

# THANK YOU FOR YOUR PURCHASE!



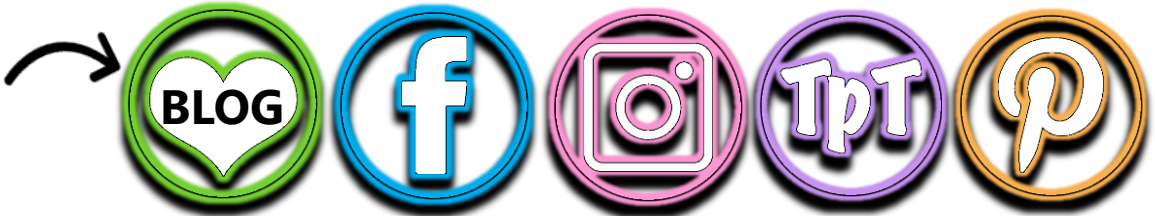
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[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

♥  
*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)

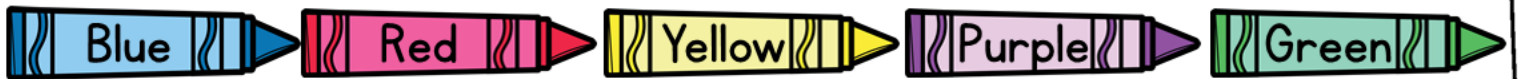
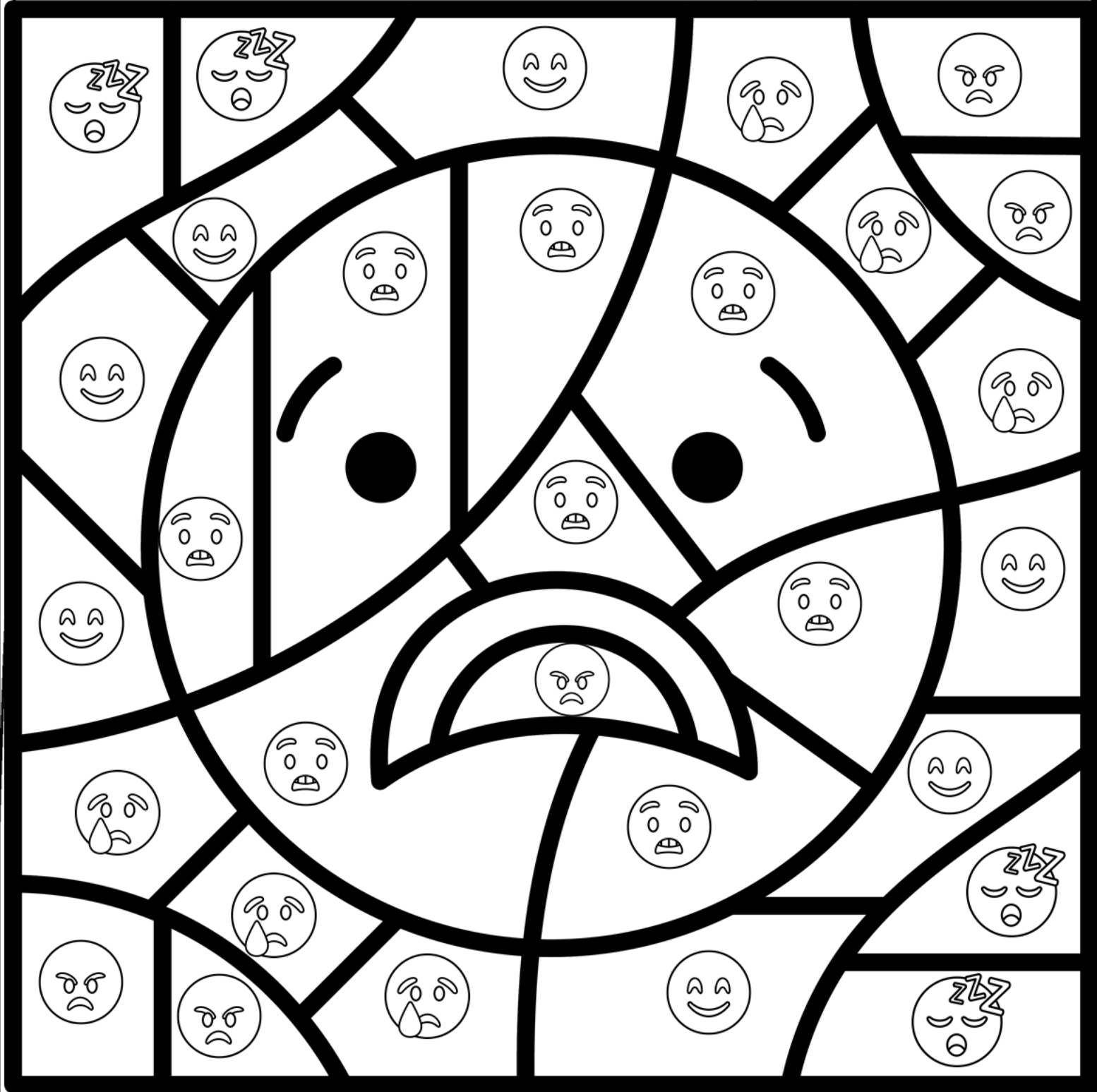
## SEL Competencies:

- \*Self-awareness: Identifying Emotions.

