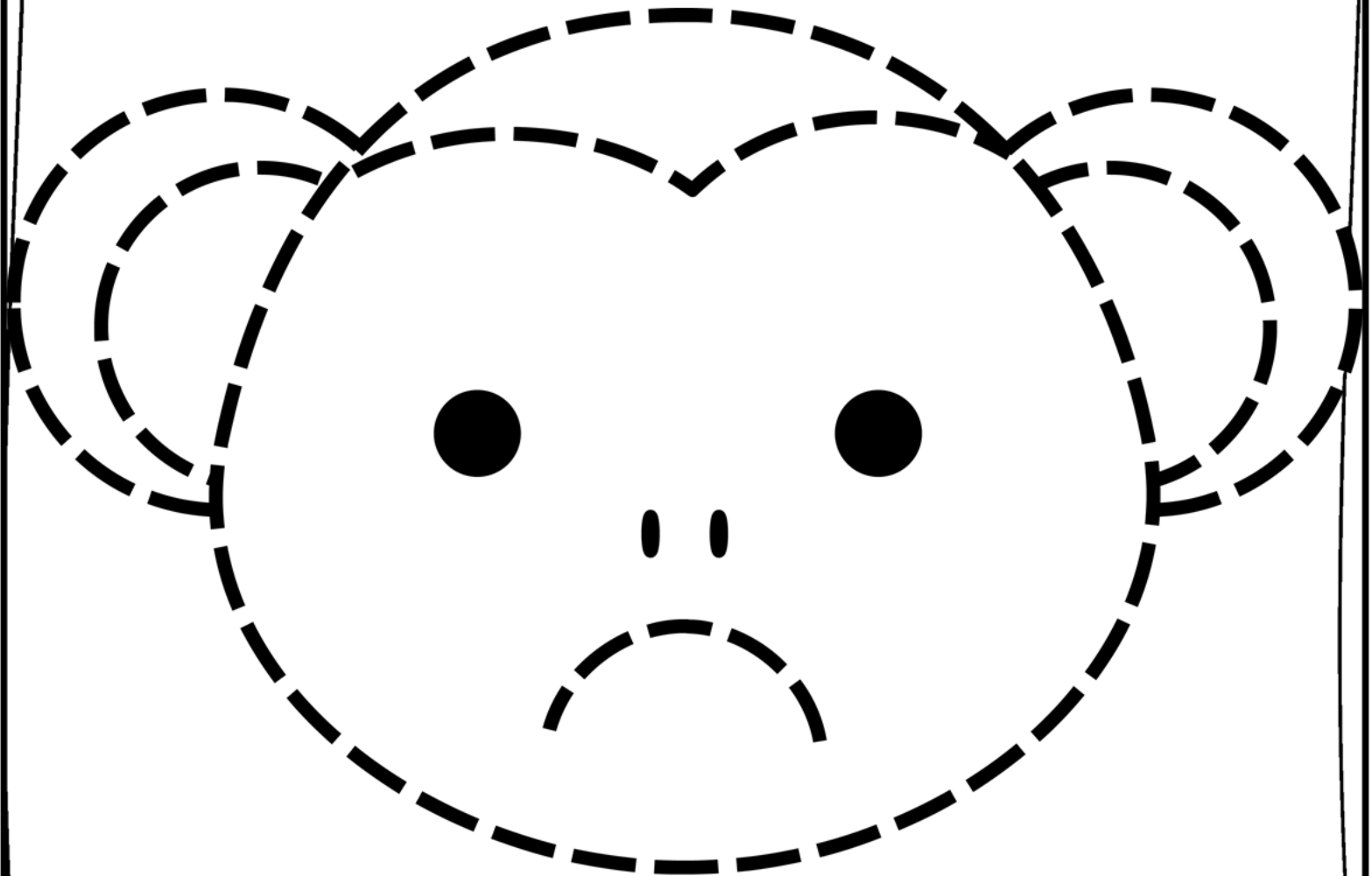


Name: \_\_\_\_\_

# Emotions: Tracing

The monkey is sad.

The monkey is sad.

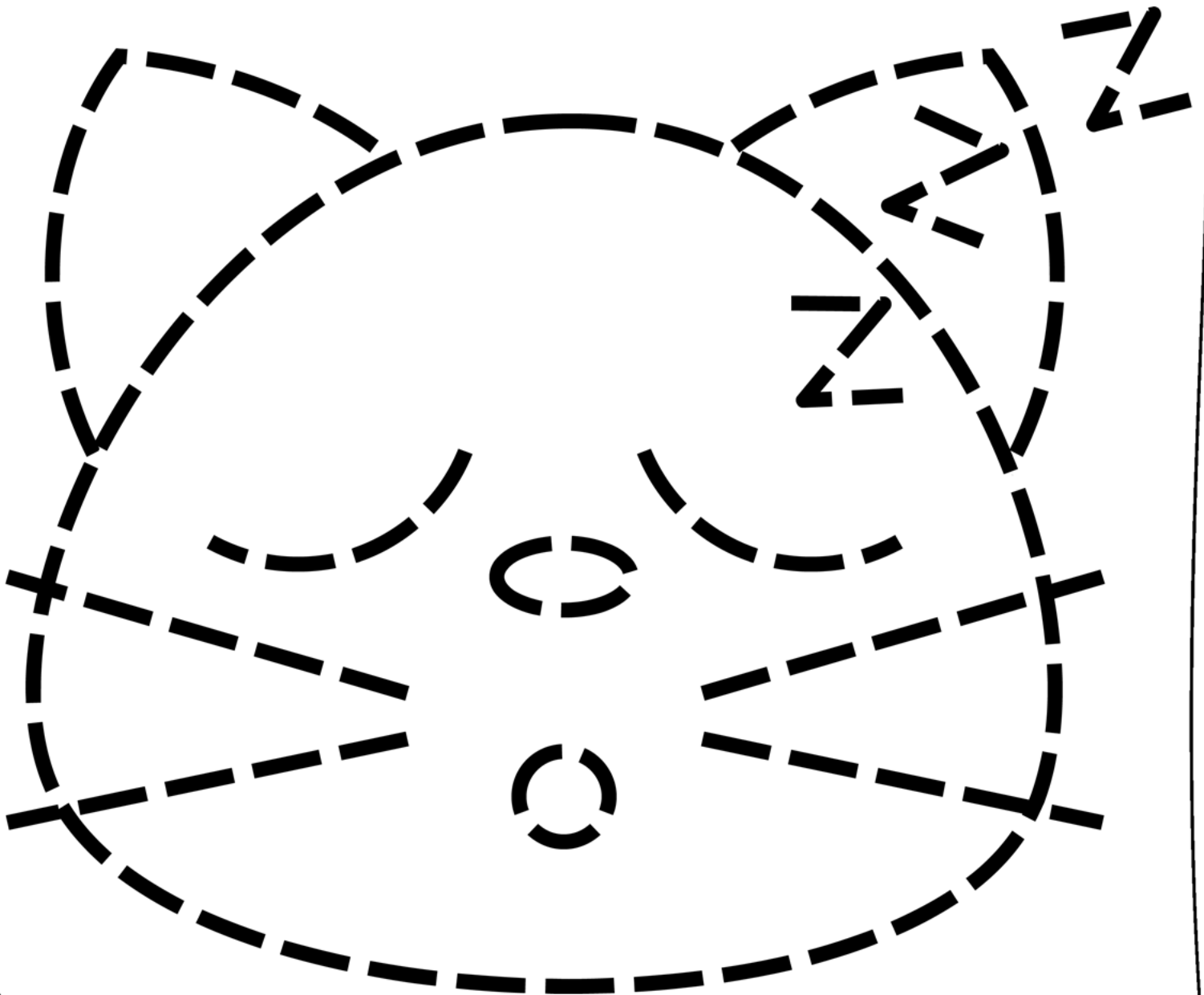


Name: \_\_\_\_\_

# Emotions: Tracing

The kitten is tired.

The kitten is tired.

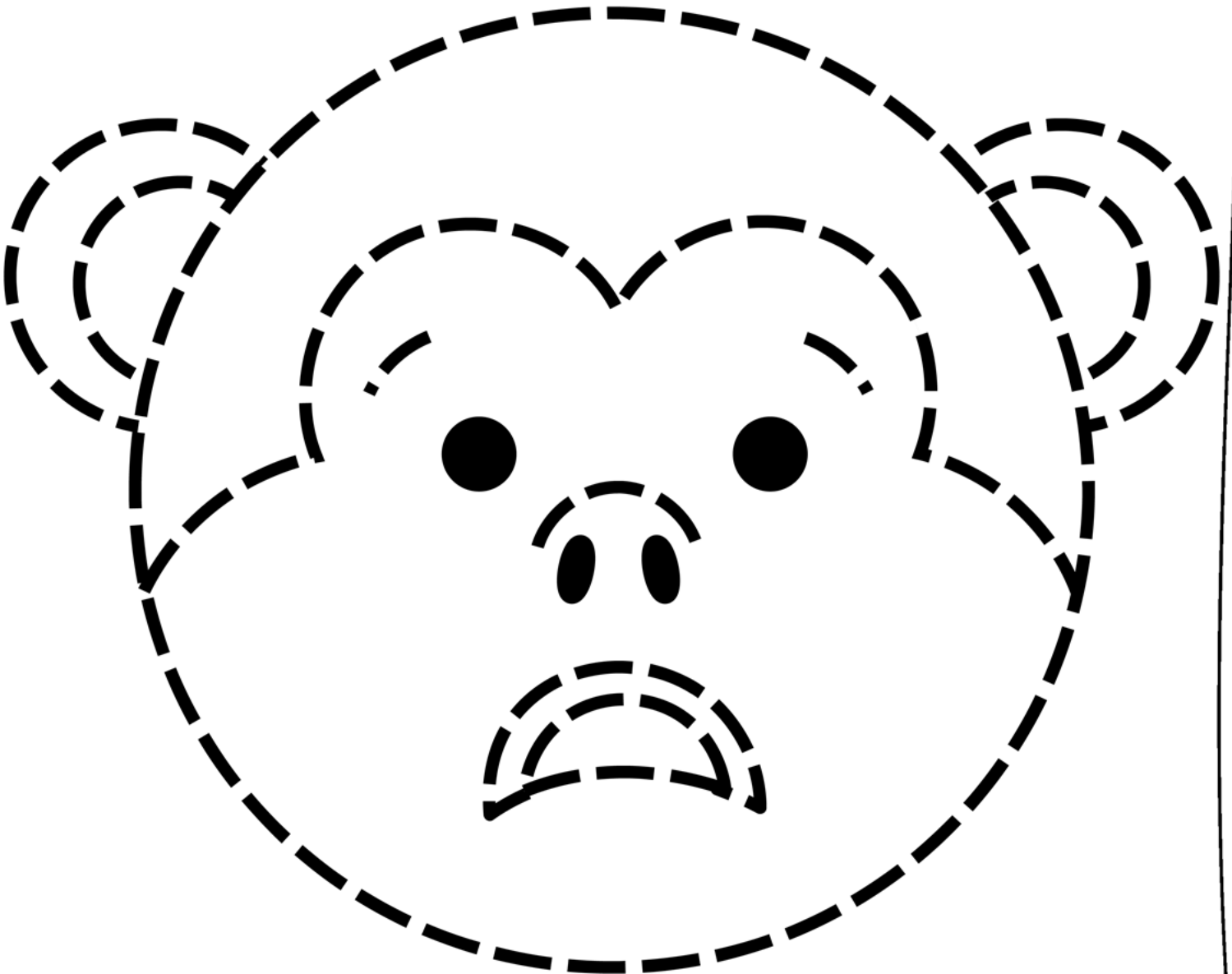


Name: \_\_\_\_\_

# Emotions: Tracing

# The gorilla is scared.

The gorilla is scared.

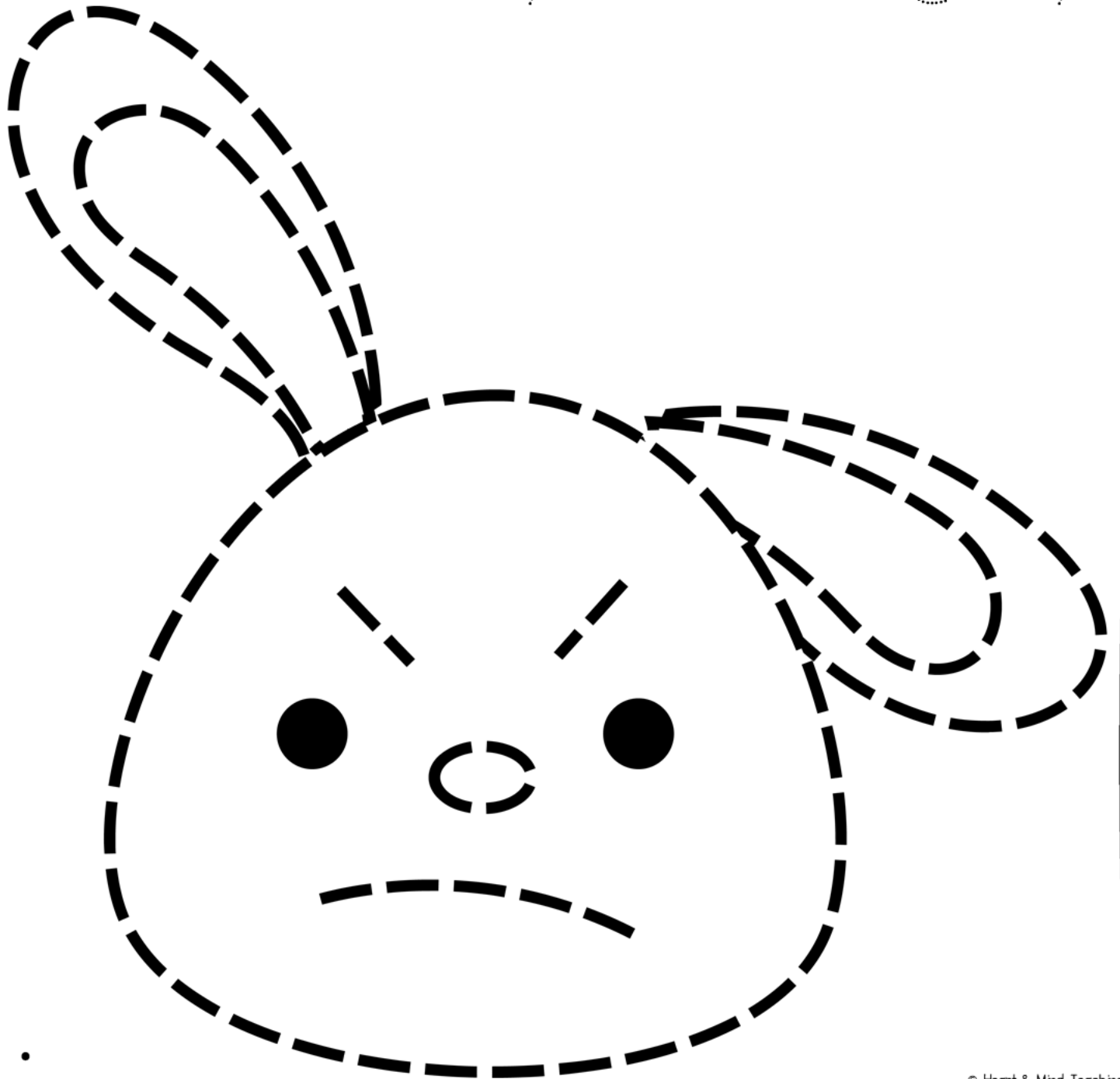


Name: \_\_\_\_\_

# Emotions: Tracing

# The bunny is angry.

The bunny is angry.