# **Color by Code**

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

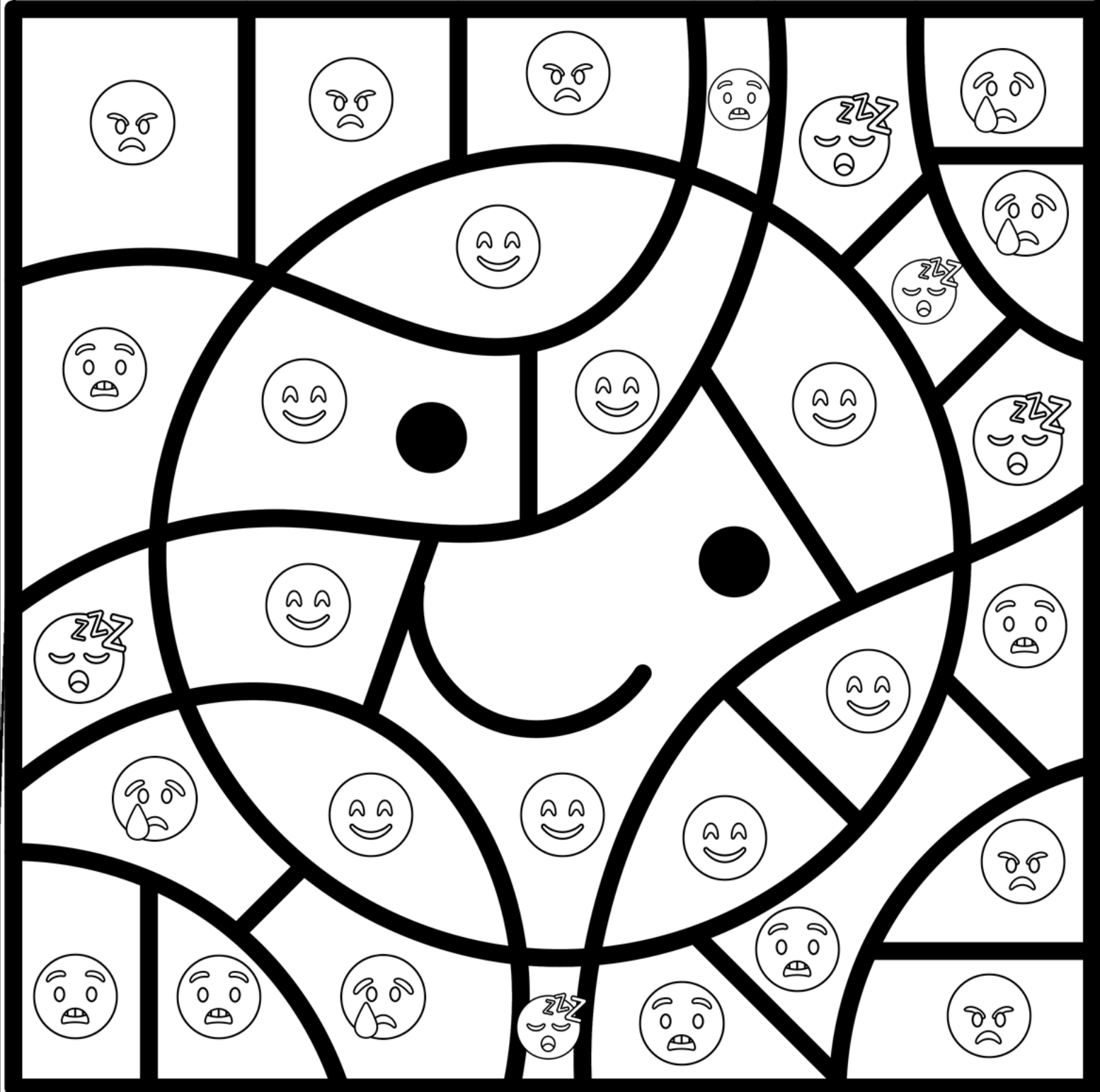
# Emotions: Color by Code





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

# Emotions: Color by Code



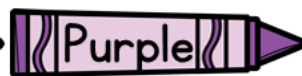
Blue



Red



Yellow



Purple



Green



Sad



Angry



Happy



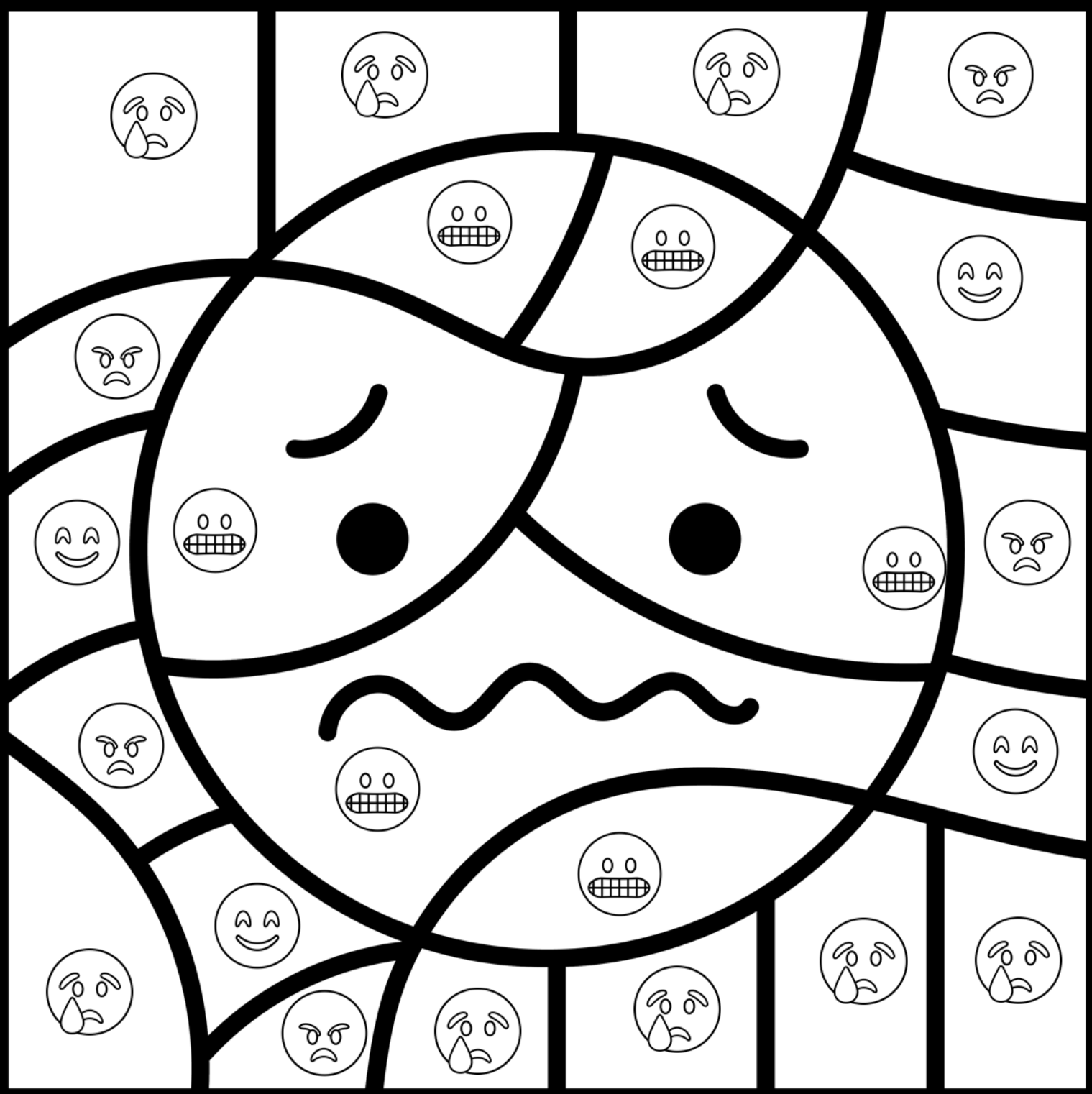
Scared



Tired

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

# Emotions: Color by Code



**Sad**



**Angry**



**Happy**



**Scared**

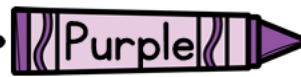
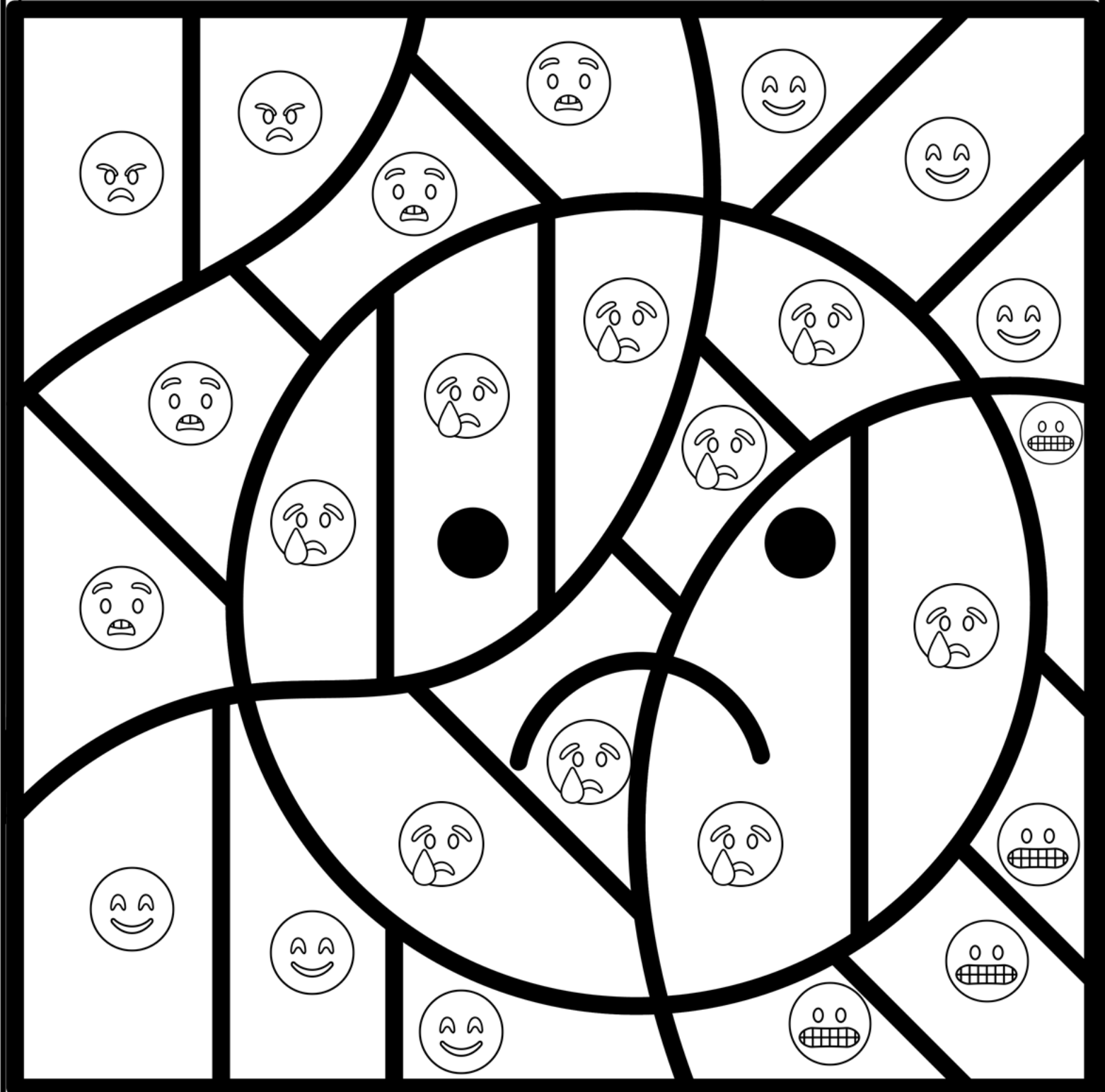


**Nervous**

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



# Emotions: Color by Code



**Sad**



**Angry**



**Happy**



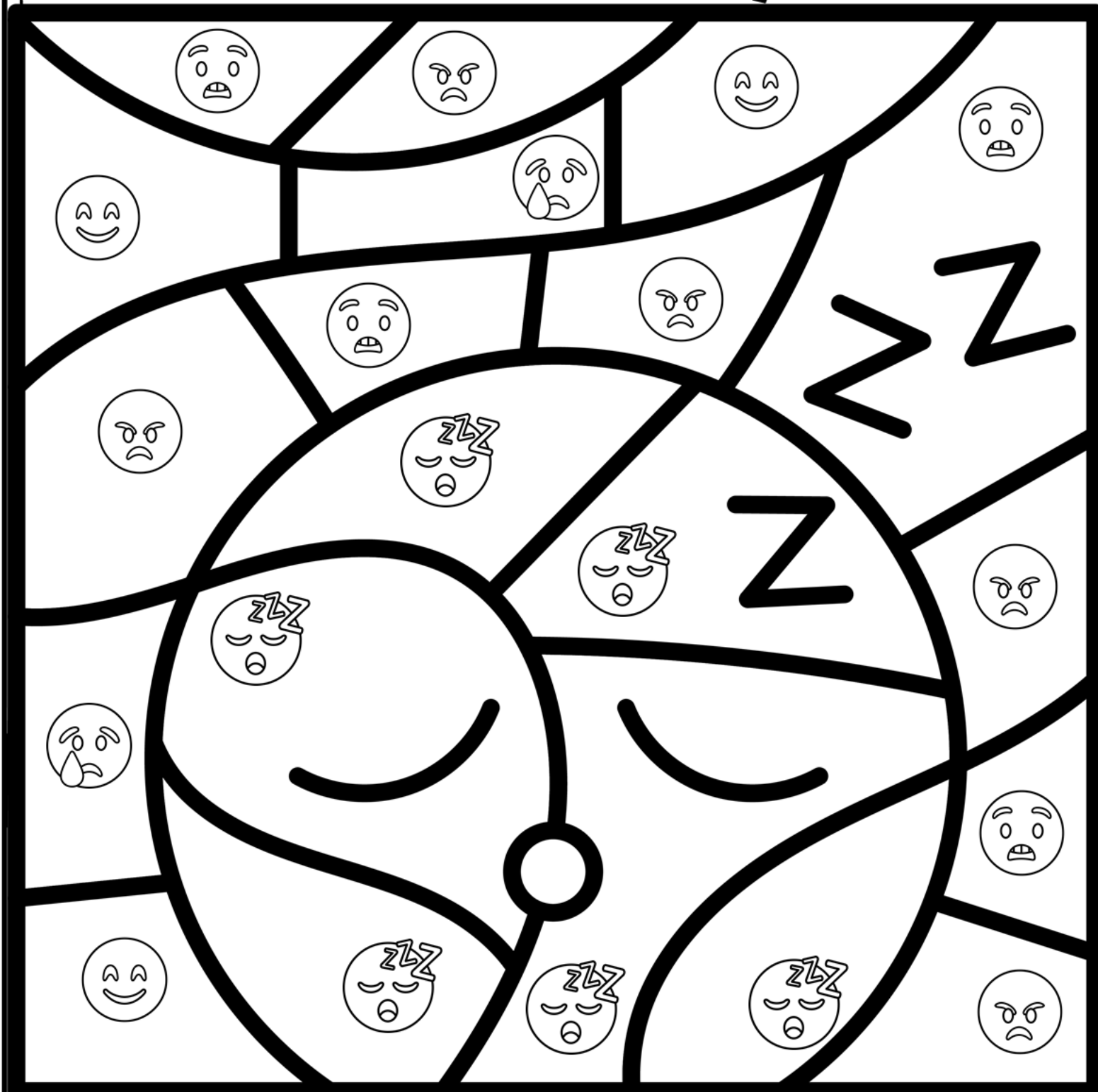
**Scared**



**Nervous**

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

# Emotions: Color by Code



Blue



Red



Yellow



Purple



Green



Sad



Angry



Happy



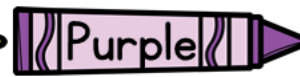
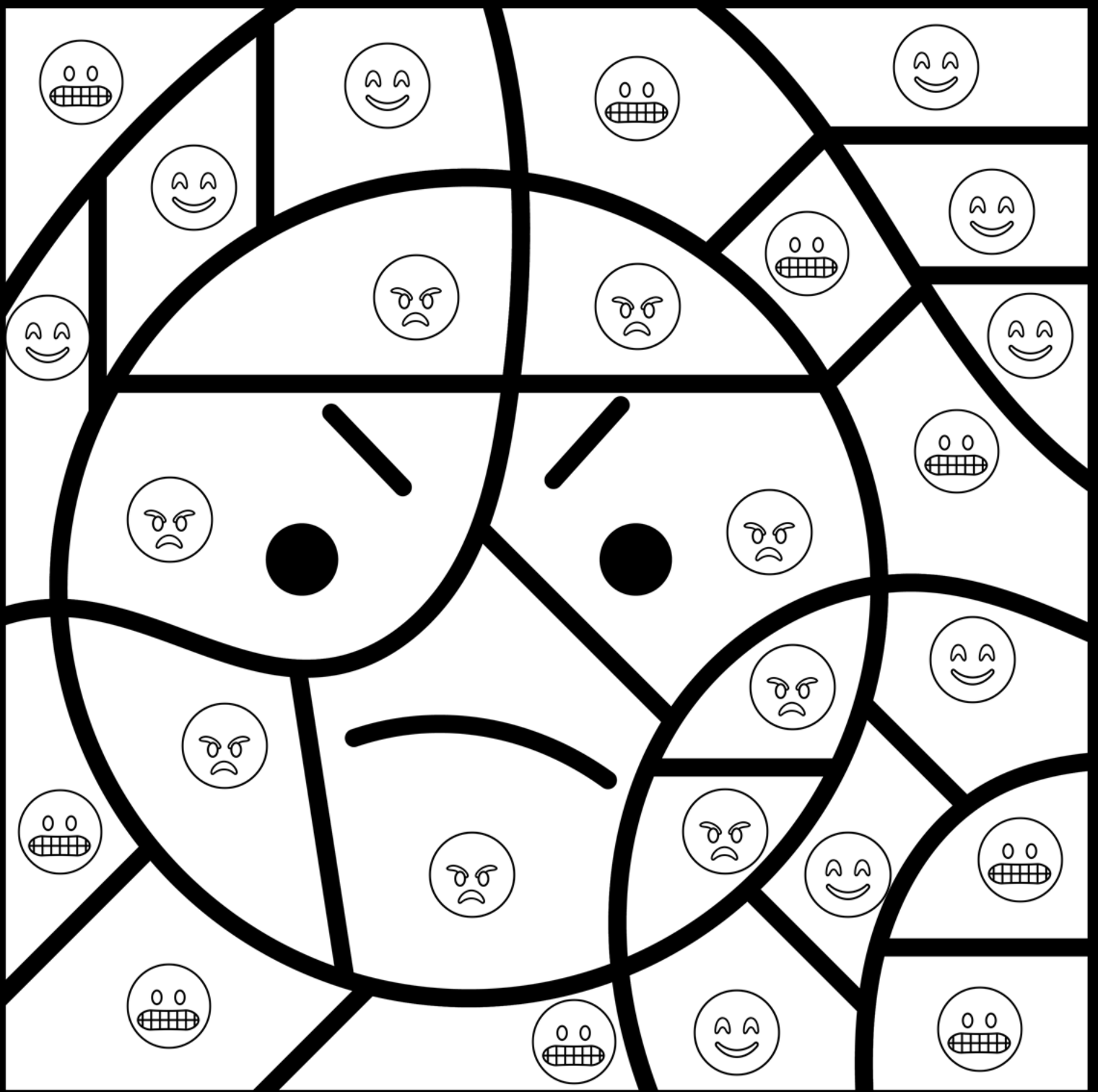
Scared