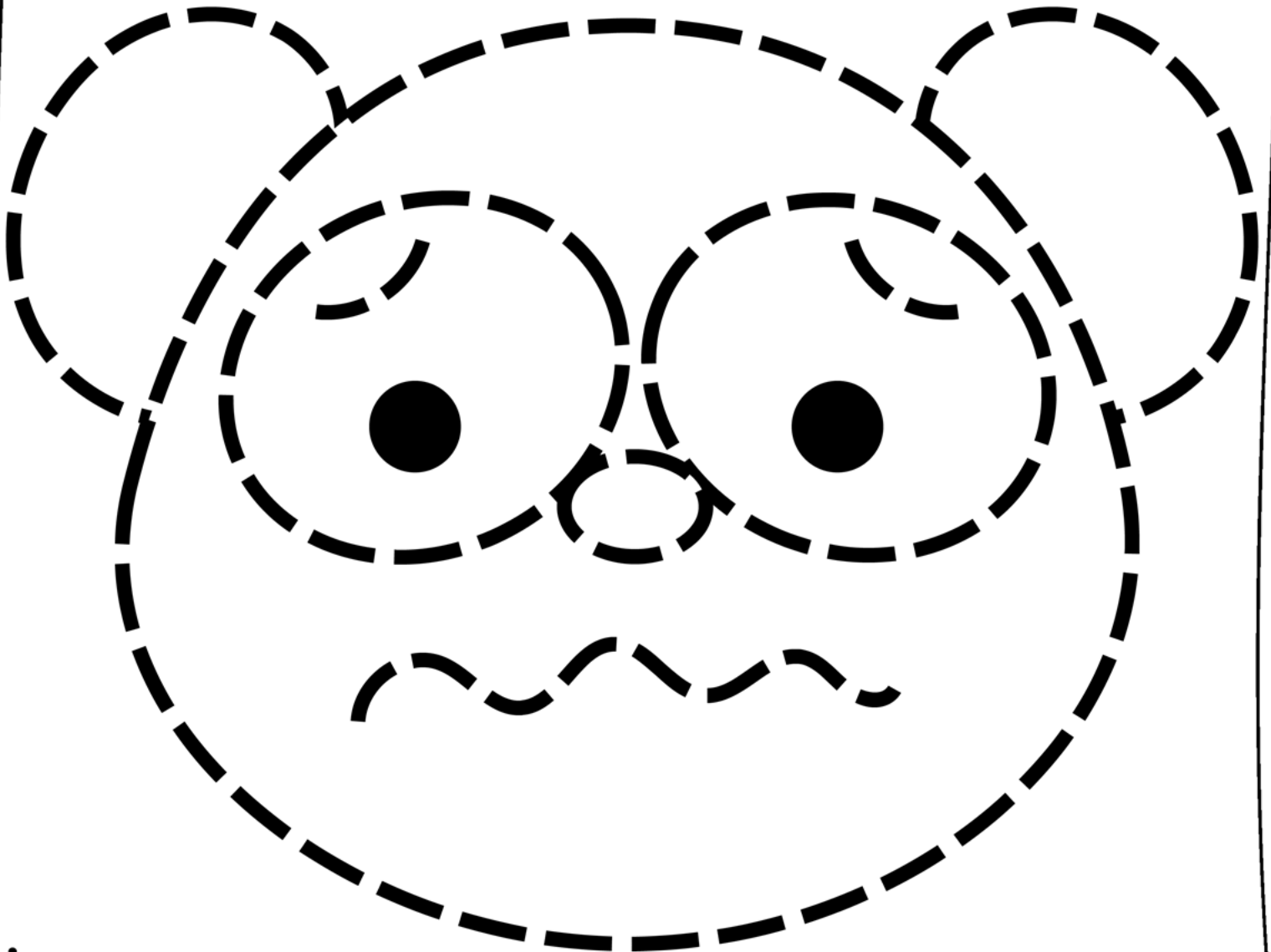


Name: \_\_\_\_\_

# Emotions: Tracing

The panda is nervous.

The panda is nervous.

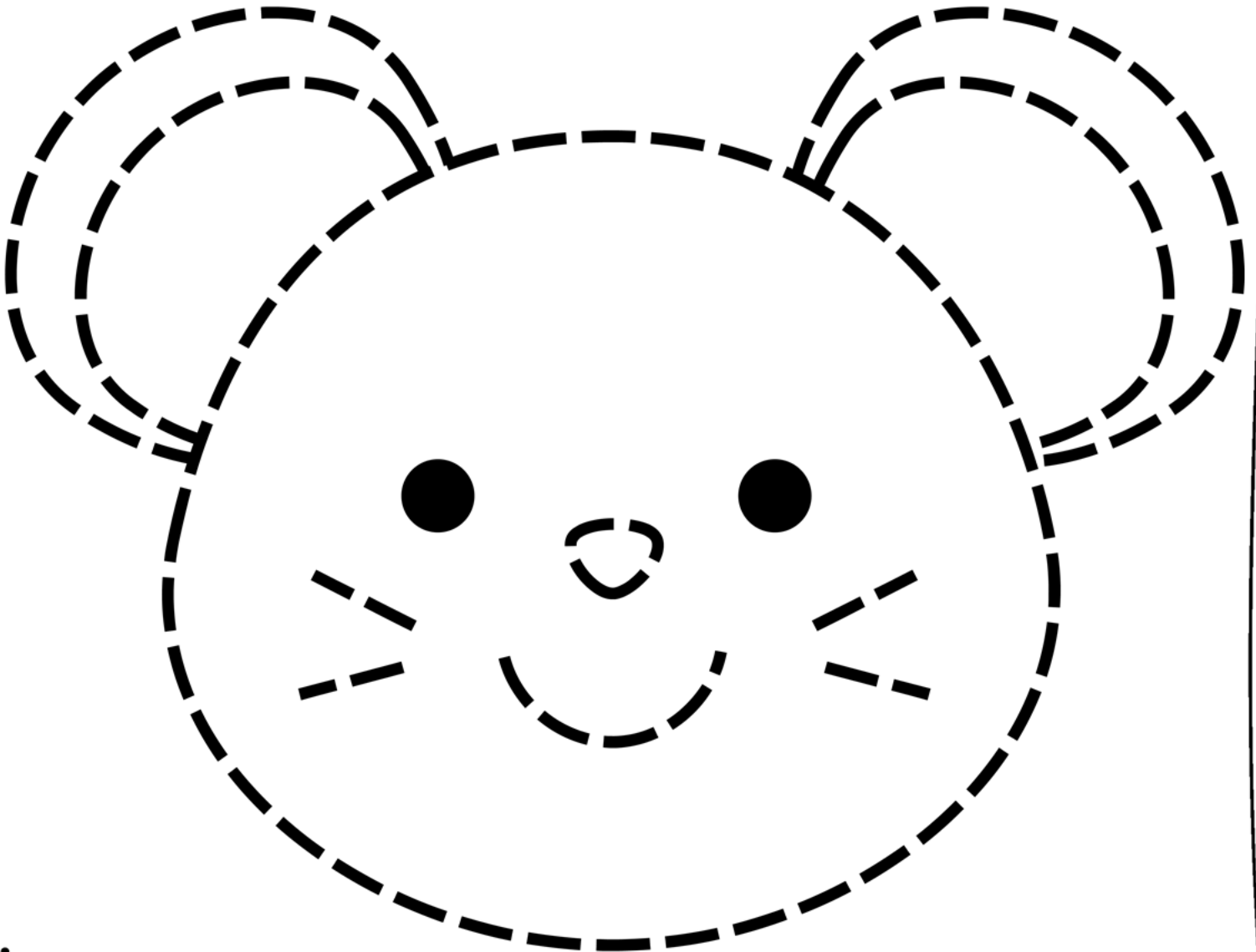


Name: \_\_\_\_\_

# Emotions: Tracing

# The mouse is happy.

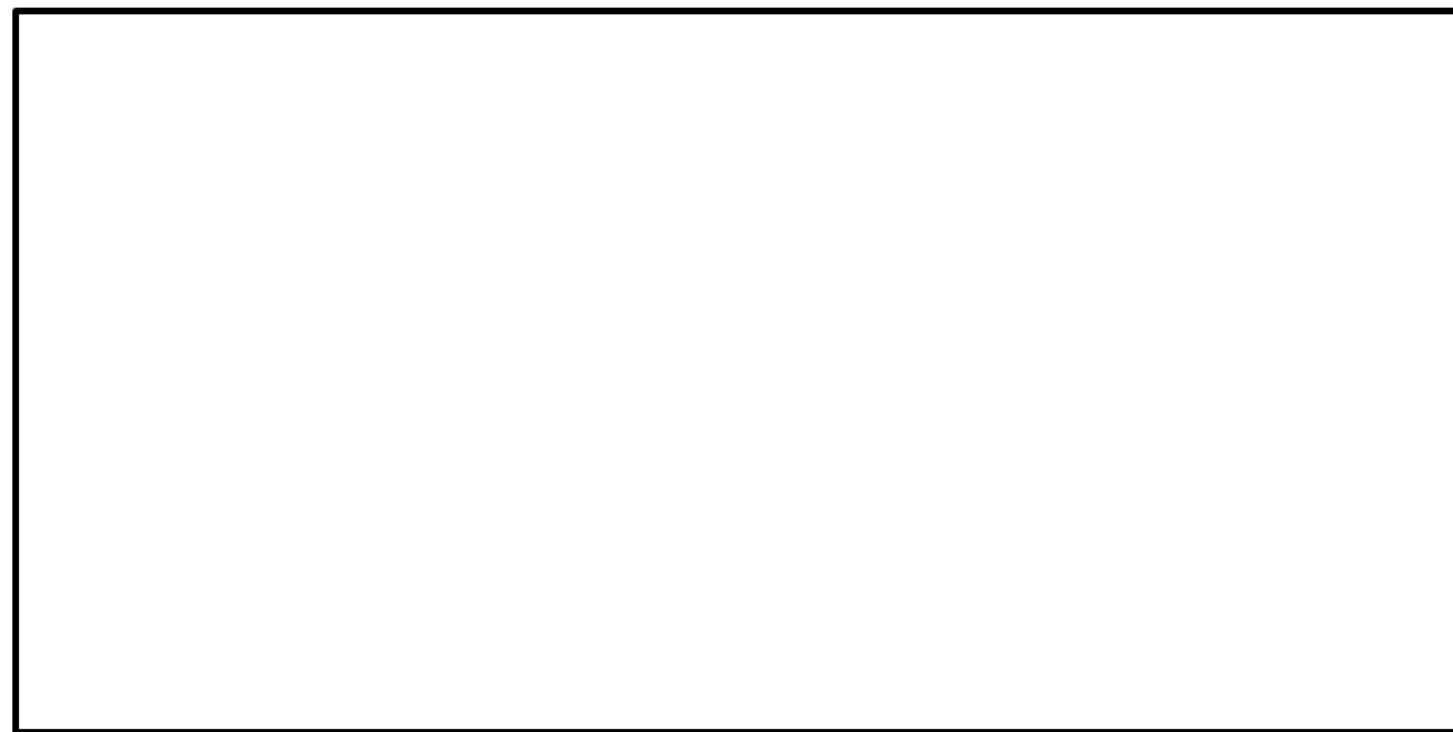
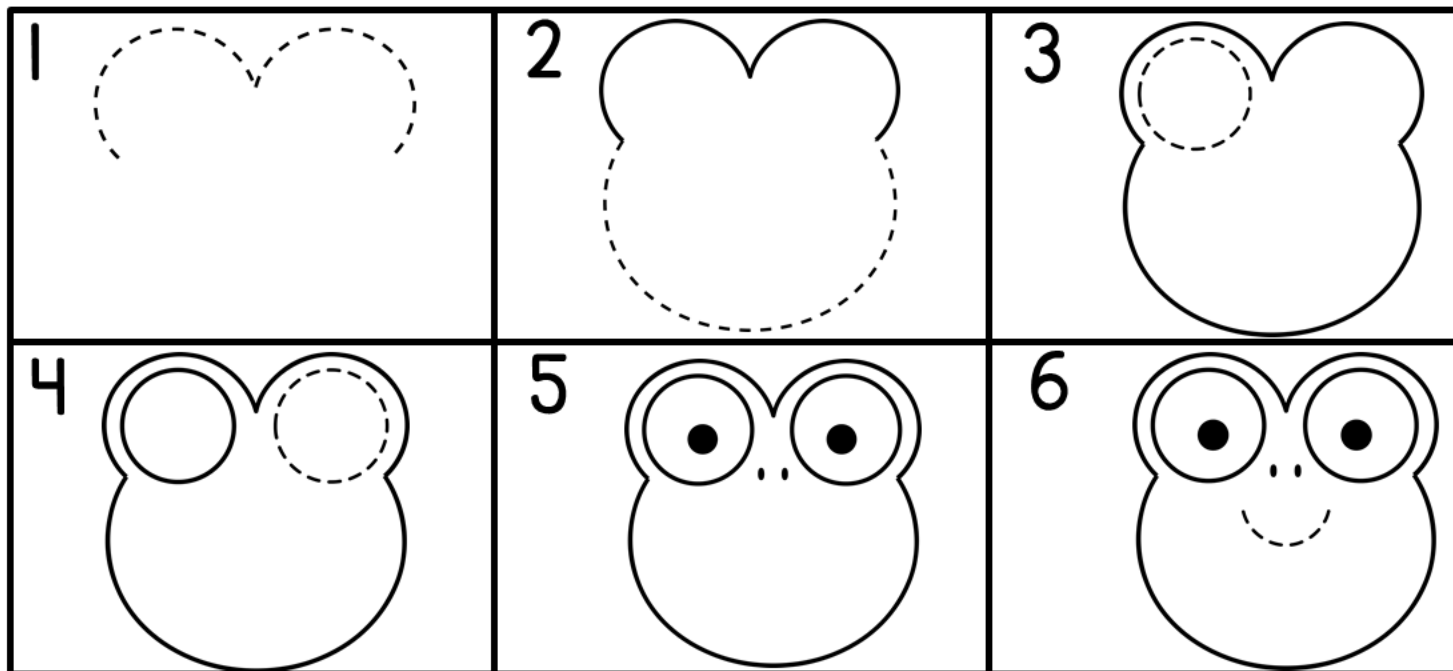
The mouse is happy.