Tired

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

# Emotions: Color by Code



**Sad**



**Angry**



**Happy**



**Scared**



**Nervous**

# **Dot to Dot**

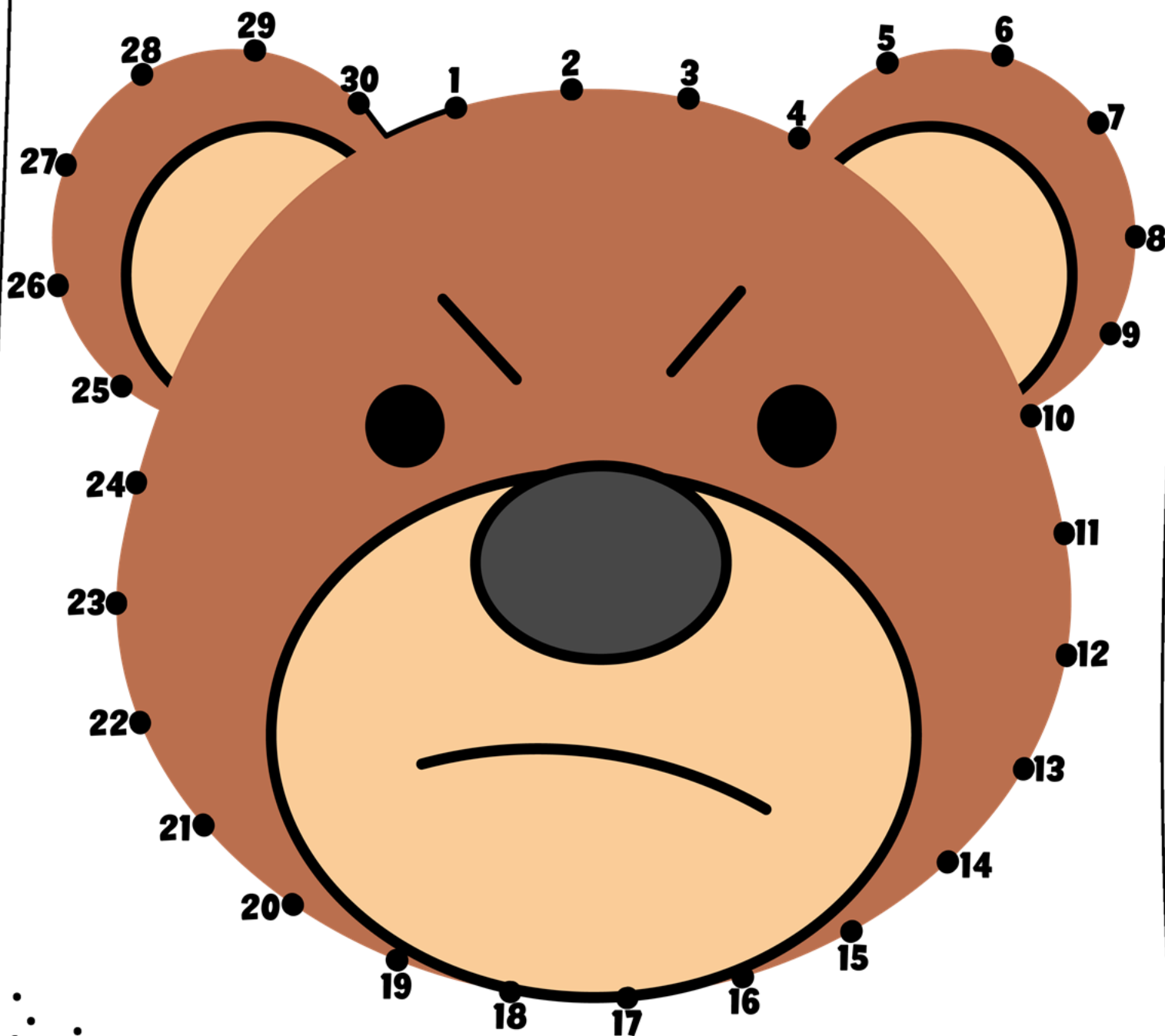


Name: \_\_\_\_\_

# Emotions: Dot to Dot

## The bear is angry.

The bear is angry.

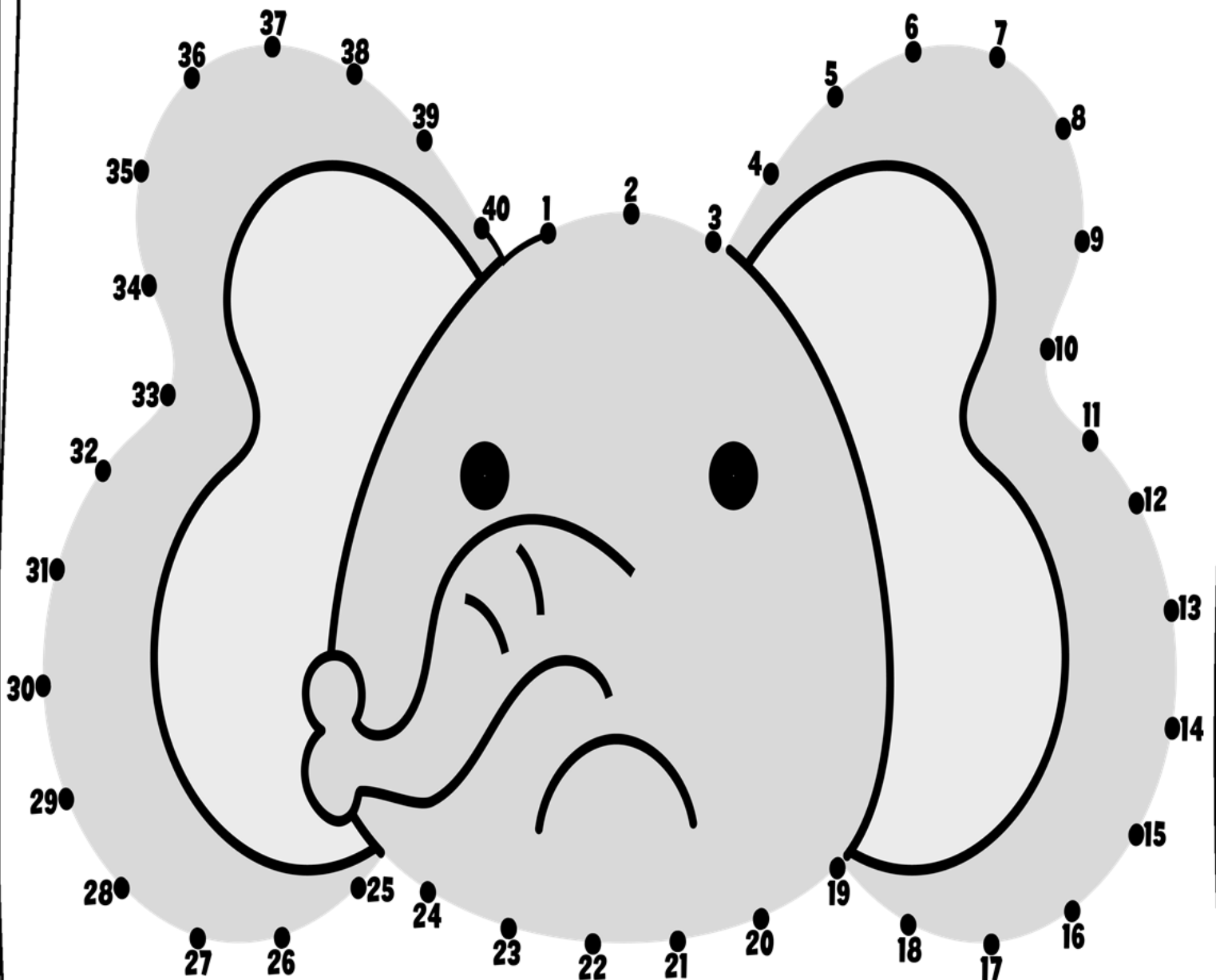


Name: \_\_\_\_\_

# Emotions: Dot to Dot

# The elephant is sad.

The elephant is sad.

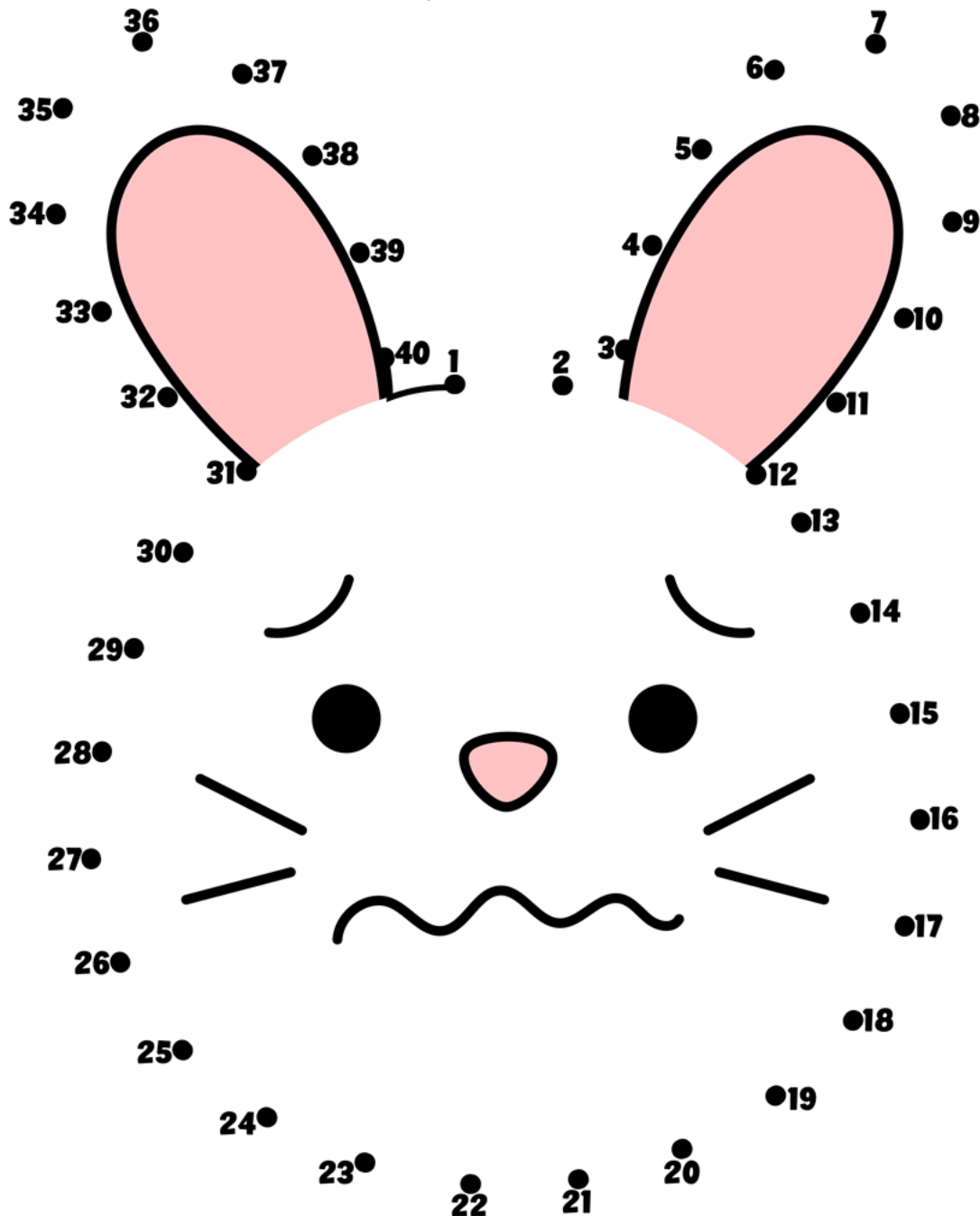


Name: \_\_\_\_\_

# Emotions: Dot to Dot

## The bunny is nervous.

The bunny is nervous.