# **Directed Drawing**

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

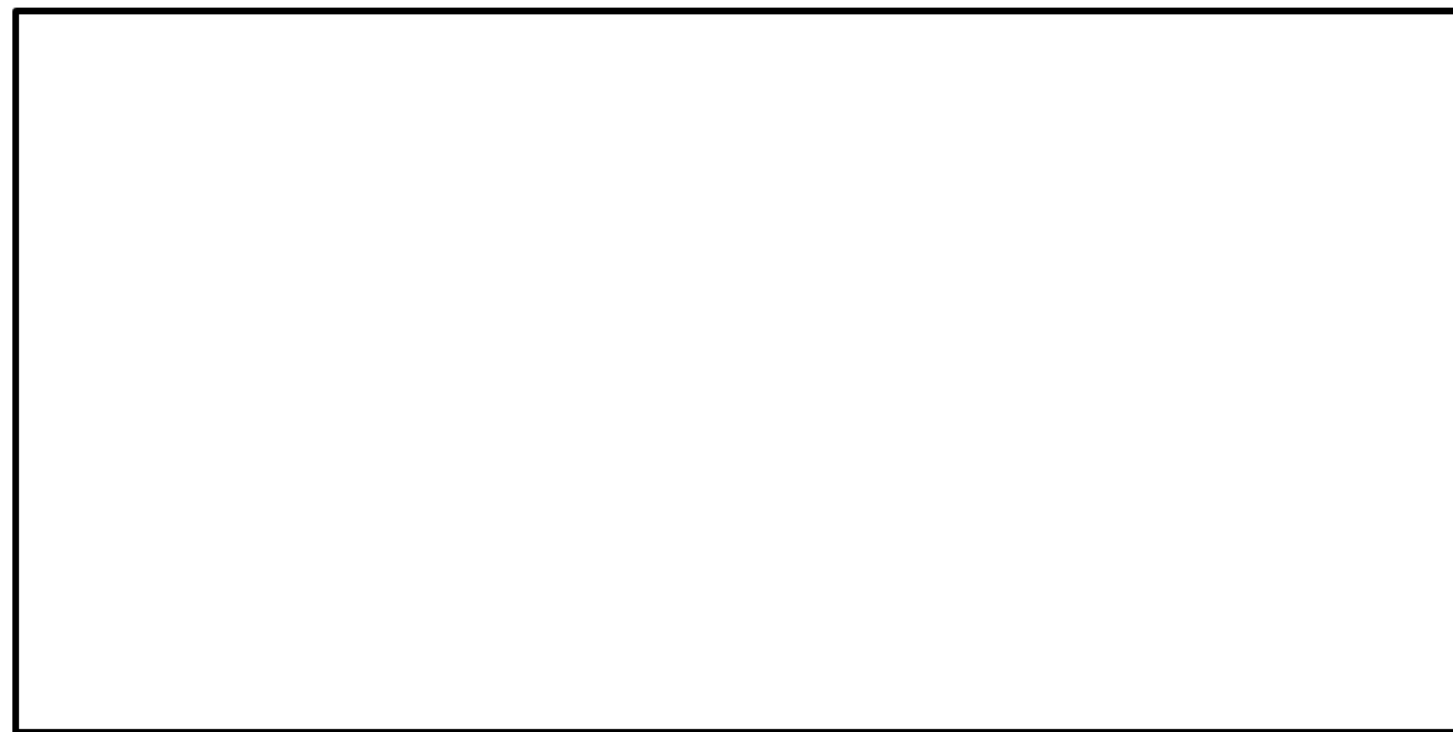
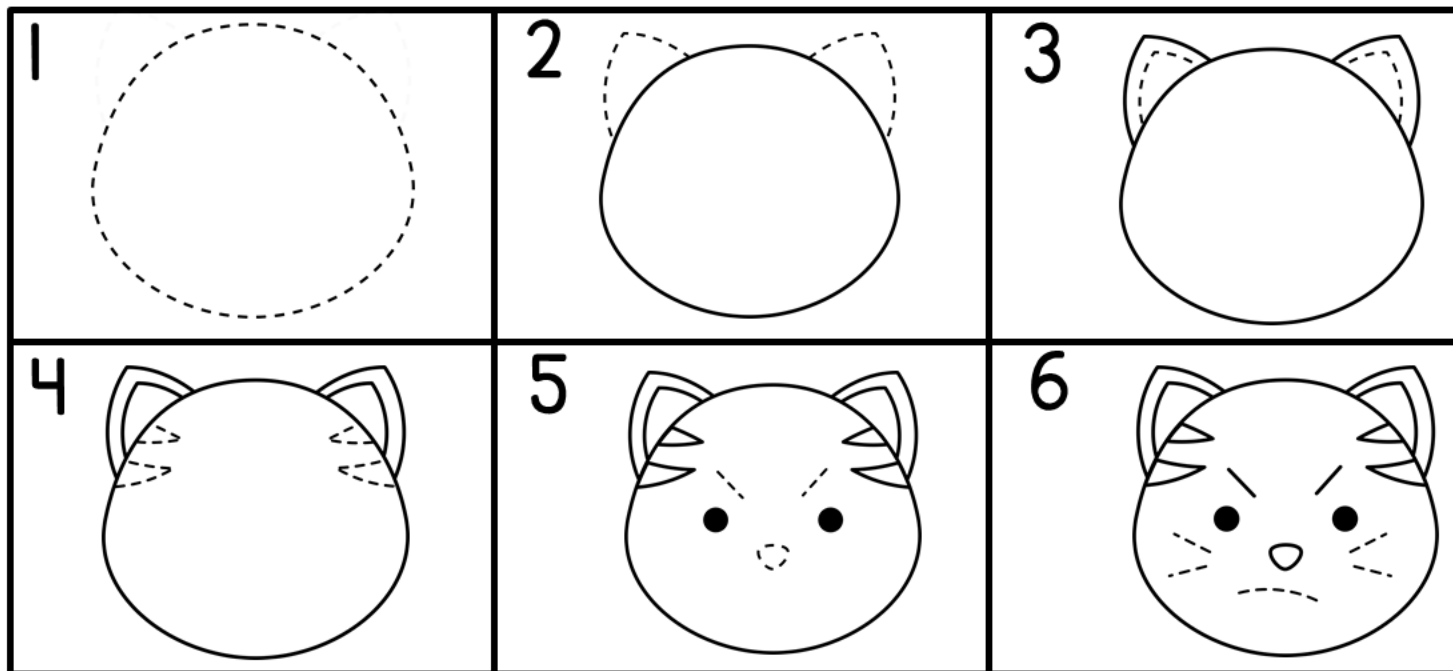
# Emotions: Directed Drawing



The frog is happy.

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

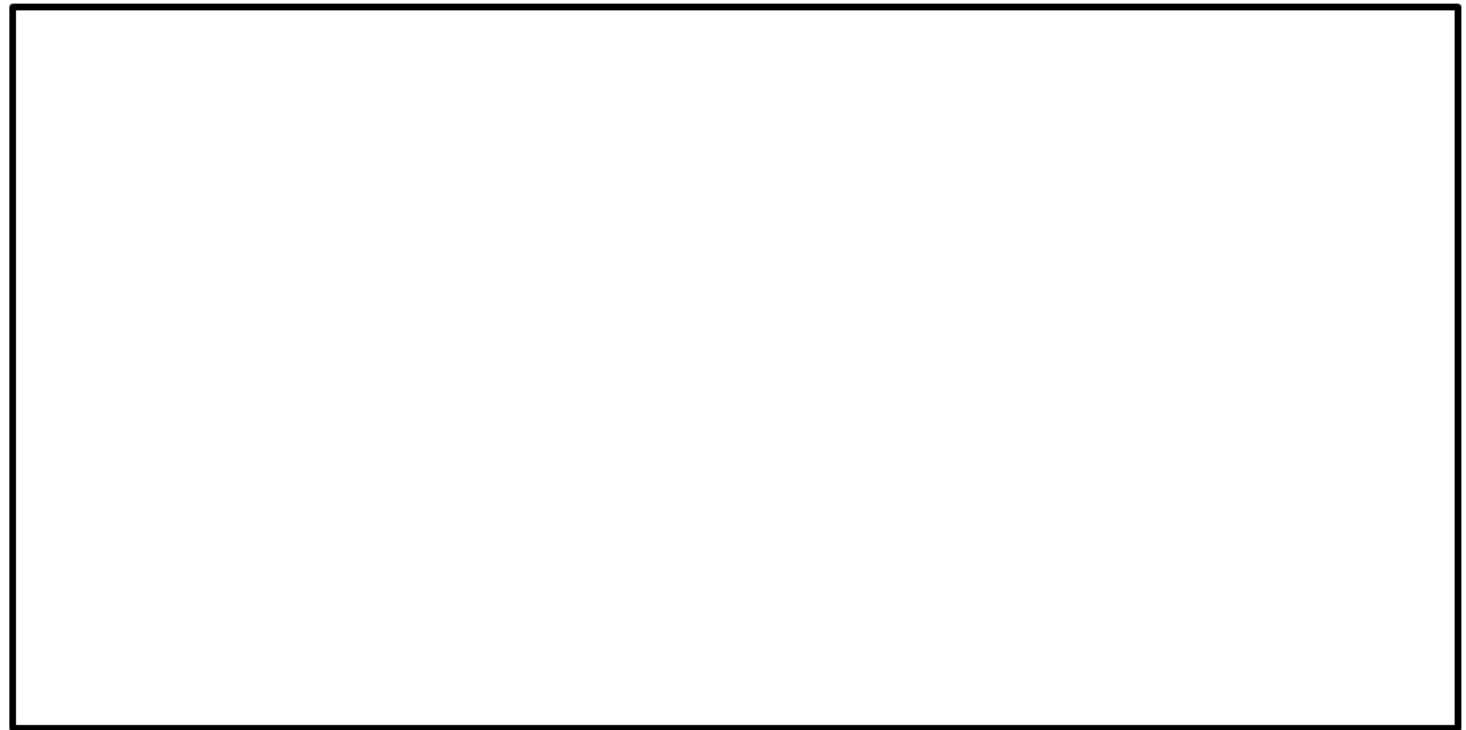
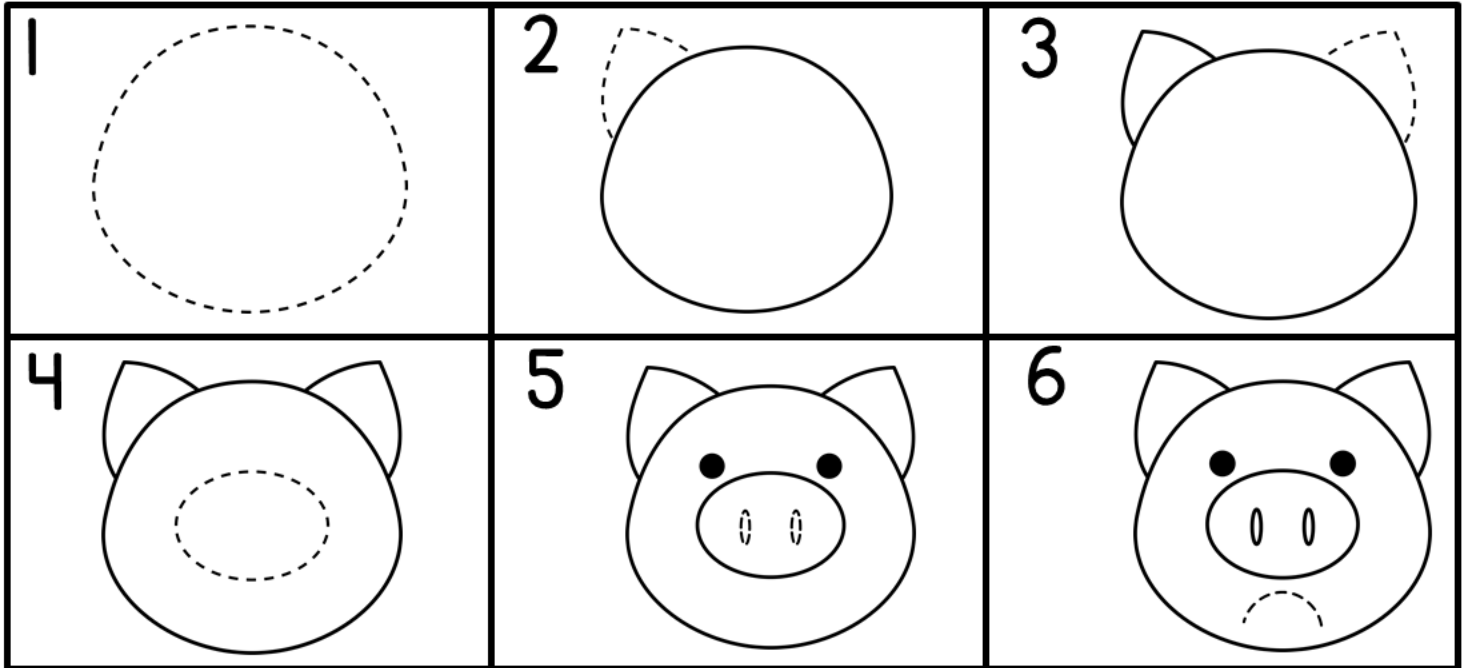
# Emotions: Directed Drawing



The cat is angry.