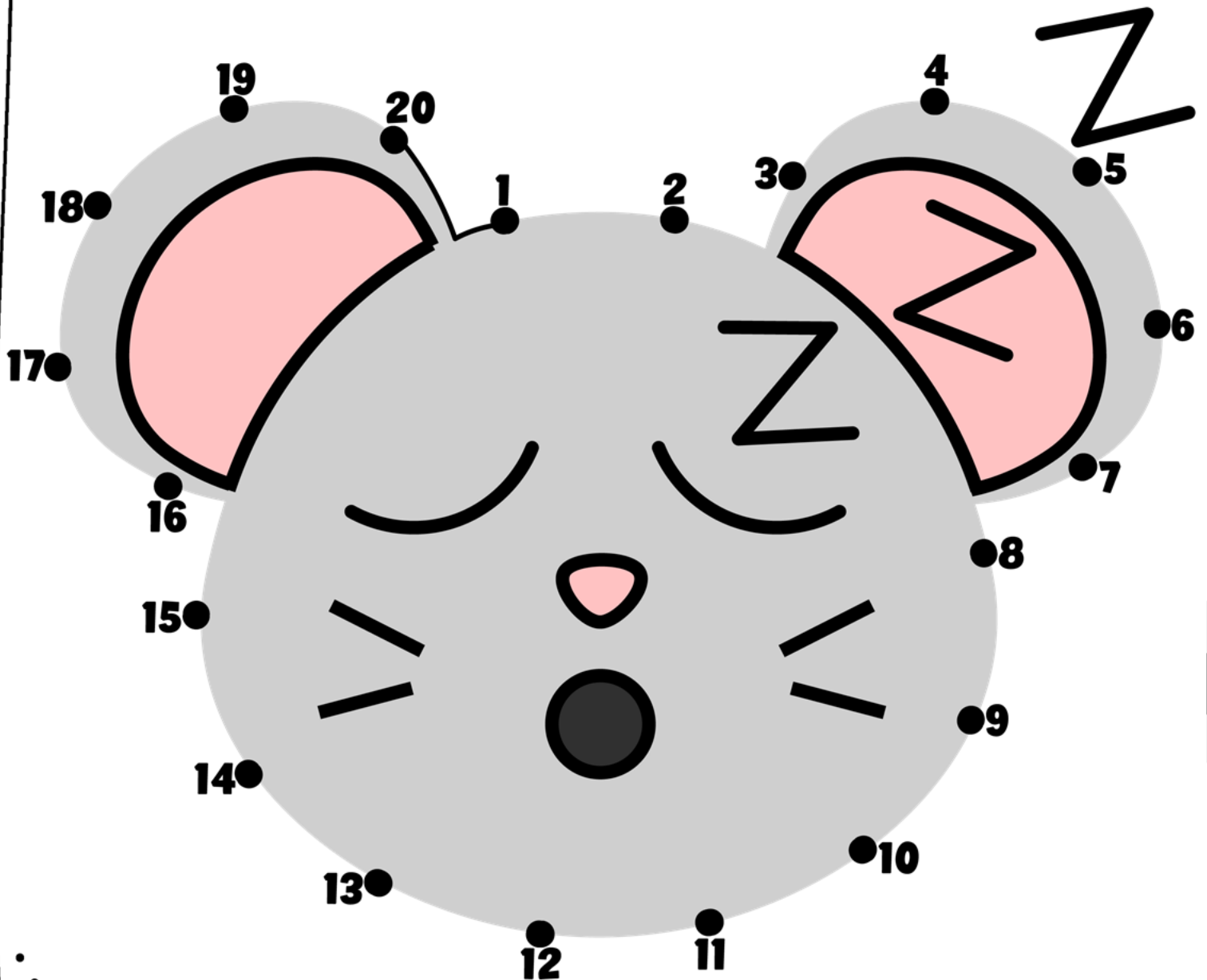


Name: \_\_\_\_\_

# Emotions: Dot to Dot

## The mouse is tired.

The mouse is tired.

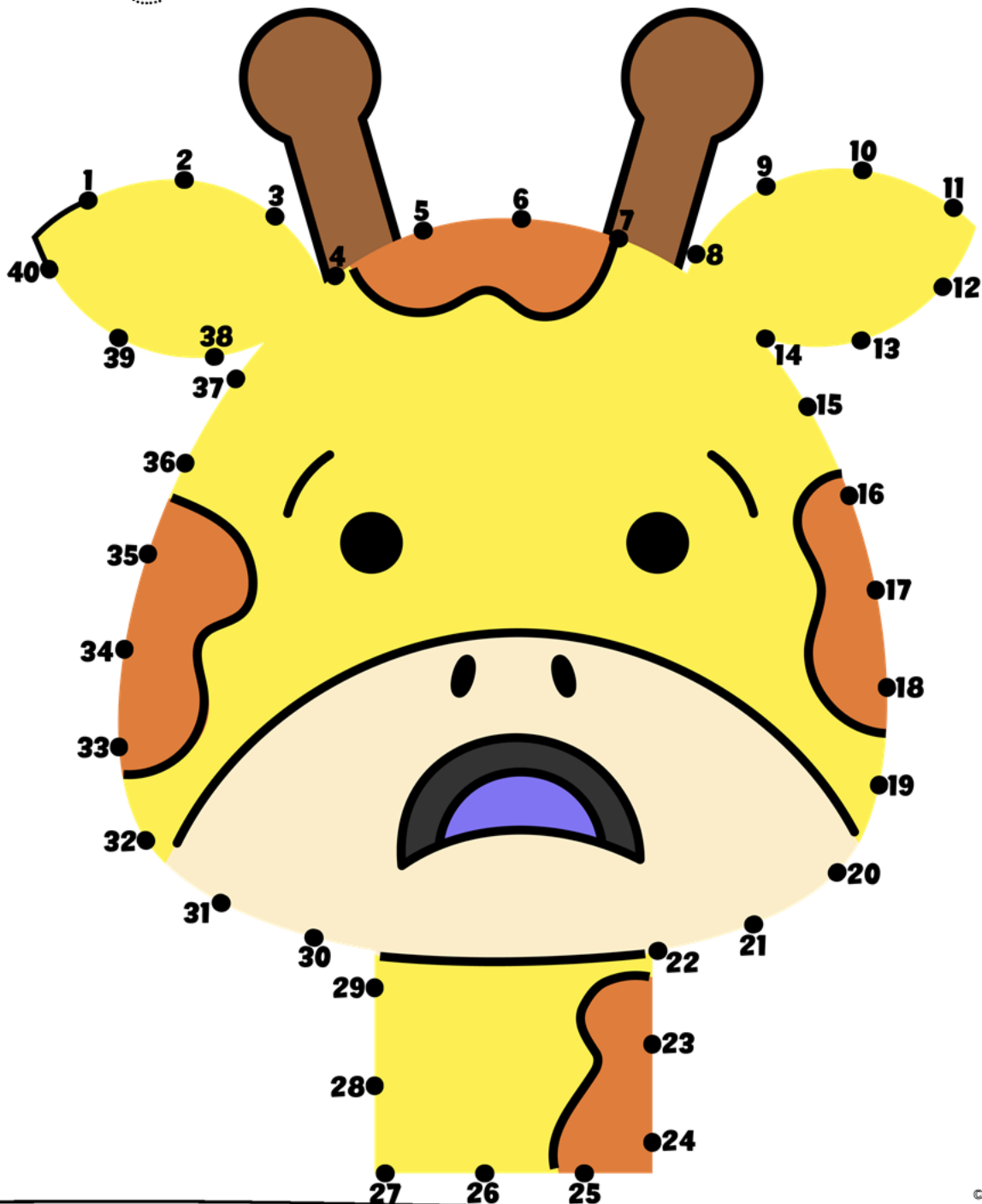


Name: \_\_\_\_\_

# Emotions: Dot to Dot

## The giraffe is scared.

The giraffe is scared.

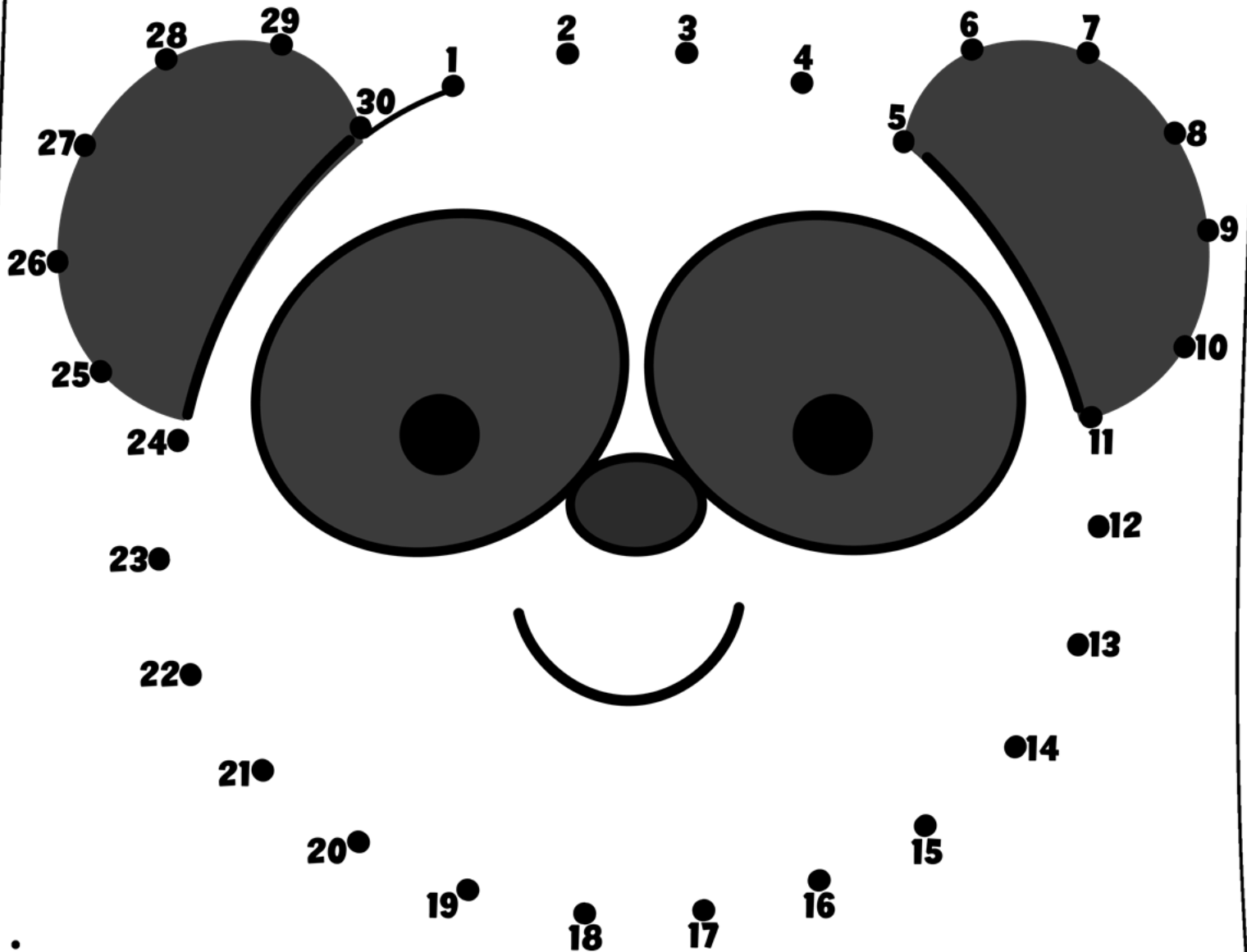


Name: \_\_\_\_\_

# Emotions: Dot to Dot

## The panda is happy.

The panda is happy.





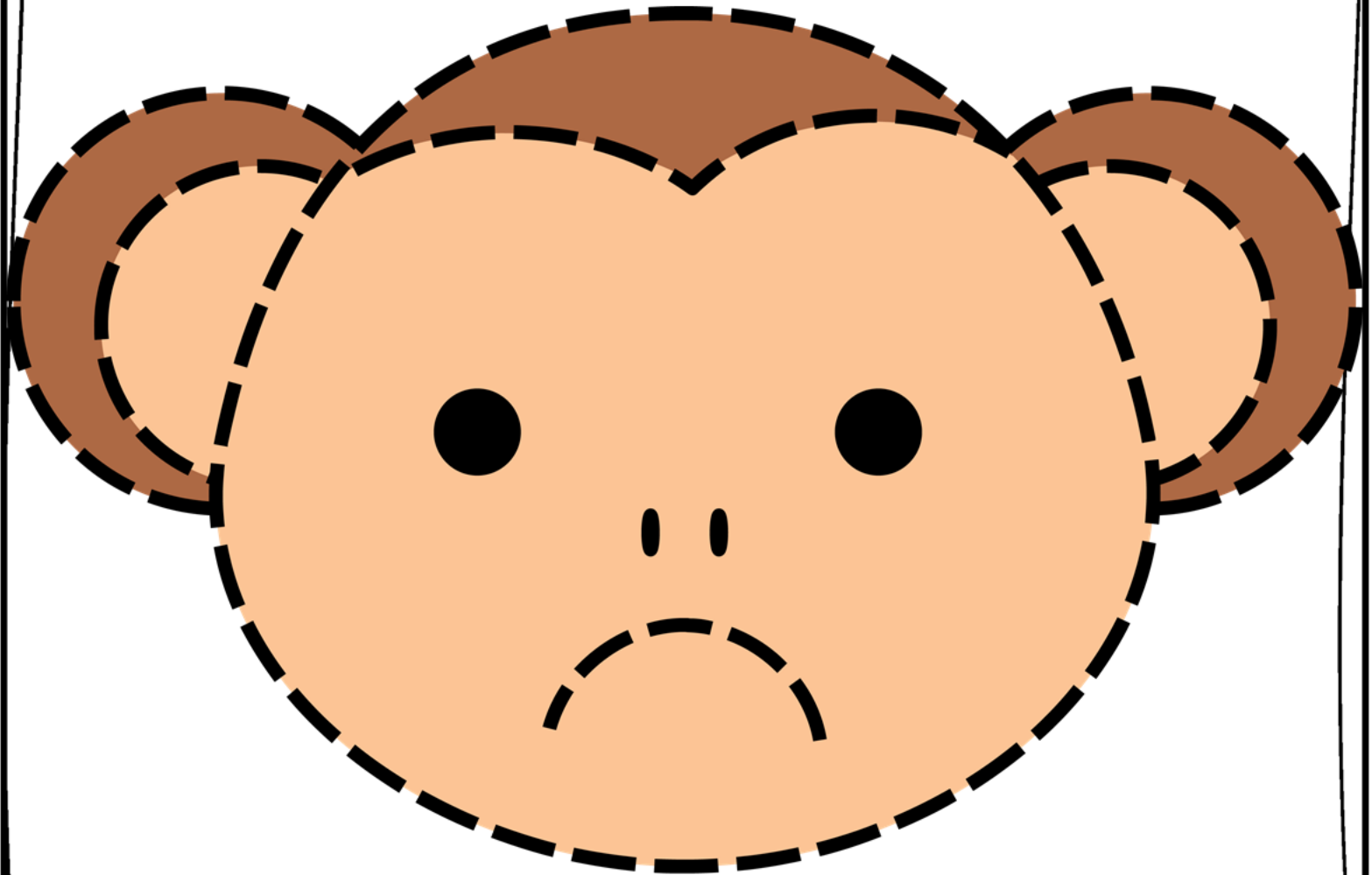
# Tracing

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

## Emotions: Tracing

The monkey is sad.

The monkey is sad.

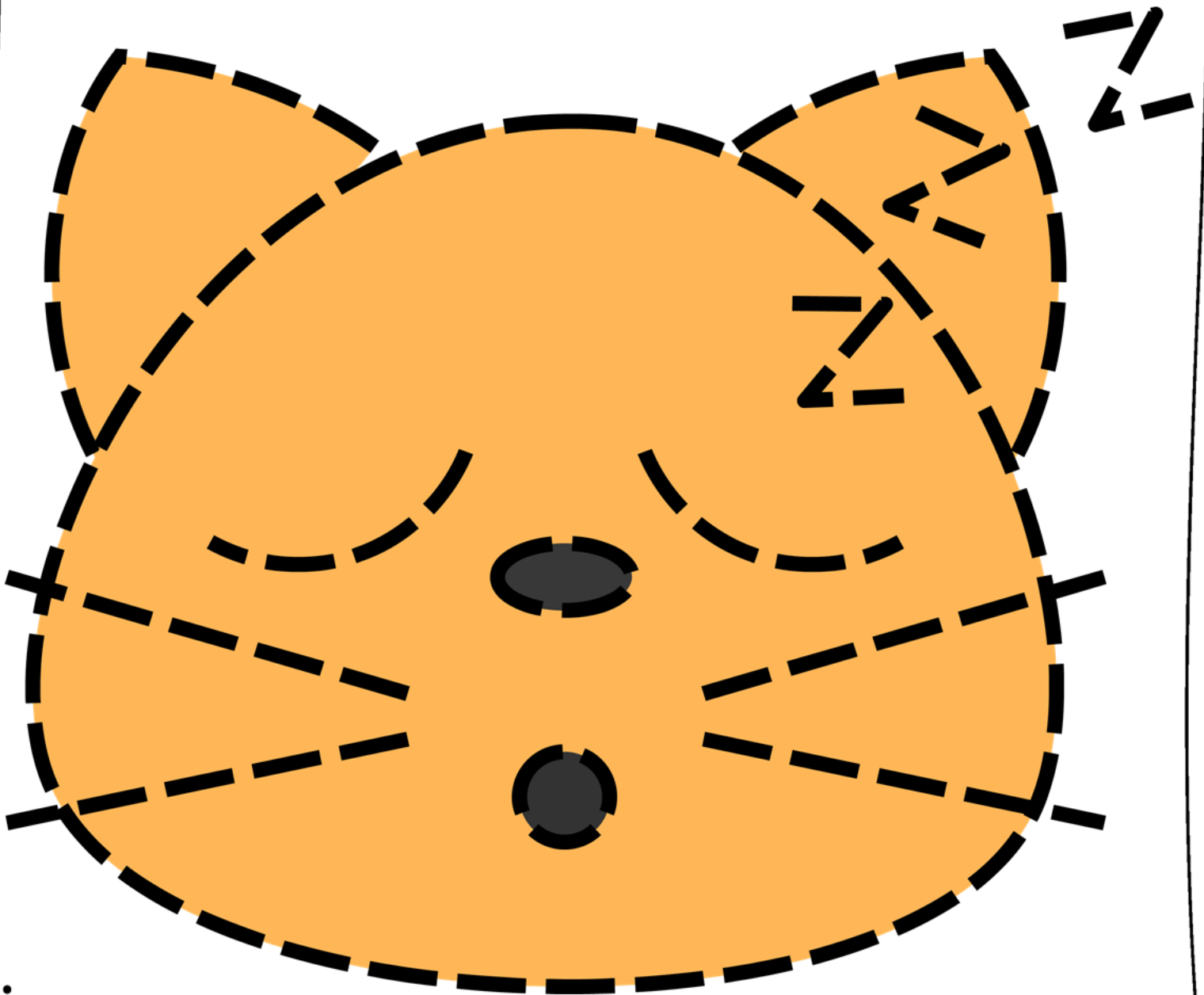


Name: \_\_\_\_\_

# Emotions: Tracing

# The kitten is tired.

The kitten is tired.



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

# Emotions: Tracing

# The gorilla is scared.

The gorilla is scared.

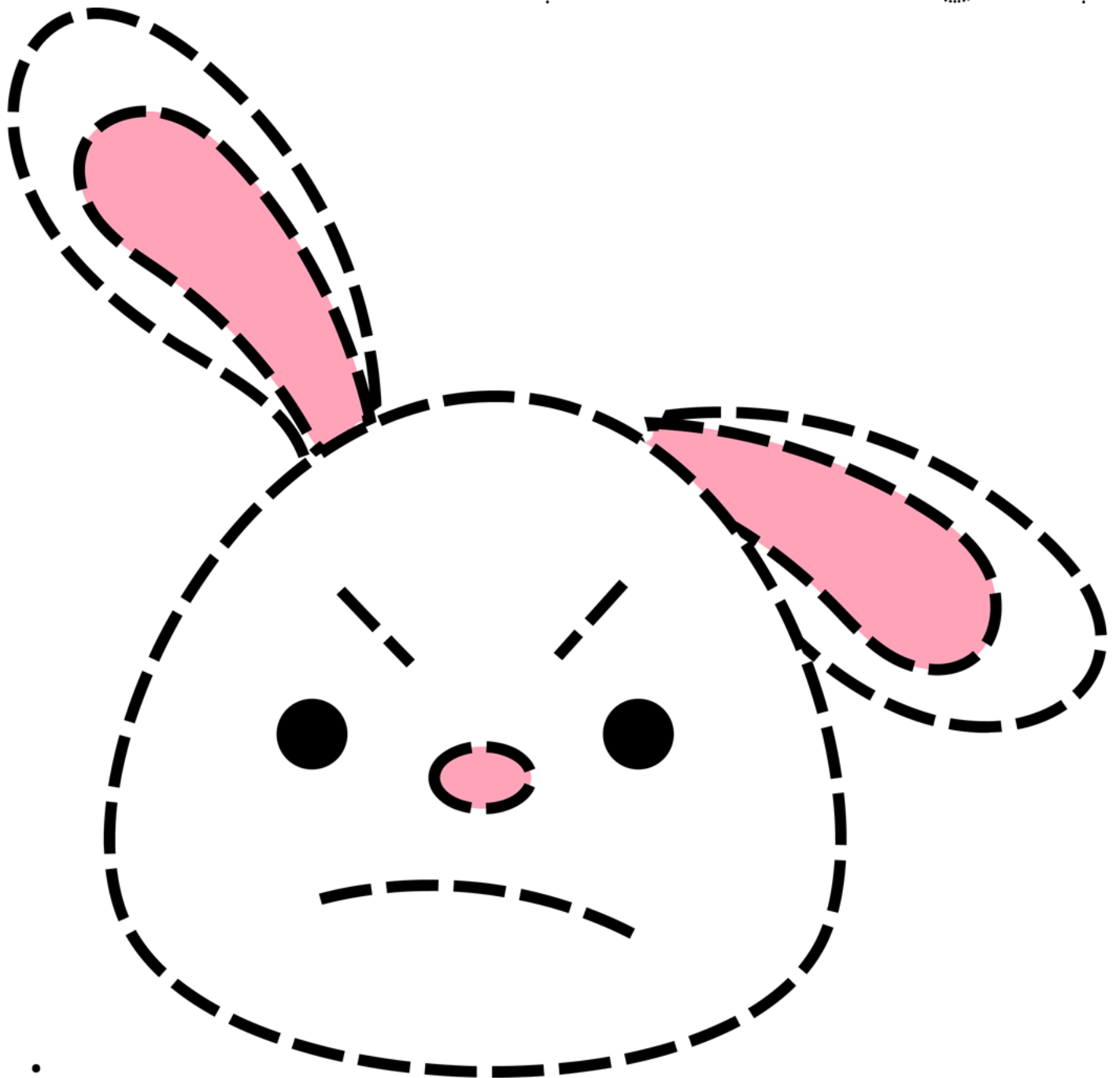


Name: \_\_\_\_\_

# Emotions: Tracing

# The bunny is angry.

The bunny is angry.



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

# Emotions: Tracing

The panda is nervous.

The panda is nervous.