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

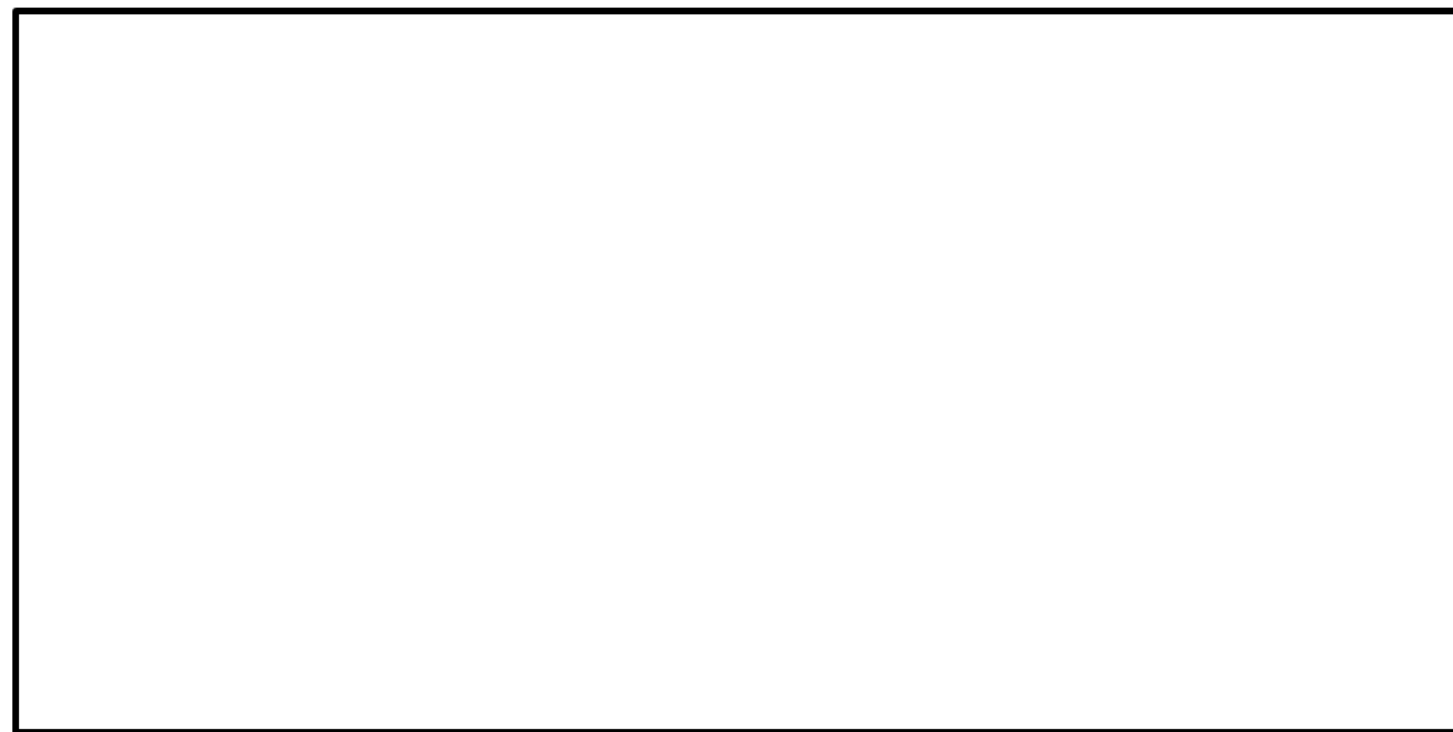
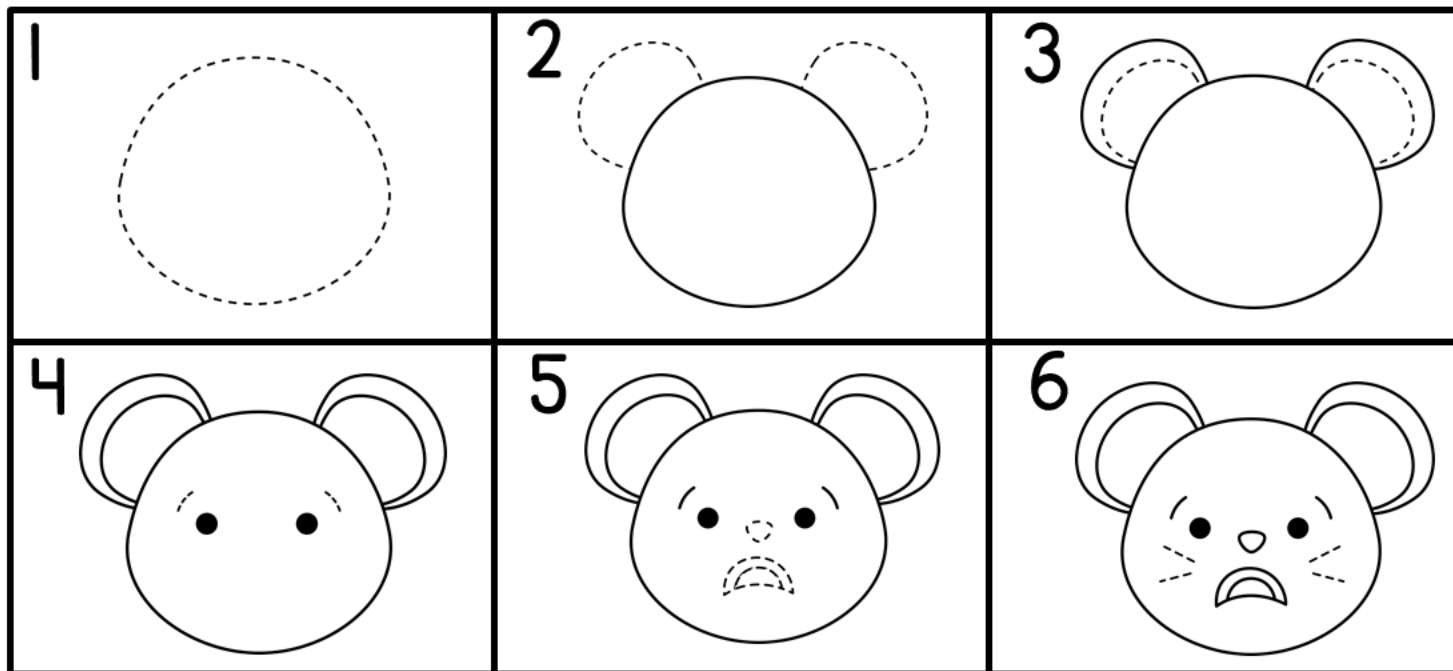
# Emotions: Directed Drawing



The pig is sad.

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

# Emotions: Directed Drawing

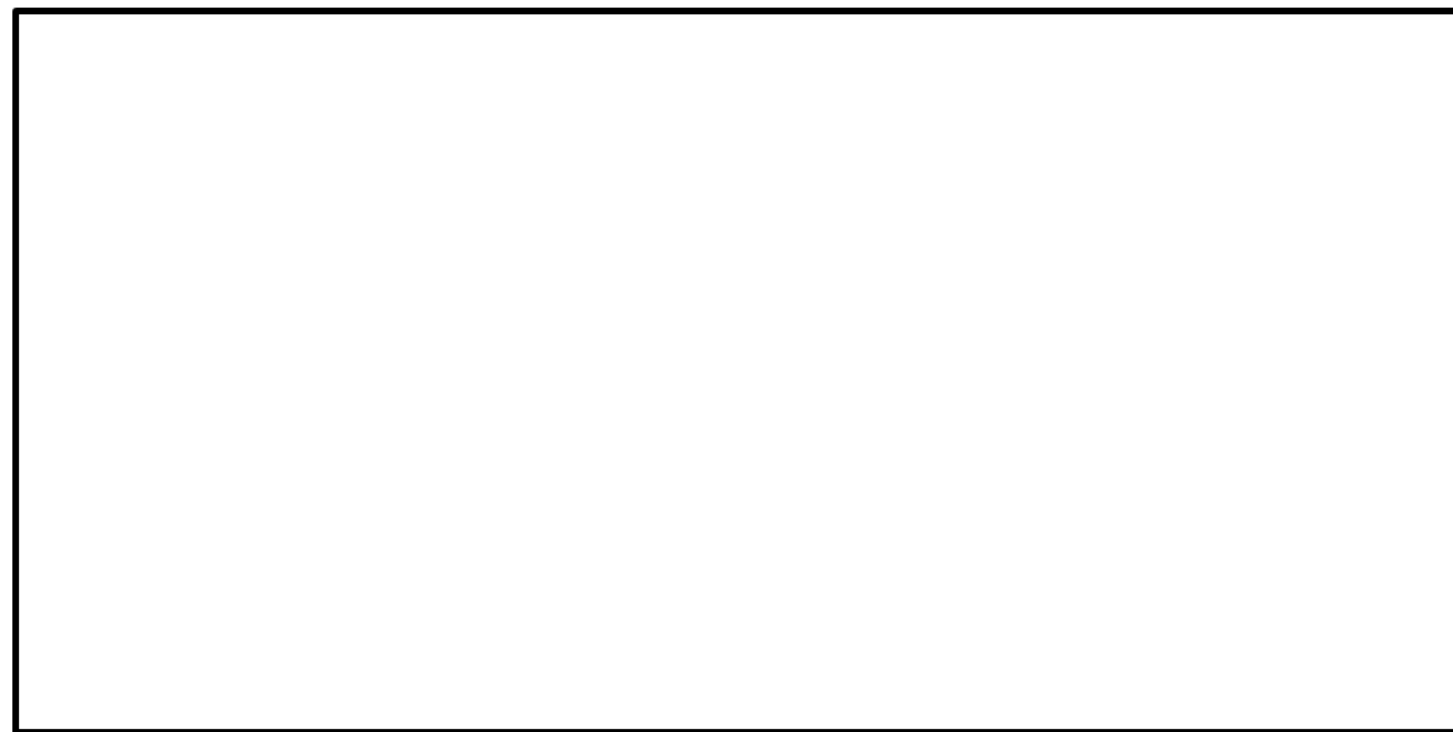
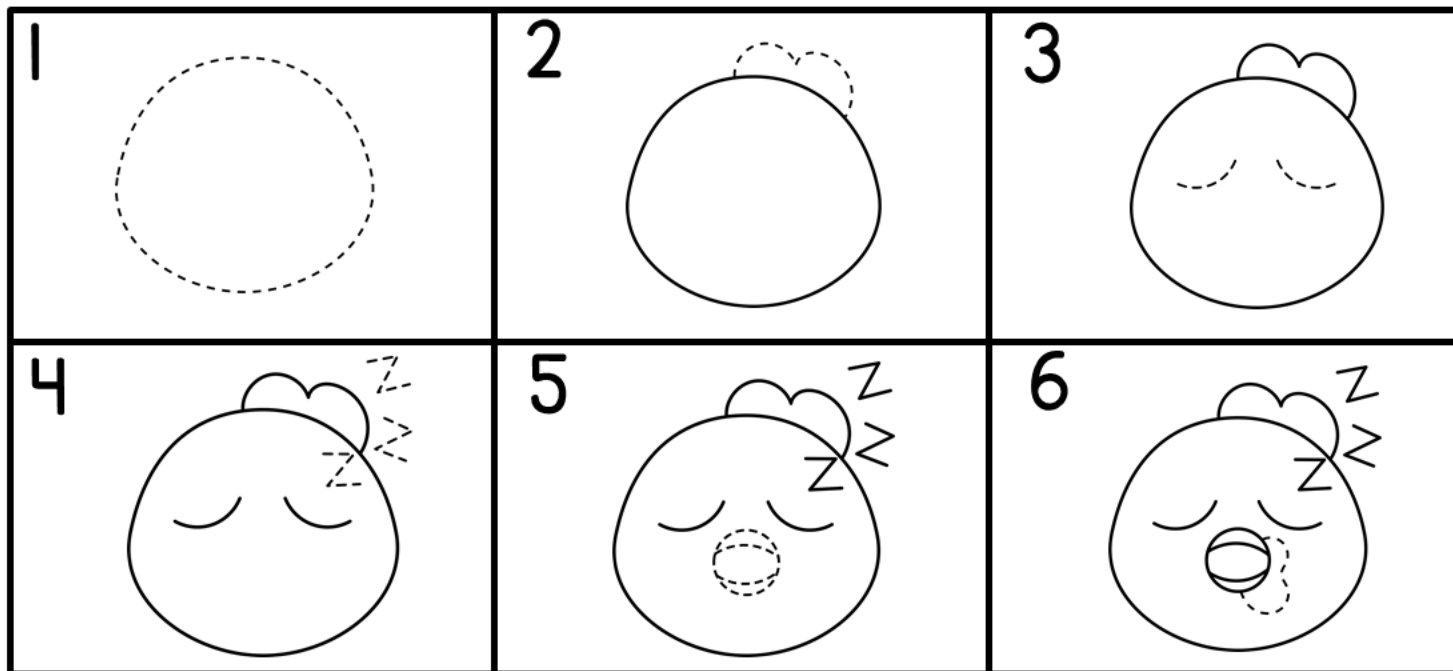


The mouse is scared.