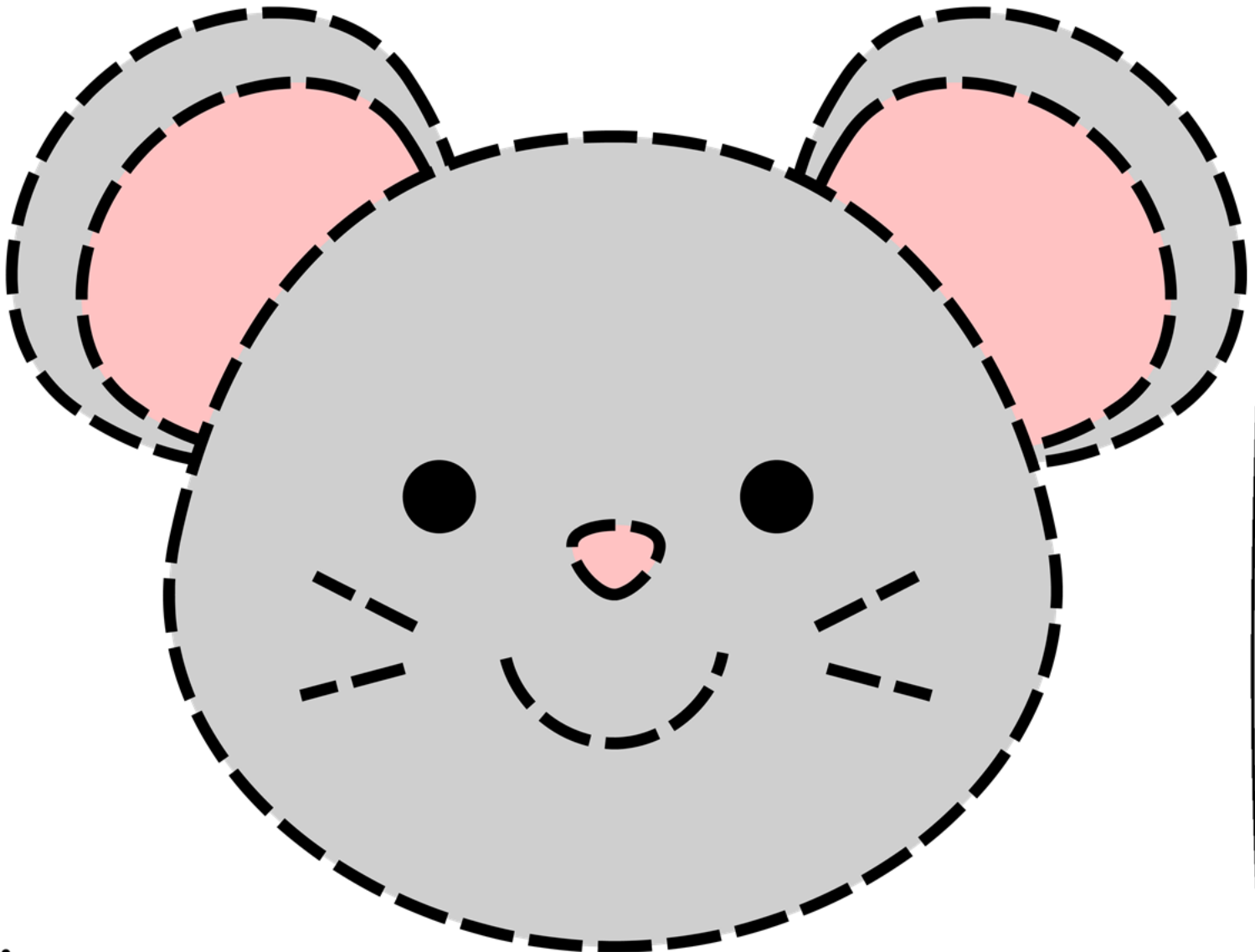


Name: \_\_\_\_\_

# Emotions: Tracing

# The mouse is happy.

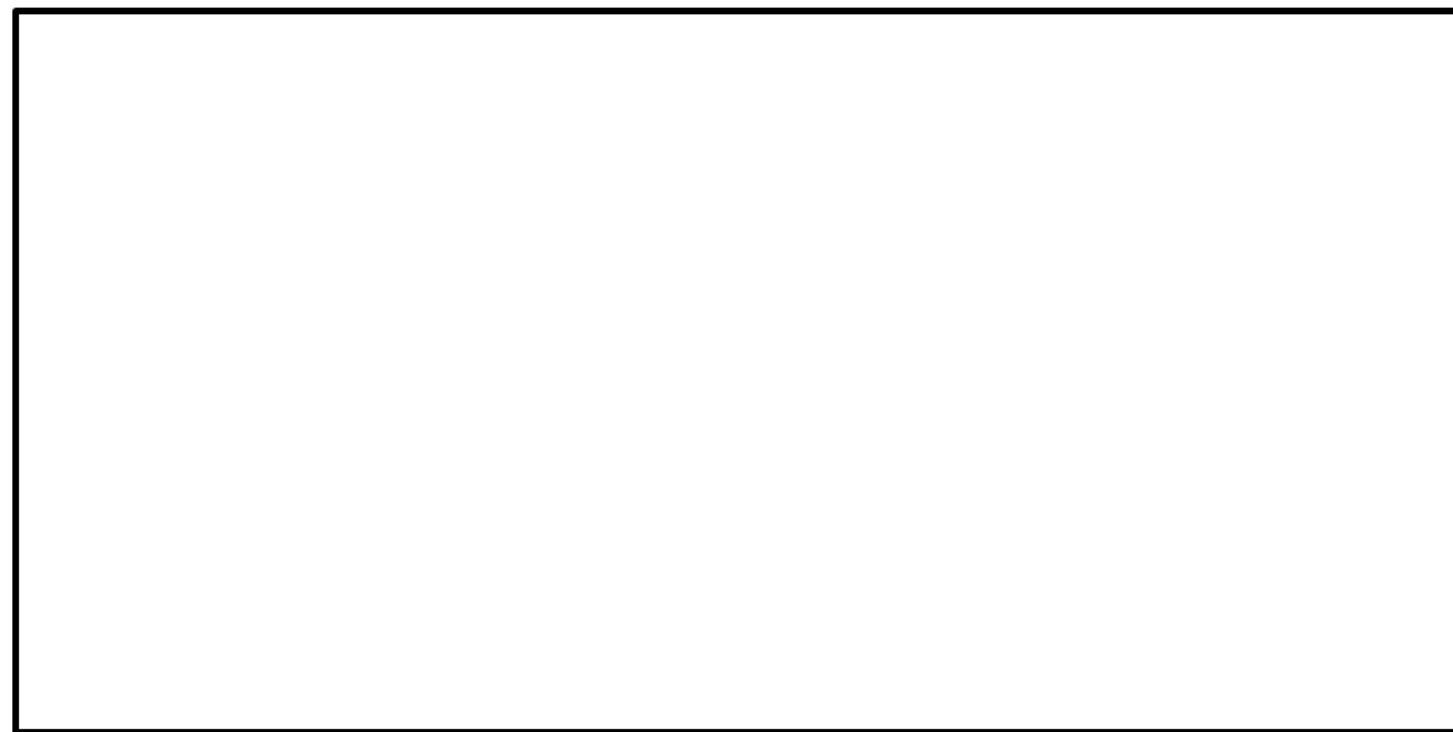
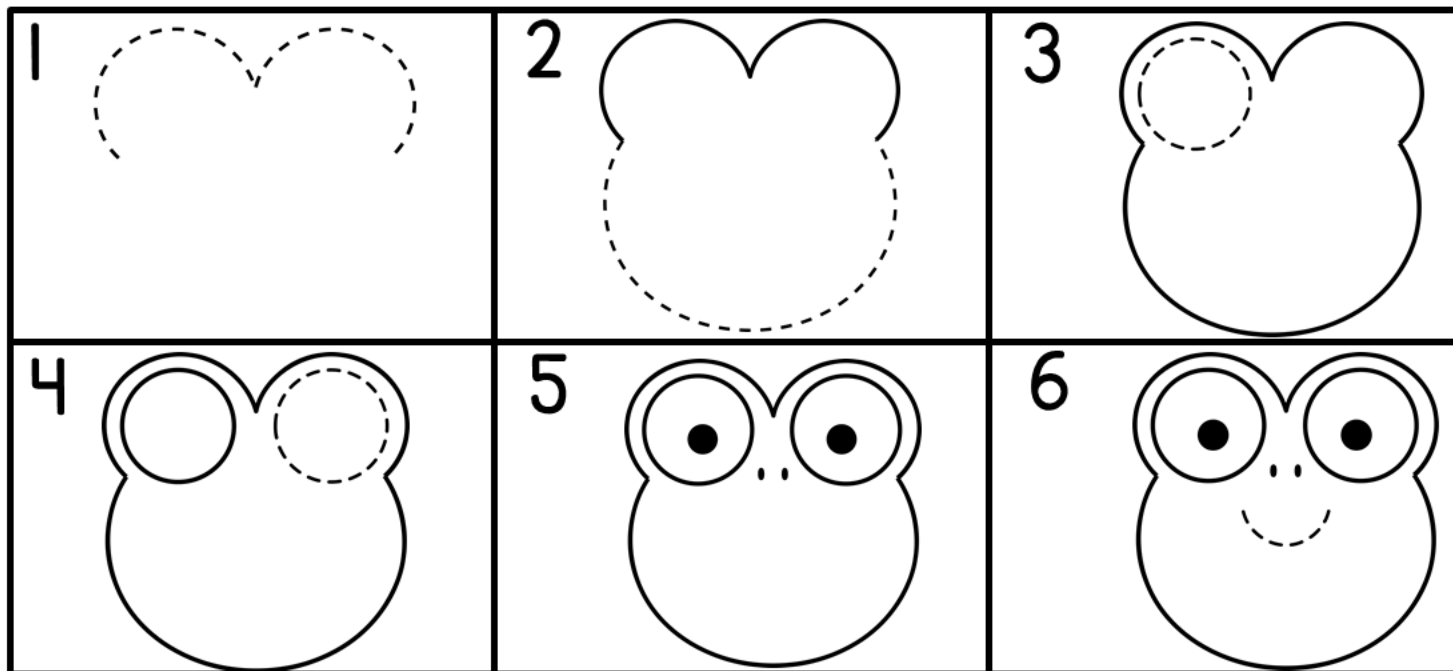
The mouse is happy.



# **Directed Drawing**

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

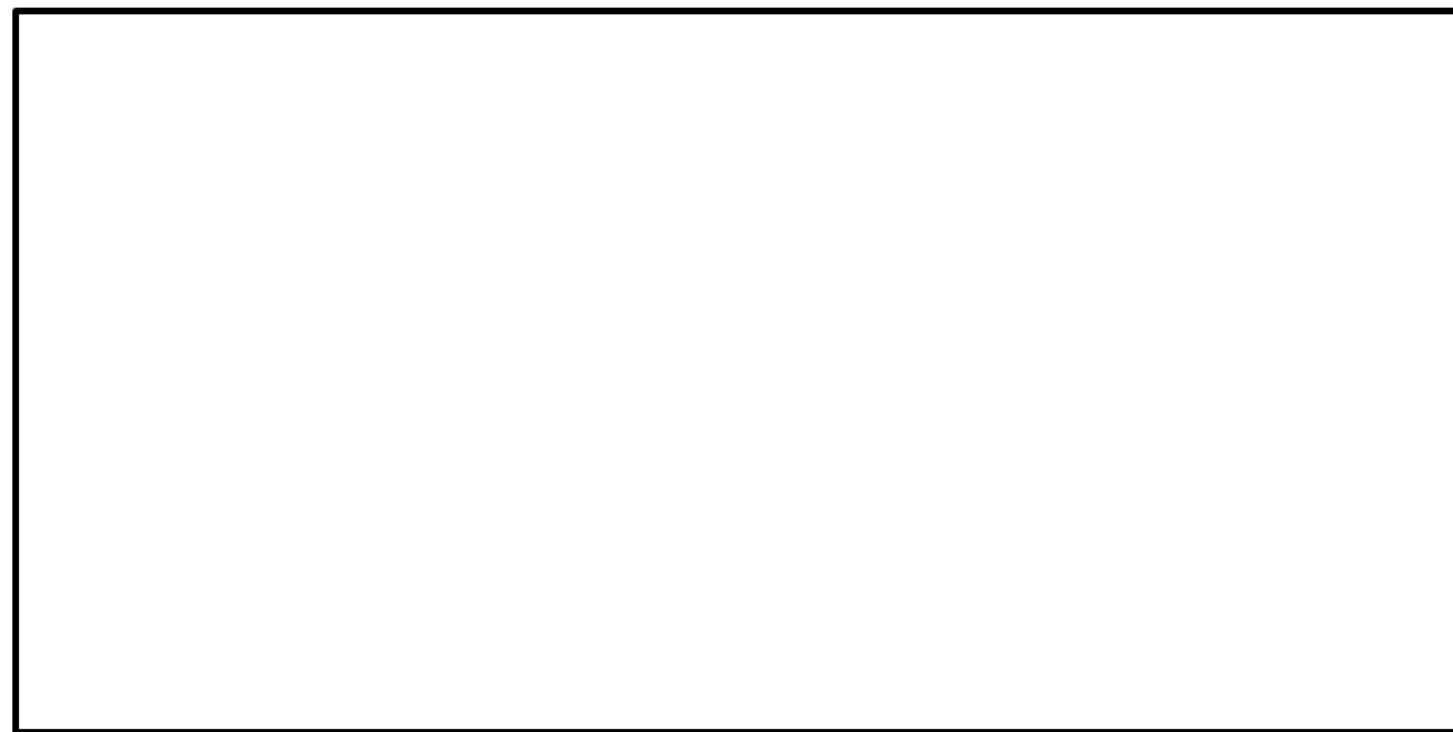
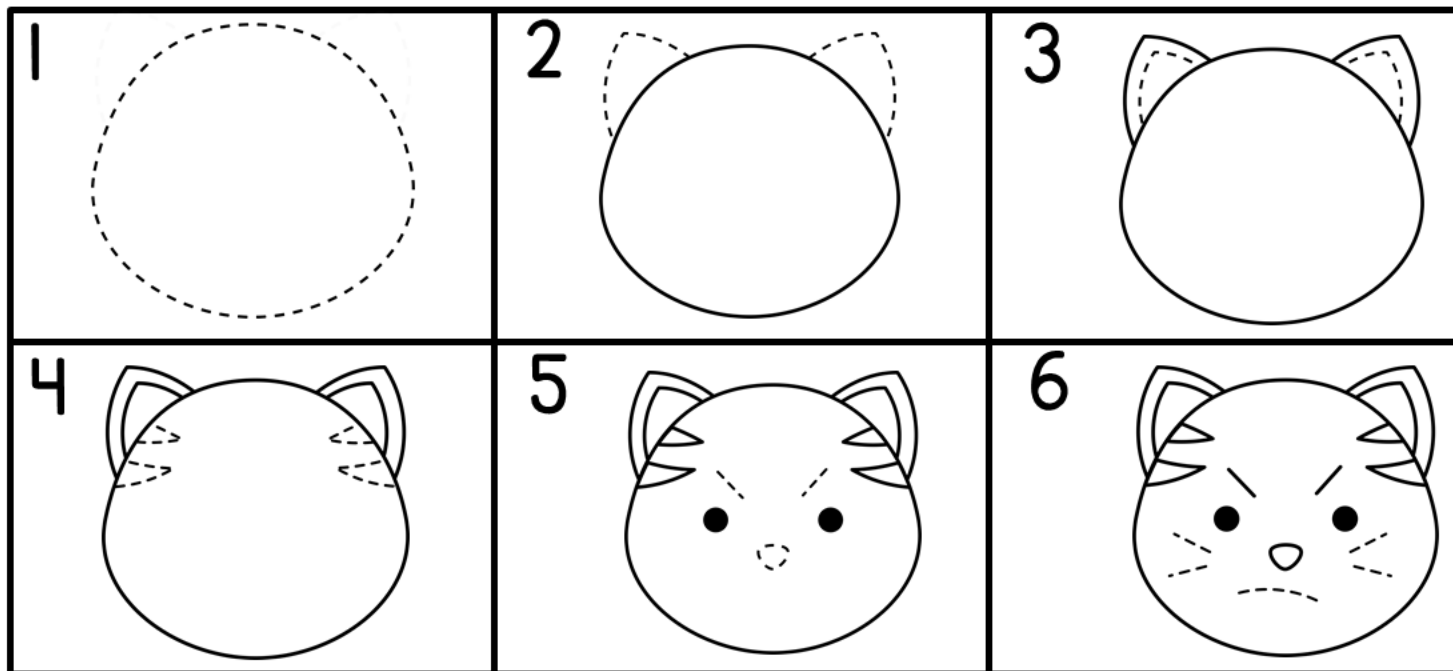
# Emotions: Directed Drawing