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

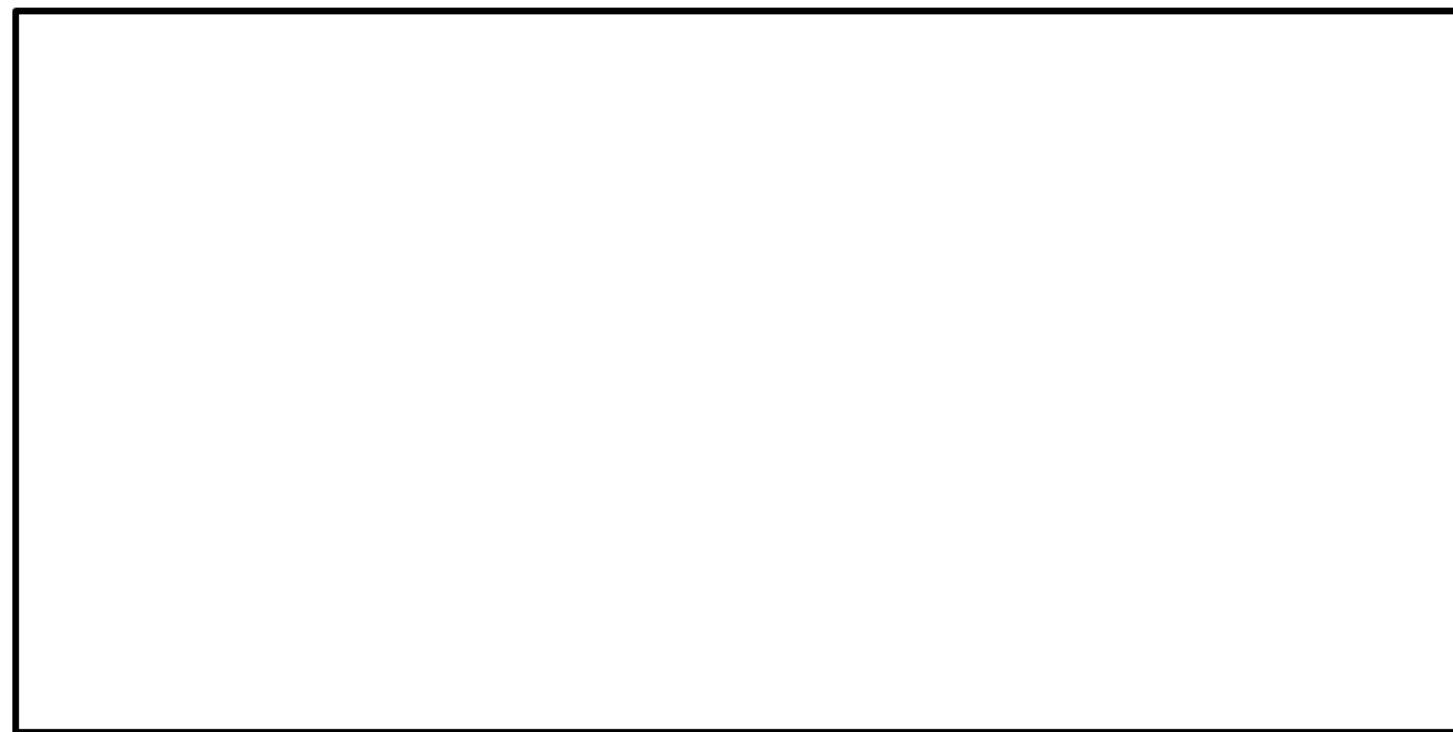
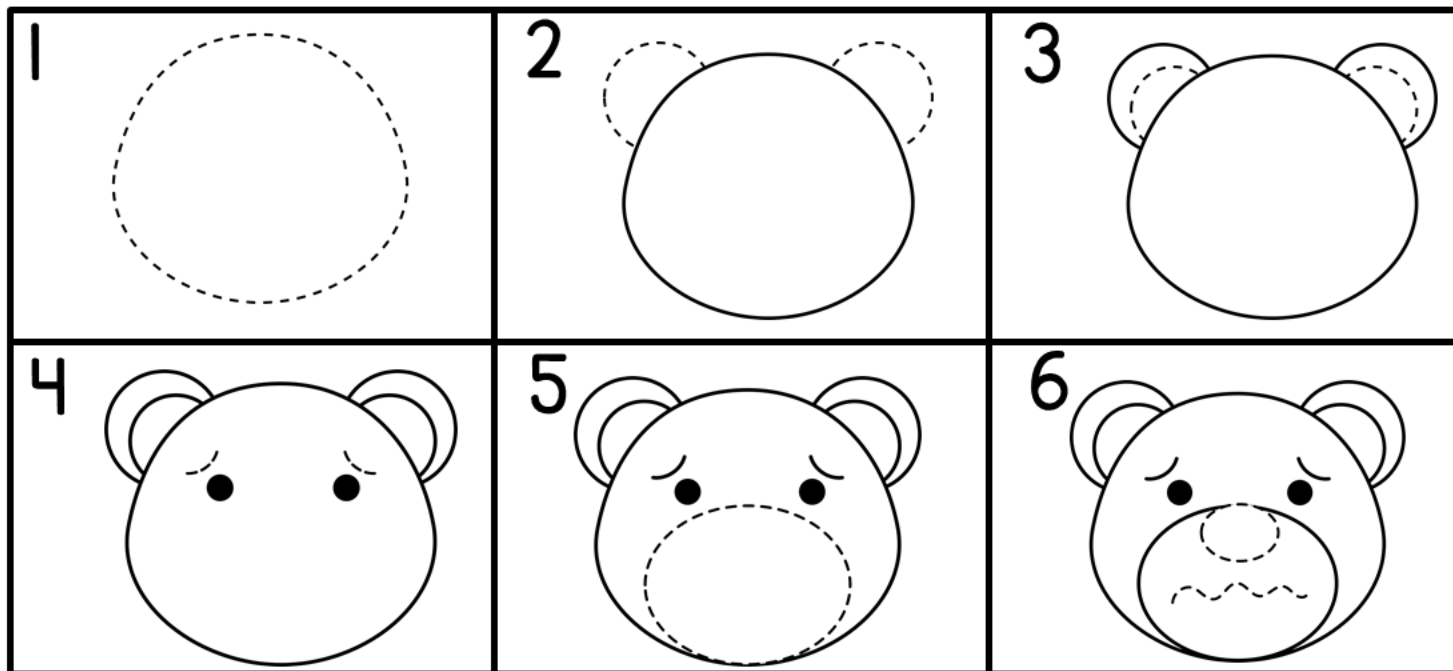
# Emotions: Directed Drawing



The chicken is tired.

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

# Emotions: Directed Drawing



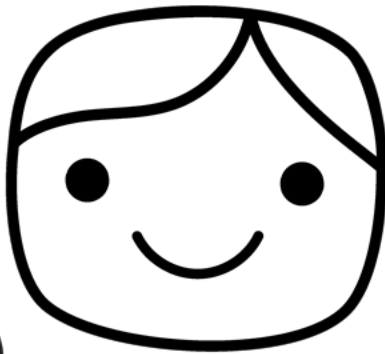
The bear is nervous.

# **Puzzle Pieces**

# Emotions: Puzzle Pieces

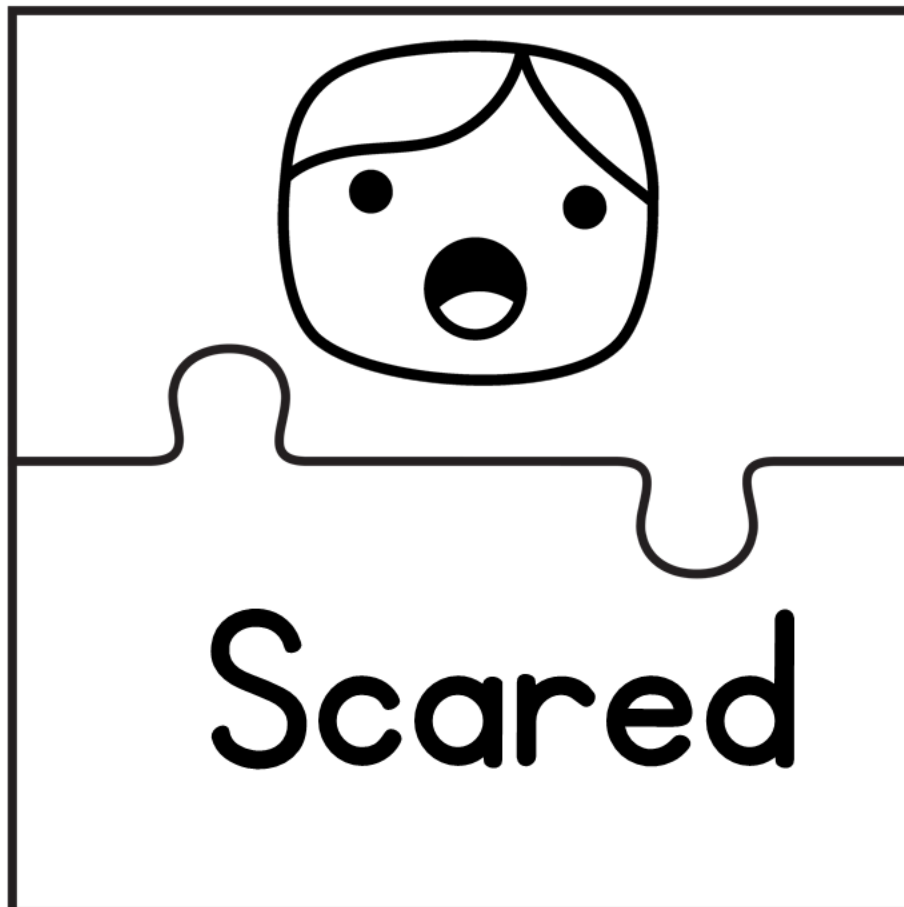
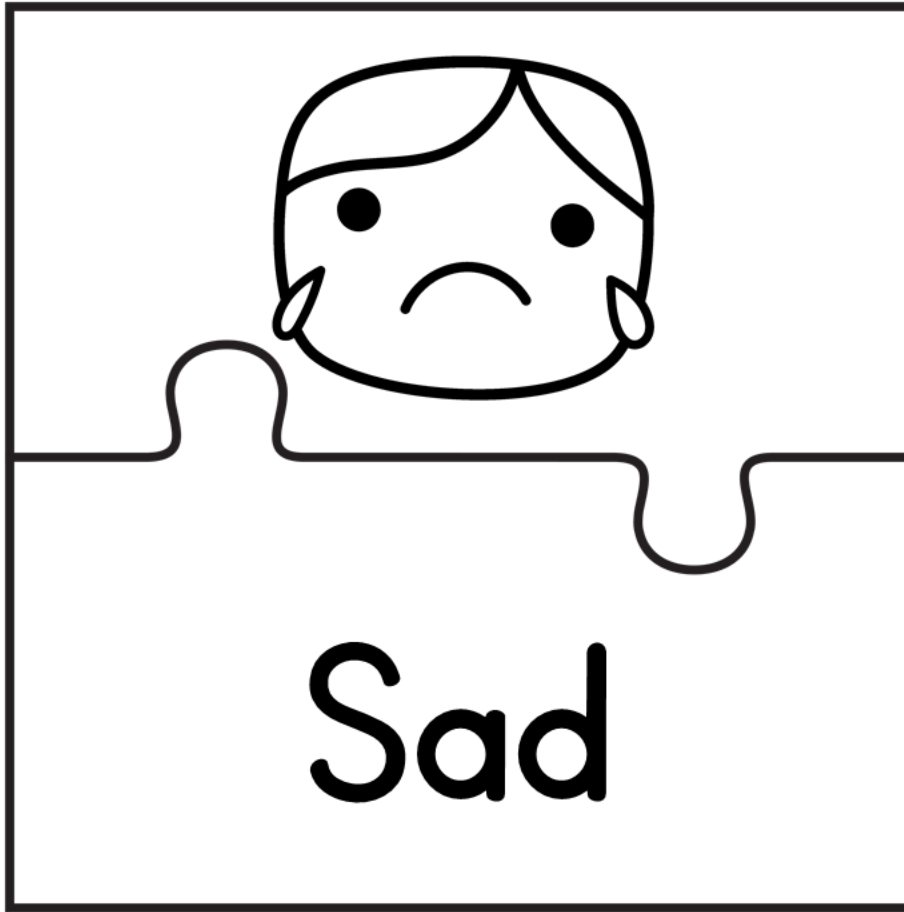


Angry

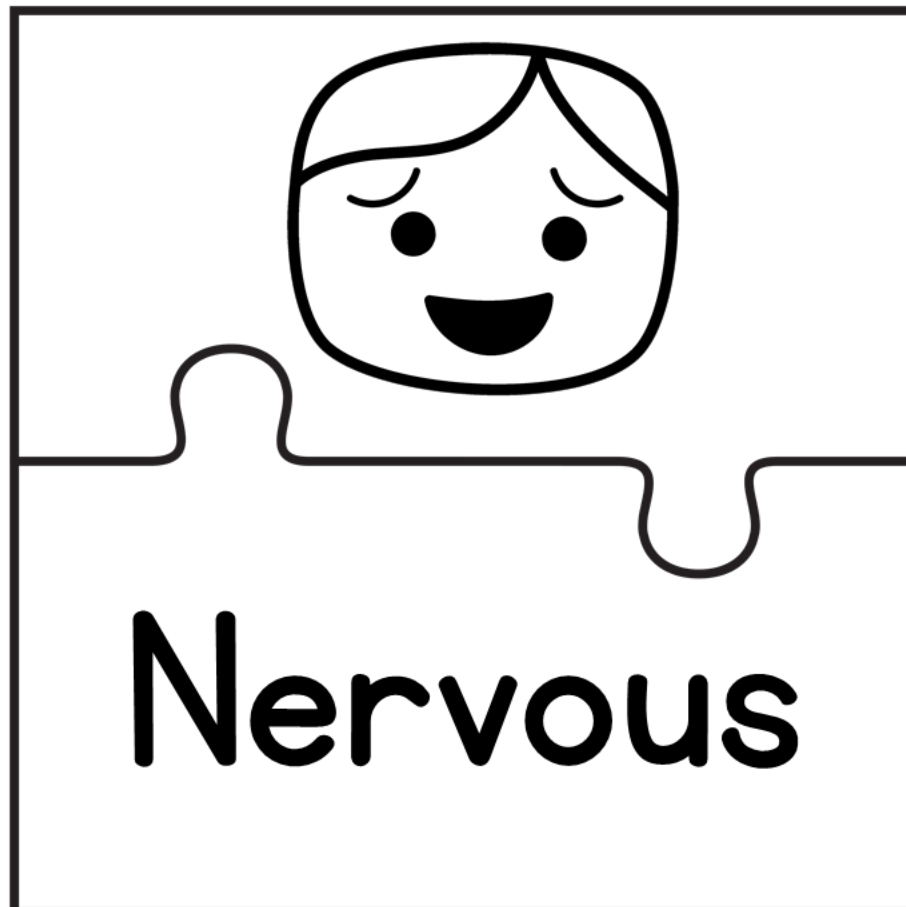
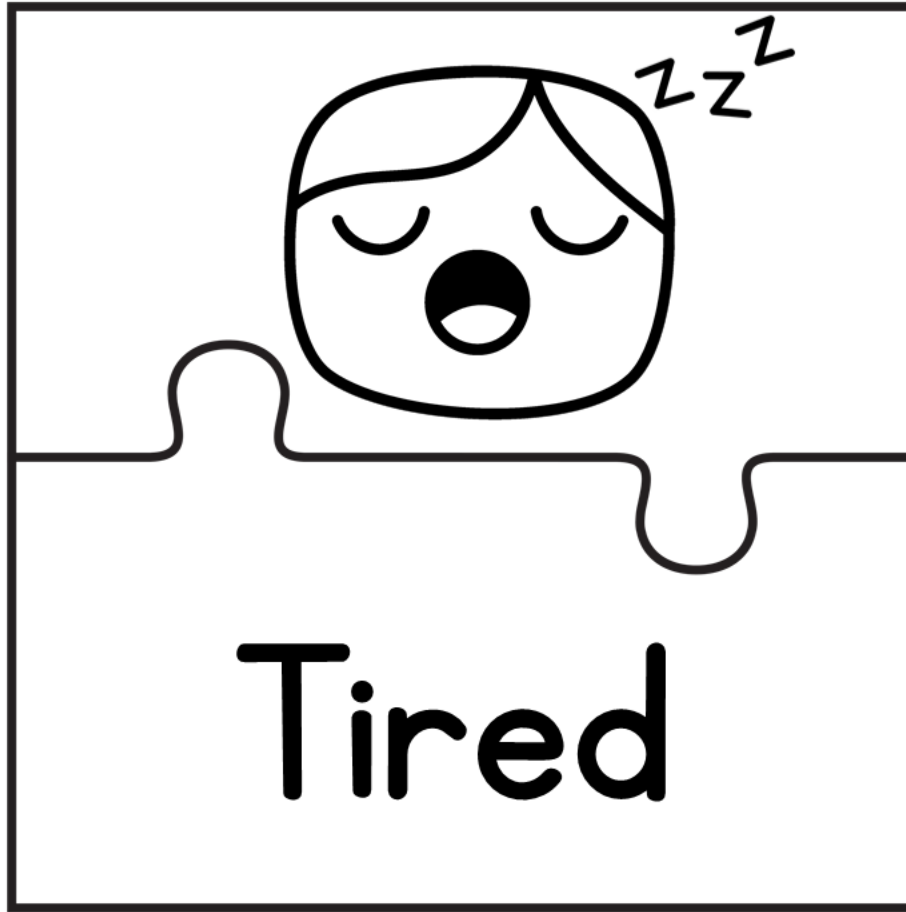


Happy

# Emotions: Puzzle Pieces



# Emotions: Puzzle Pieces



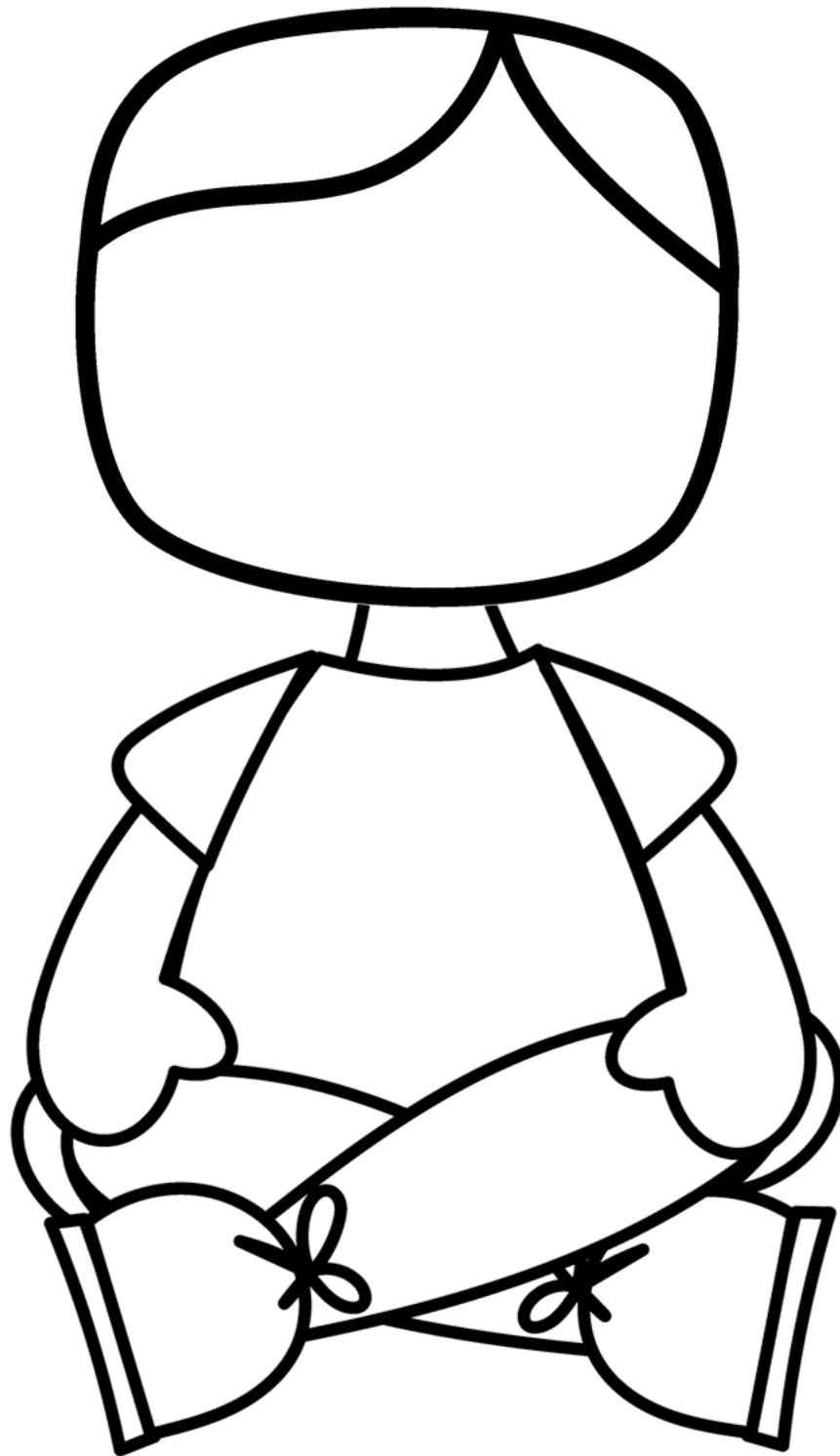
# Matching

Cut out emotion words and  
faces on page 36.



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

# Emotions: Matching



I'm Feeling

# Emotions: Matching

Cut out and use for the Matching page.

Sad

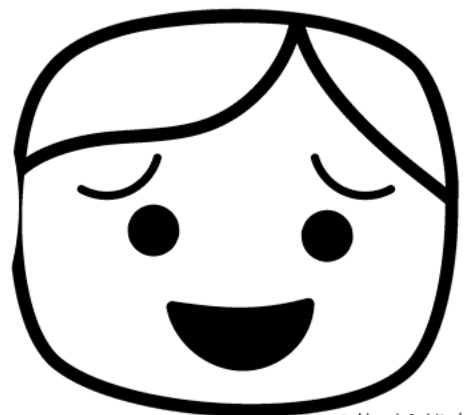
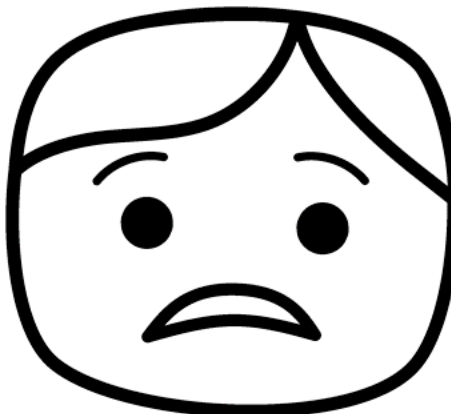
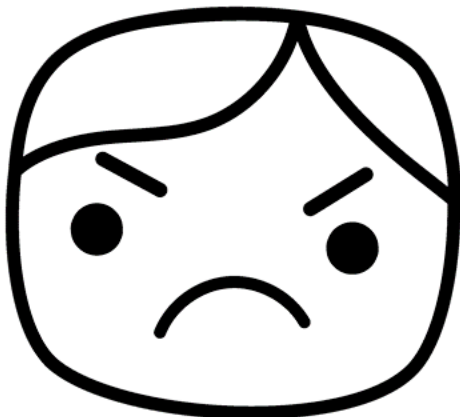
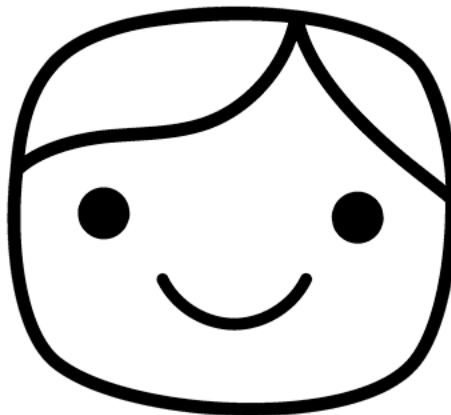
Happy

Angry

Scared

Nervous

Tired



# **Play-doh Faces**

Use play-doh to create  
emotion faces, match them  
with the emotion words  
from page 54.