The frog is happy.

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

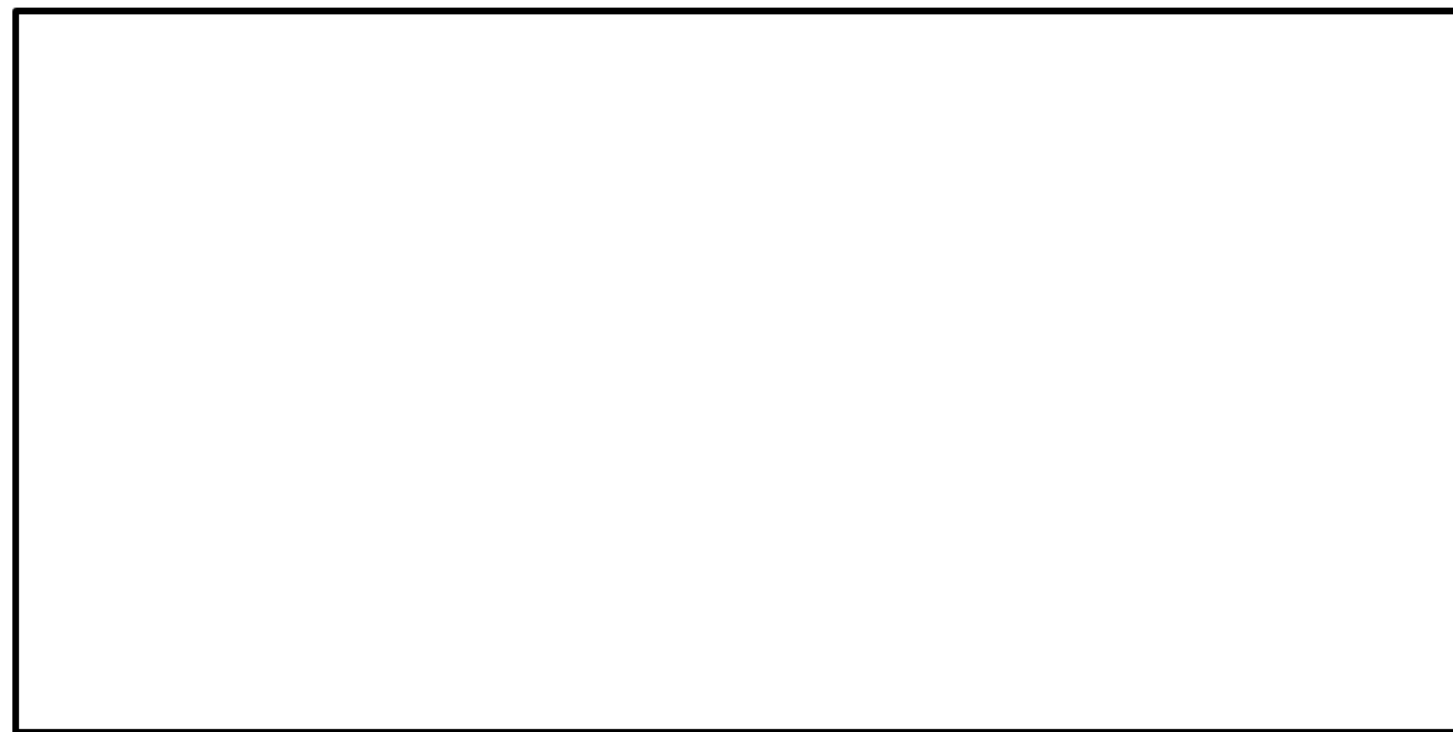
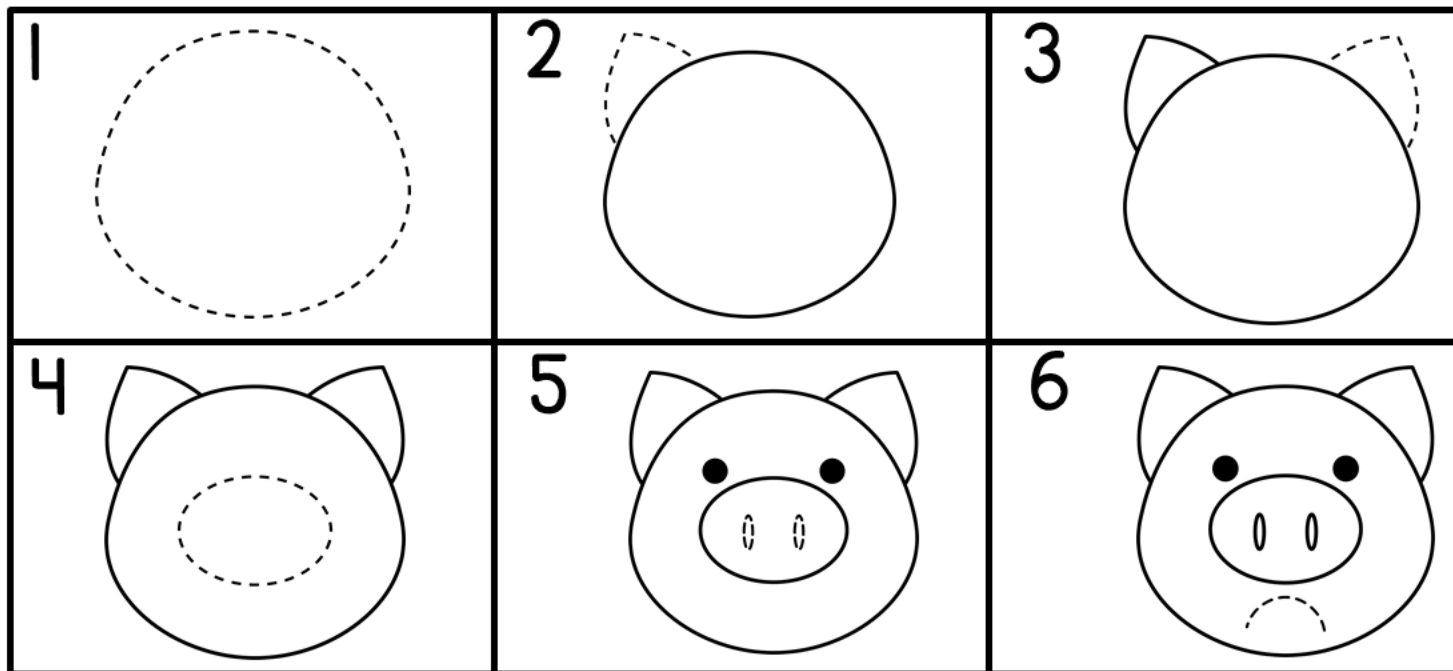
# Emotions: Directed Drawing



The cat is angry.

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

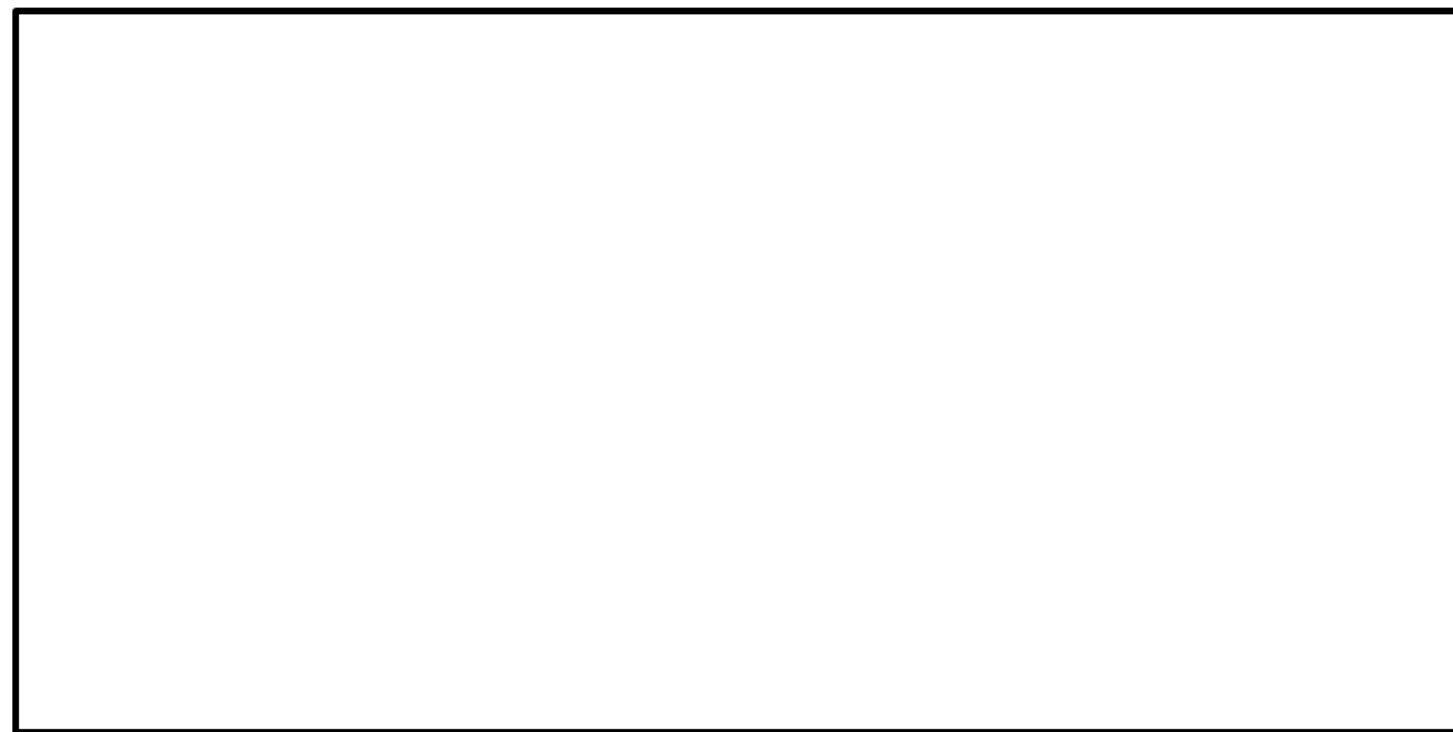
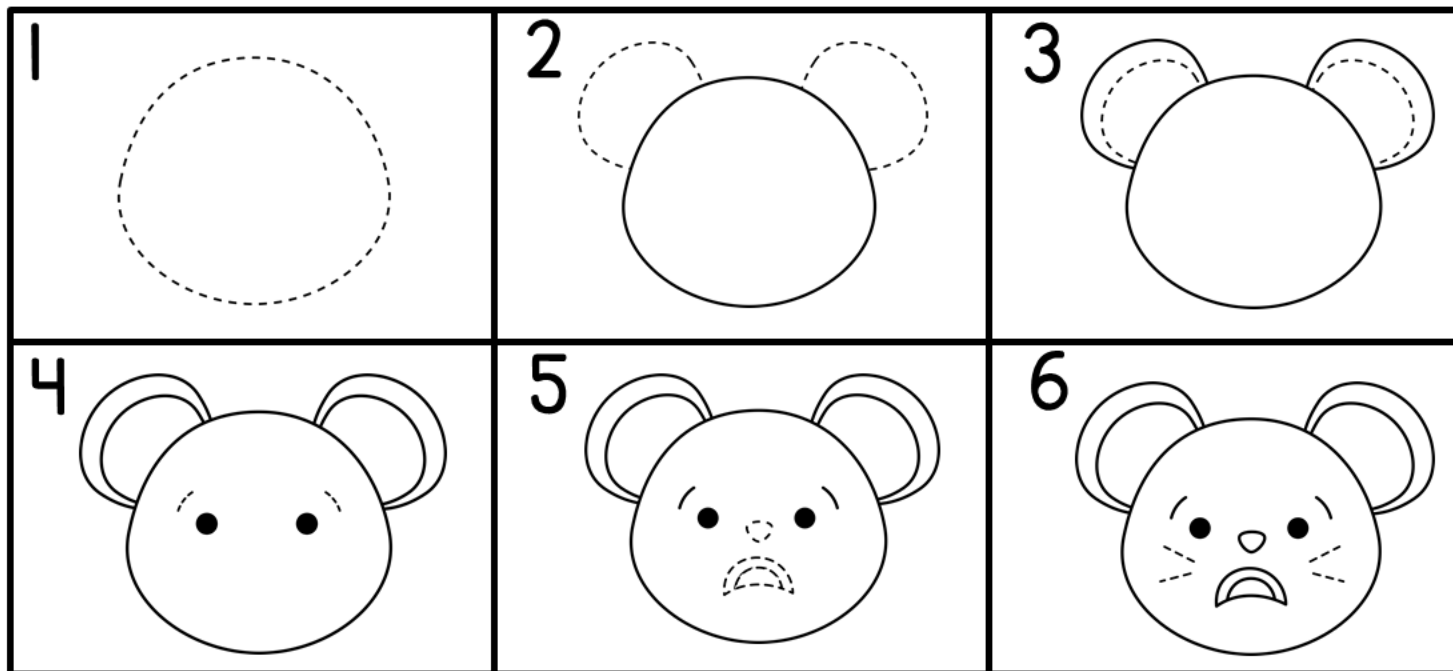
# Emotions: Directed Drawing