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



# Emotions: Play-doh faces



Happy



Sad



Angry



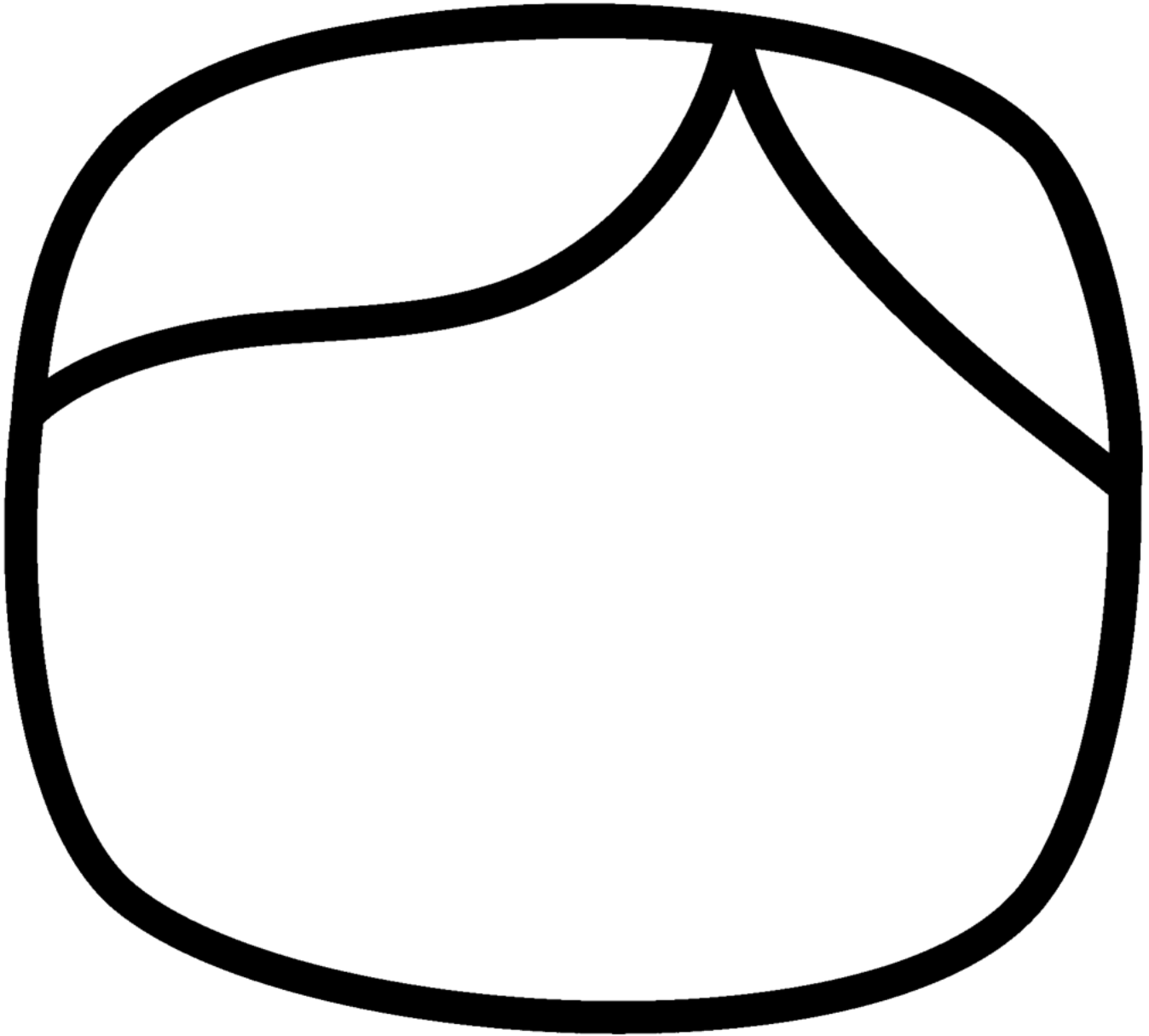
Tired



Scared



Nervous



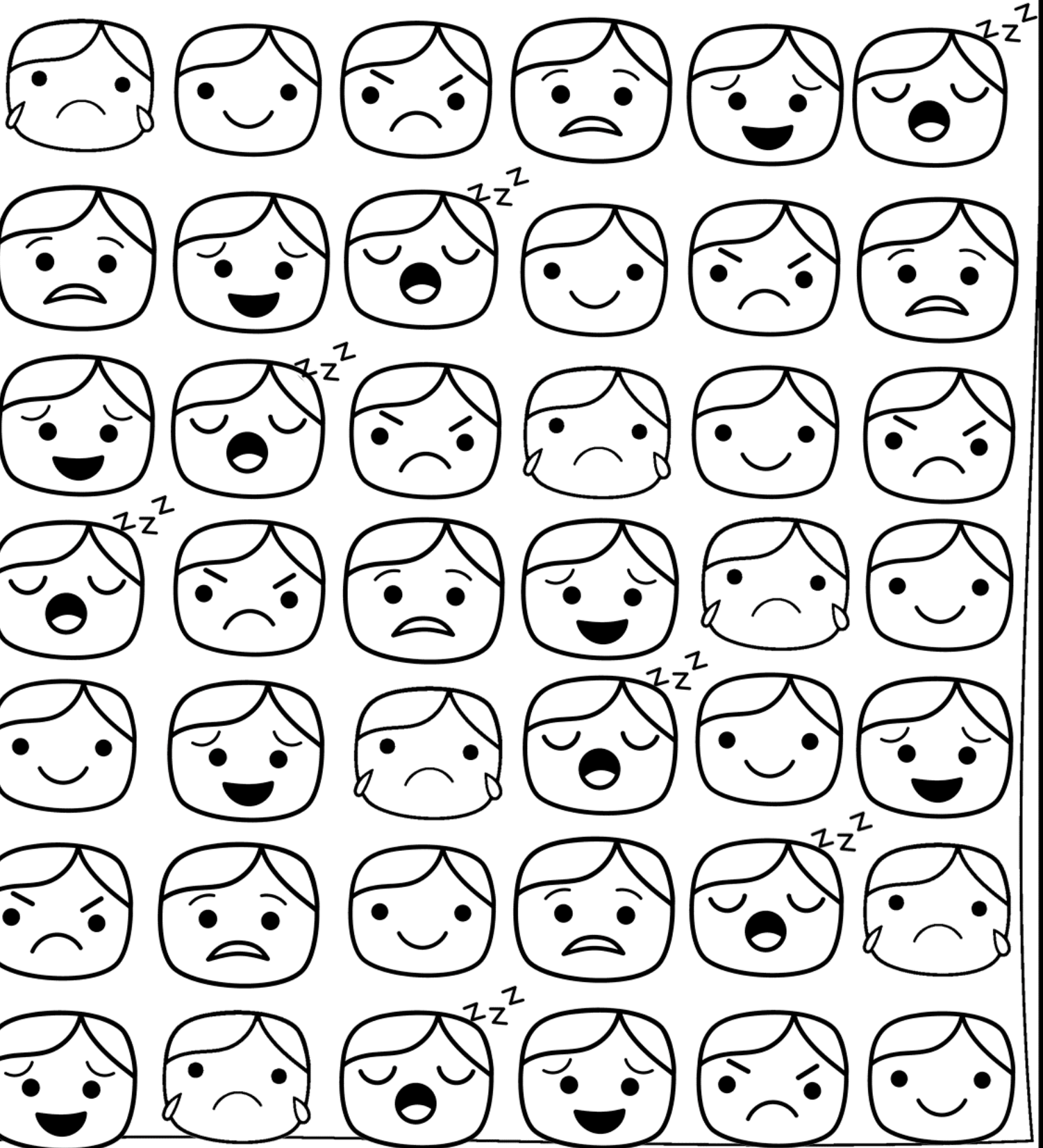
I'm Feeling

**Dab-a-dot**

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

# Emotions: Dab-a-dot

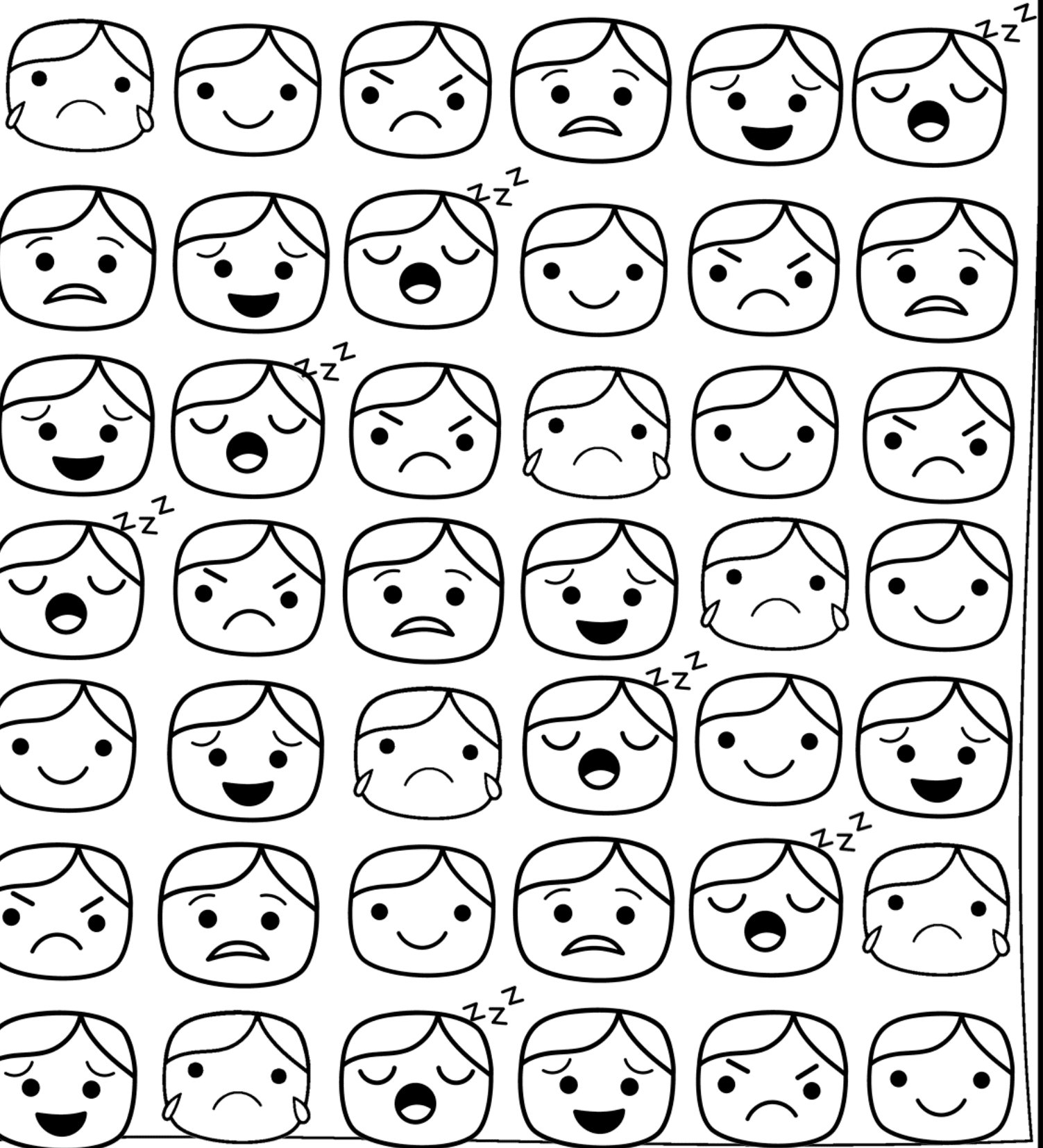
Dab the emotions: Happy  and Sad 



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

# Emotions: Dab-a-dot

Dab the emotions: Angry  and Scared 

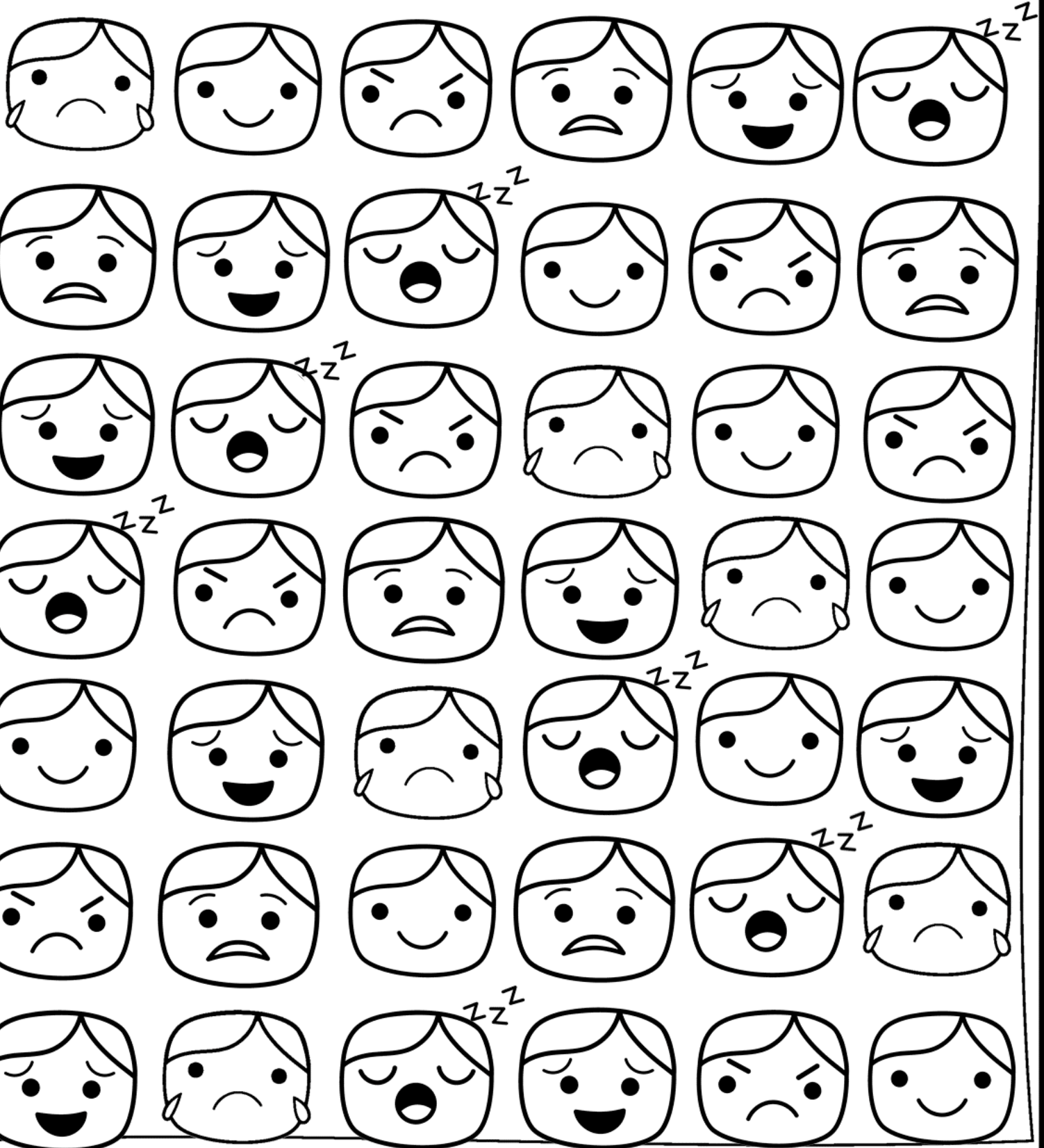




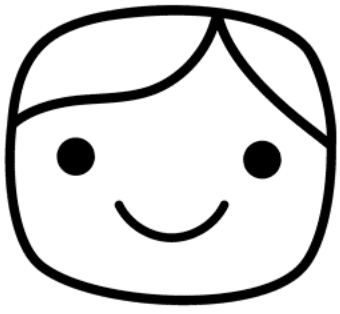
Name: \_\_\_\_\_

# Emotions: Dab-a-dot

Dab the emotions: Tired  and Nervous 



# **Pocket Chart Elements**



**HAPPY**



**SAD**



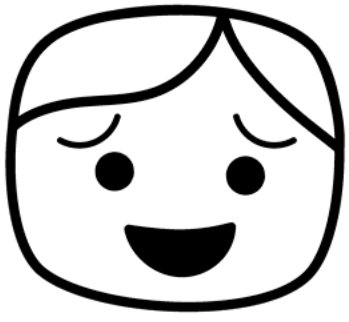
**ANGRY**



**SCARED**

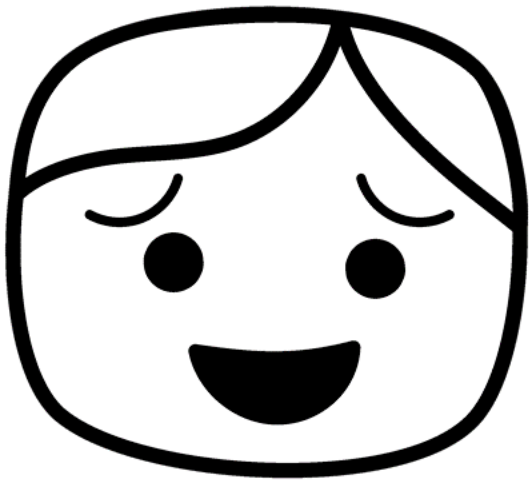


**TIRED**

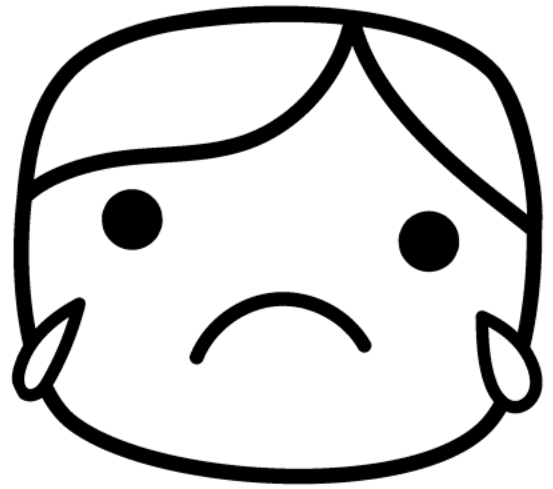


# NERVOUS

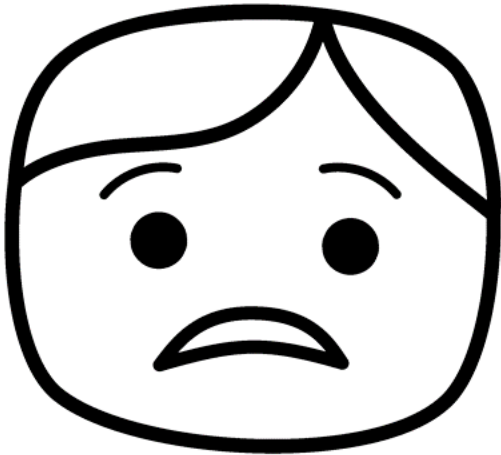
# Flash Cards



**NERVOUS**



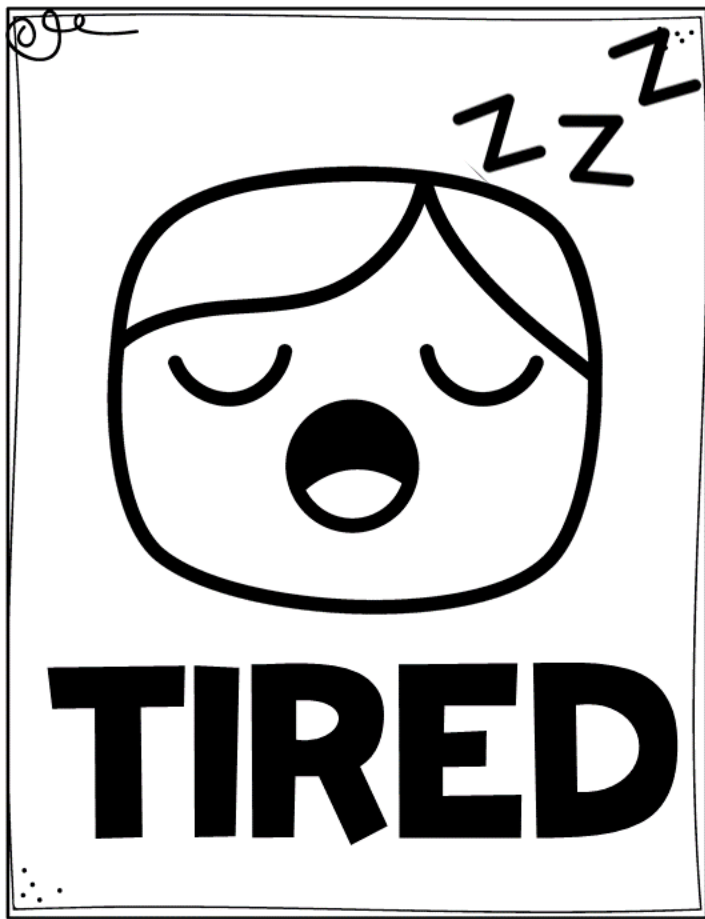
**SAD**



**SCARED**



**ANGRY**

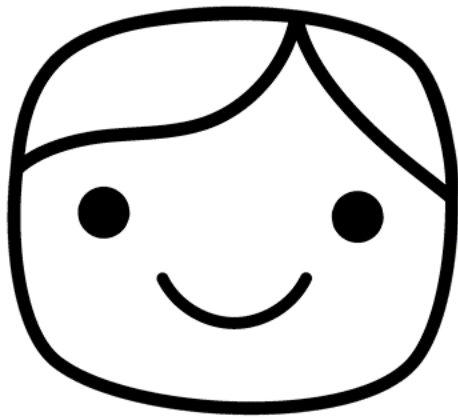




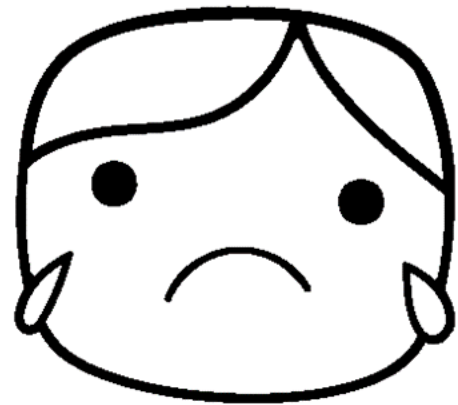
# **Emotions Check in**

Perfect for Calm Down Corners!

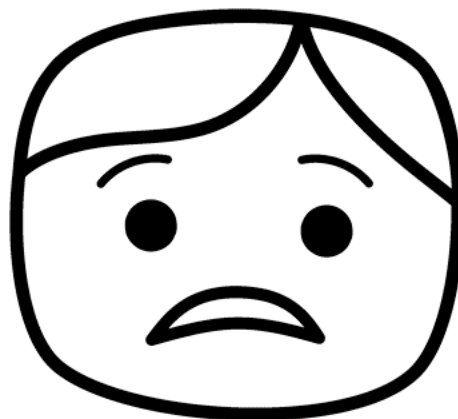
# Emotions: Check in



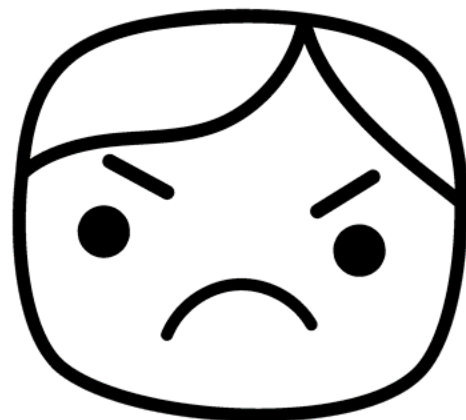
Happy



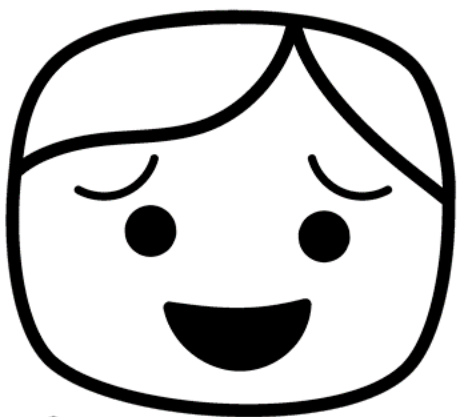
Sad



Scared



Angry



Nervous



Tired

# Emotions: Check in

I feel...



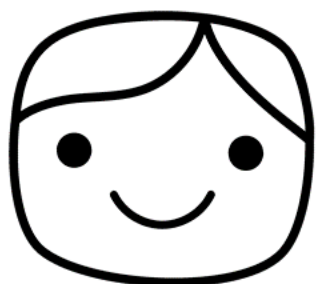
I used  
this...



After,  
I feel...



# Emotions: Check in Feelings



Happy



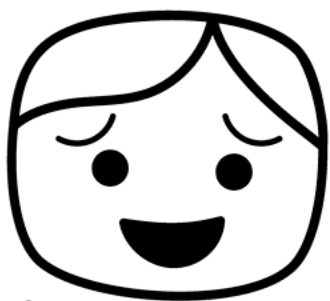
Sad



Scared



Angry

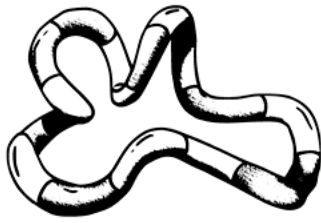


Nervous



Tired

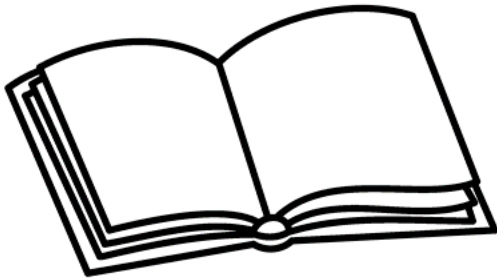
# Emotions: Check in Coping Skills



Fidget toy



Hug a stuffed animal



Read a book



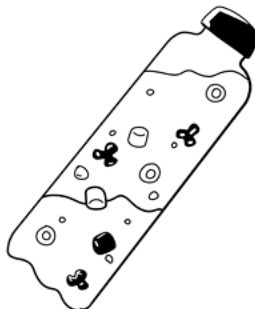
Squeeze a stress ball



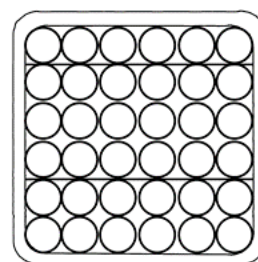
Headphones



Slow breathing

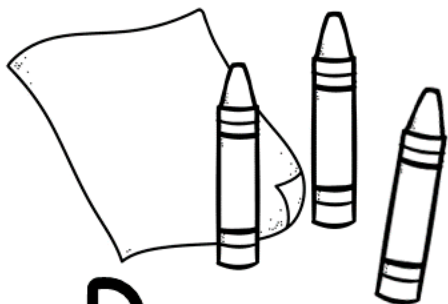


Glitter Jar

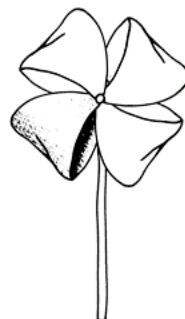


Pop-it toy

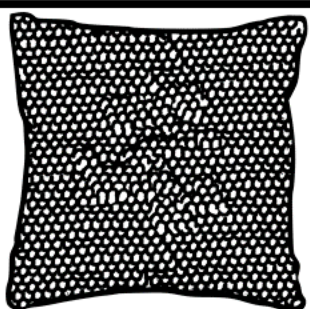
# Emotions: Check in Coping Skills



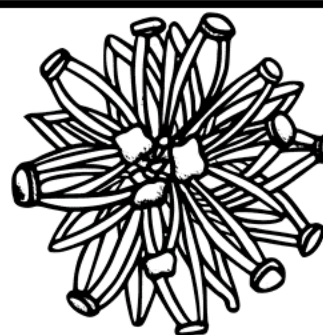
**Draw**



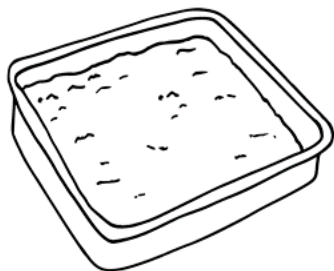
**Blow a pinwheel**



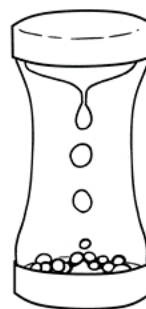
**Hug a pillow**



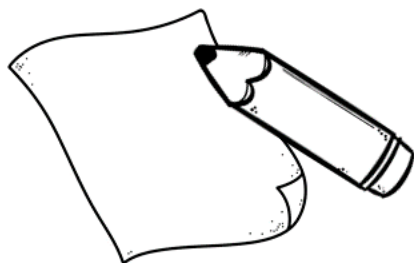
**Geosphere**



**Play with sand**



**Sensory item**



**Write**



**Count to ten**

# **Writing: Sentence Frames**

# Emotion Writing

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

Using the pictures, write a sentence.



She is happy.



He is scared.



She is tired.



He is angry.



# Emotion Writing

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

Using the pictures, write a sentence.



She is sad.



He is shocked.



He is happy.



She is scared.

# Emotion Writing

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

Using the pictures, write a sentence.



Three horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.



Three horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.



Three horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.



Three horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

# Emotion Writing

Name: \_\_\_\_\_ Using the pictures, write a sentence.



Three horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.



Three horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.



Three horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.



Three horizontal lines for writing: a solid top line, a dashed middle line, and a solid bottom line.

# **Math: Counting**

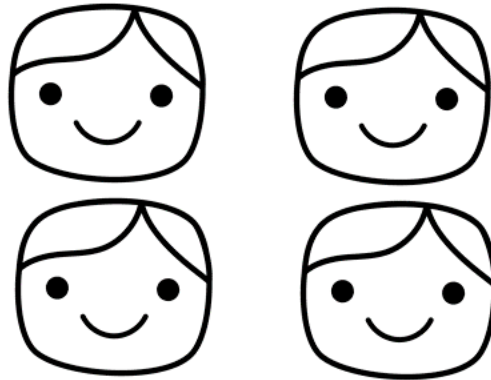
Name: \_\_\_\_\_

# Emotion Math

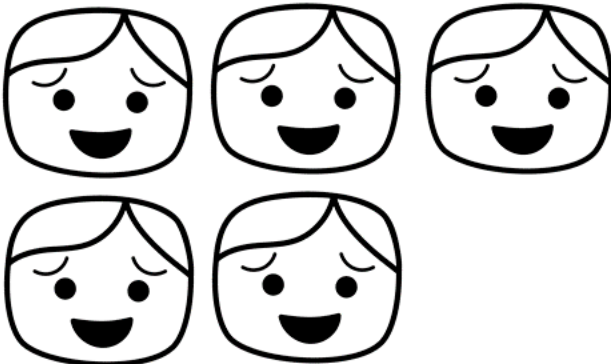
Count the emotion faces.



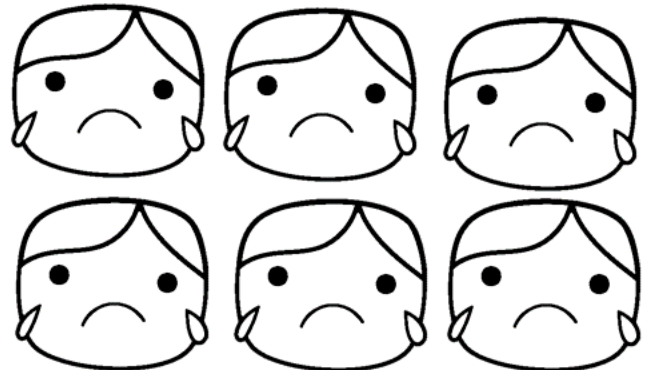
There are  scared faces.



There are  happy faces.



There are  nervous faces.



There are  sad faces.



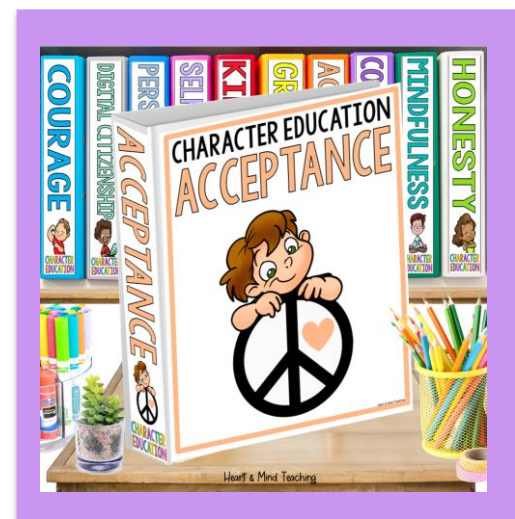
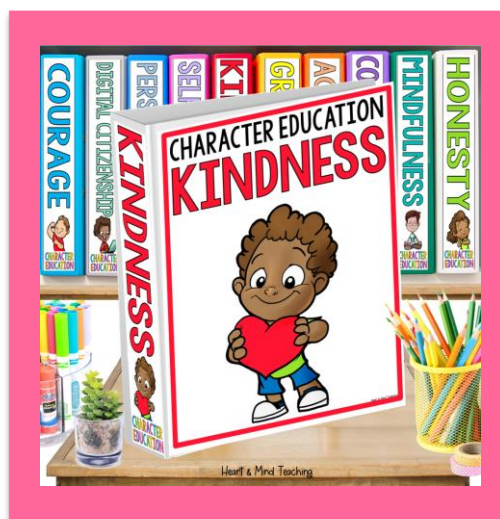
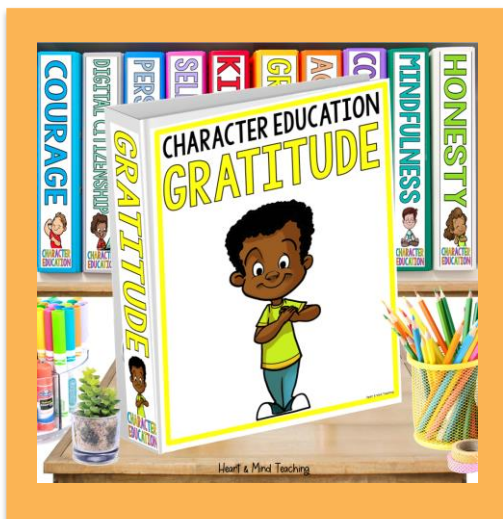
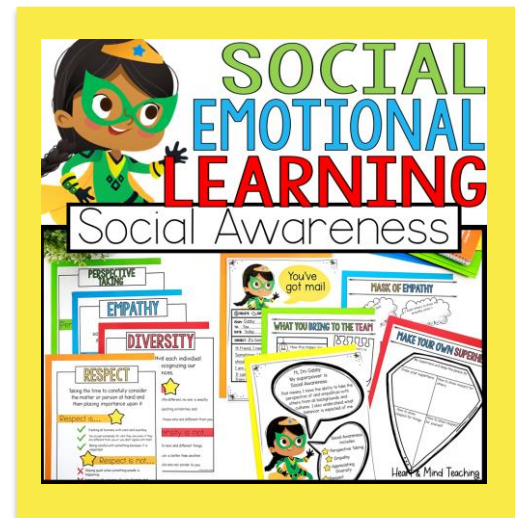
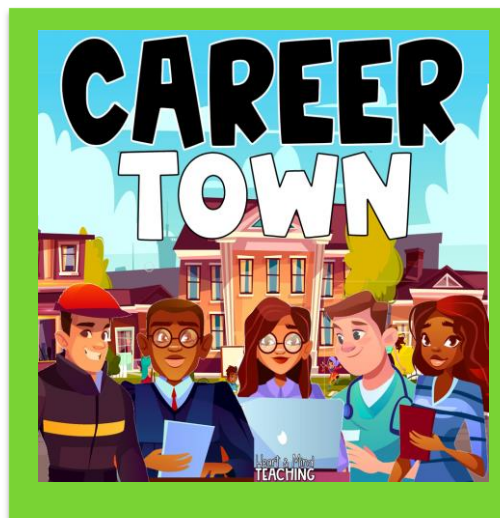
There are  angry faces.



There are  tired faces.

# CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



**COUNSELOR**  
**Collab**  
— with Laura & Ashley —



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

**CLICK TO COLLAB**

## MEMBER PERKS

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.



HEART+MIND  
TEACHING



# THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

## LET'S BE FRIENDS

  
*Ashley*

Access my  
Freebie  
Library



## FOLLOW FOR EXCLUSIVE SAVINGS

New products are 50% off for 24hrs.

**CLICK HERE**

★ HOW CAN YOU EARN TPT CREDITS? When you leave feedback, TpT rewards you with credits that you can use toward future purchases.

## ACCESS MY FREEBIE LIBRARY

Join my Newsletter to be informed of all future added freebies.

**I WANT FREEBIES**

# TERMS OF USE

© Heart and Mind Teaching, 2025. All rights reserved. Purchase of this item entitles the purchaser the right to reproduce for classroom, personal, and google classroom use only. Use in multiple classrooms, requires the purchase of additional licenses. Redistribution or duplication of this product is strictly forbidden without the written permission of the publisher. Copying any part of this product and placing it on a publicly accessible website is strictly forbidden and is a violation of the Digital Millennium Copyright Act (DMCA). You may post this for single-classroom use on a password protected student site such as google classroom. **You may NOT post my products on any public, for-profit, or commercial websites or entities, such as Outschool.** Please do not sell or distribute any part of this as your own. Thank you for abiding by universally accepted codes of professional ethics while using this product.



If you have any questions or concerns please email me at:

[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

## CREDITS