The pig is sad.

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

# Emotions: Directed Drawing

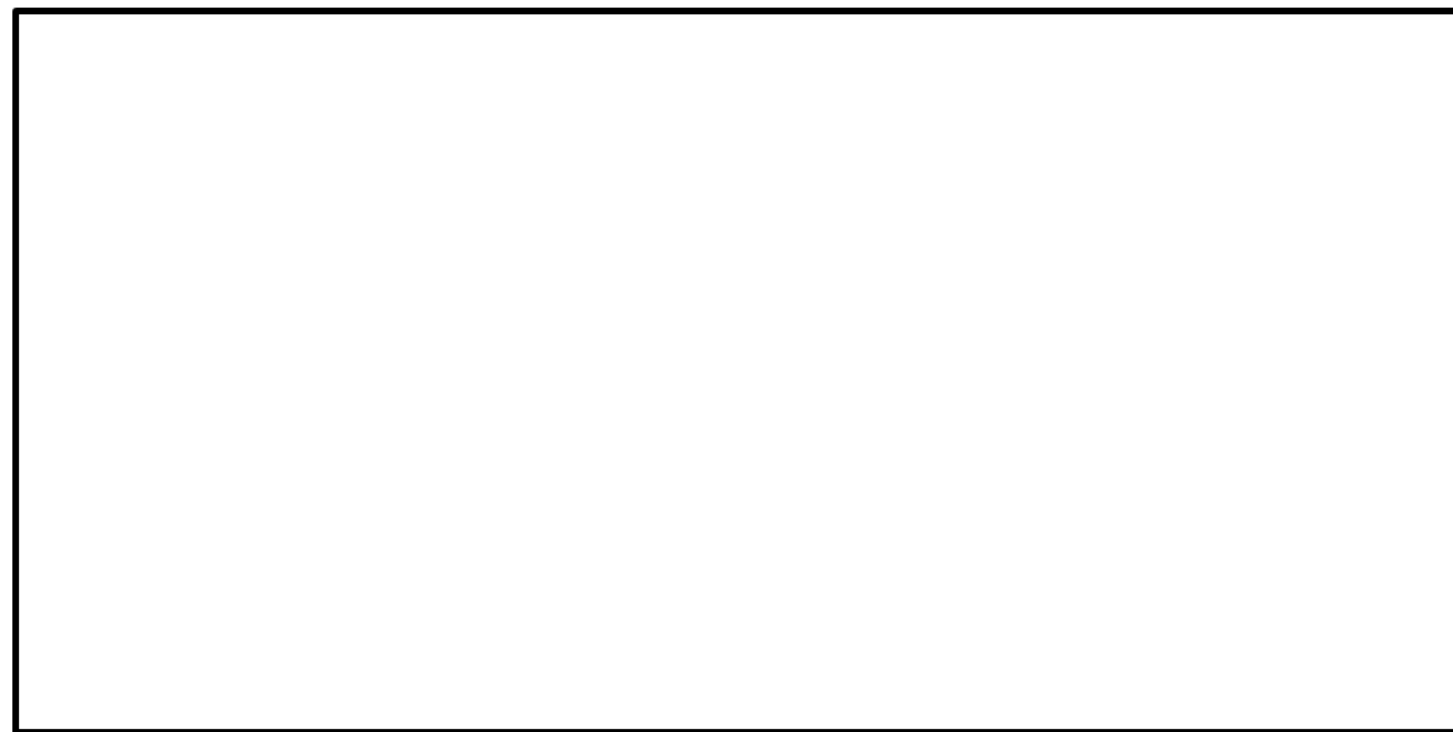
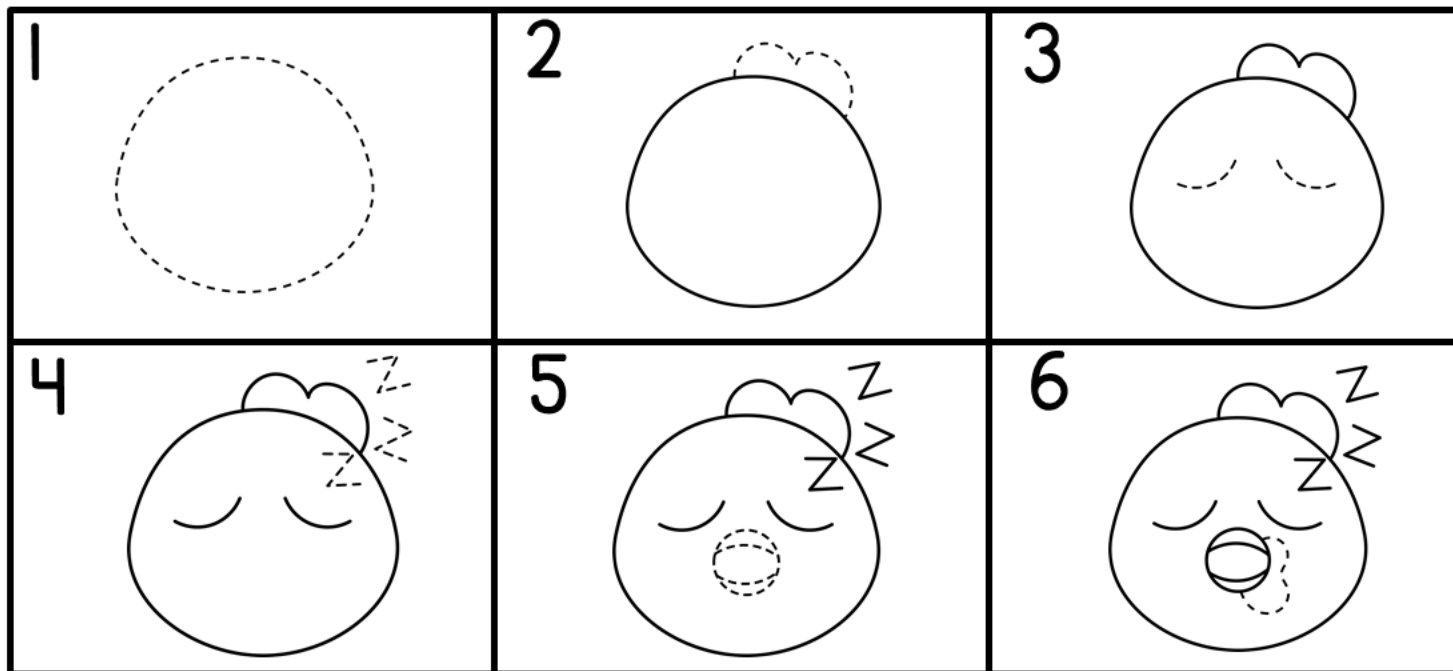


The mouse is scared.



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

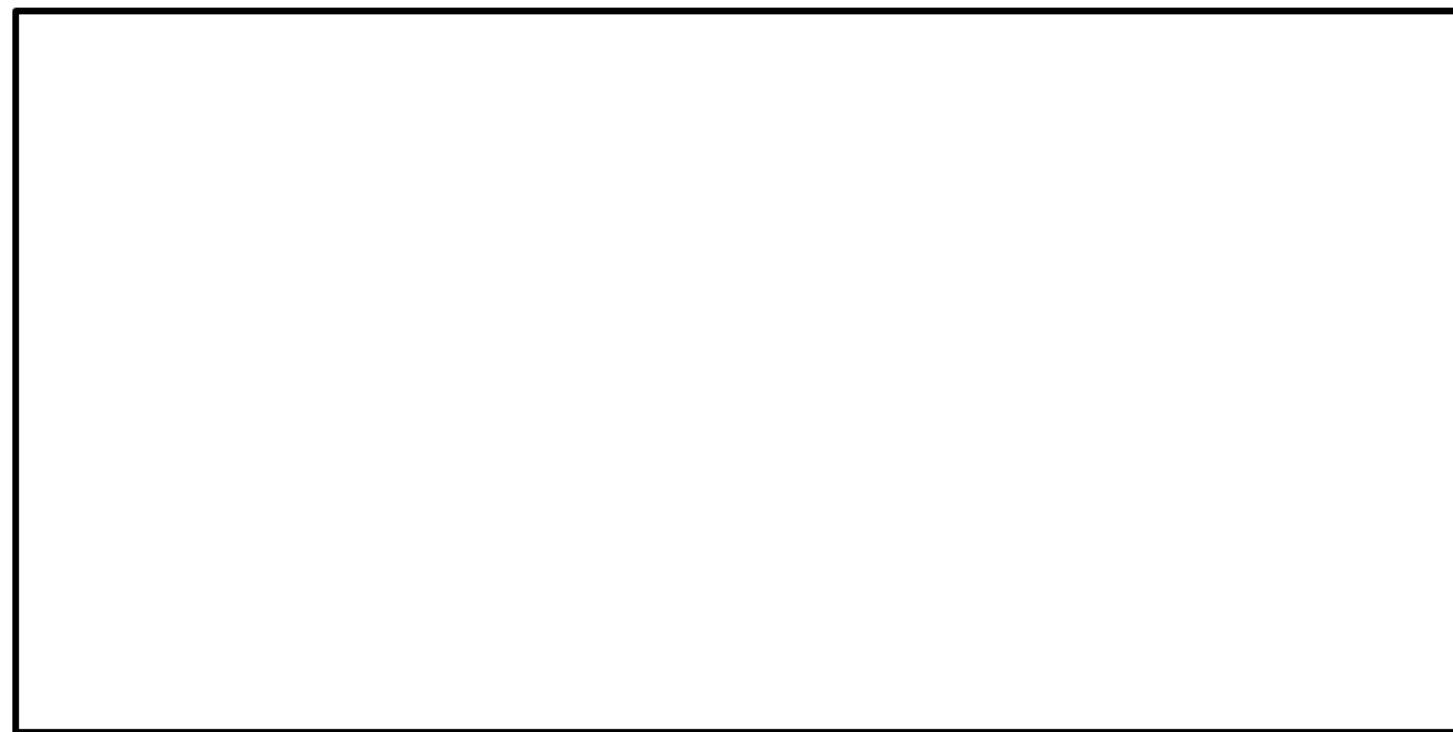
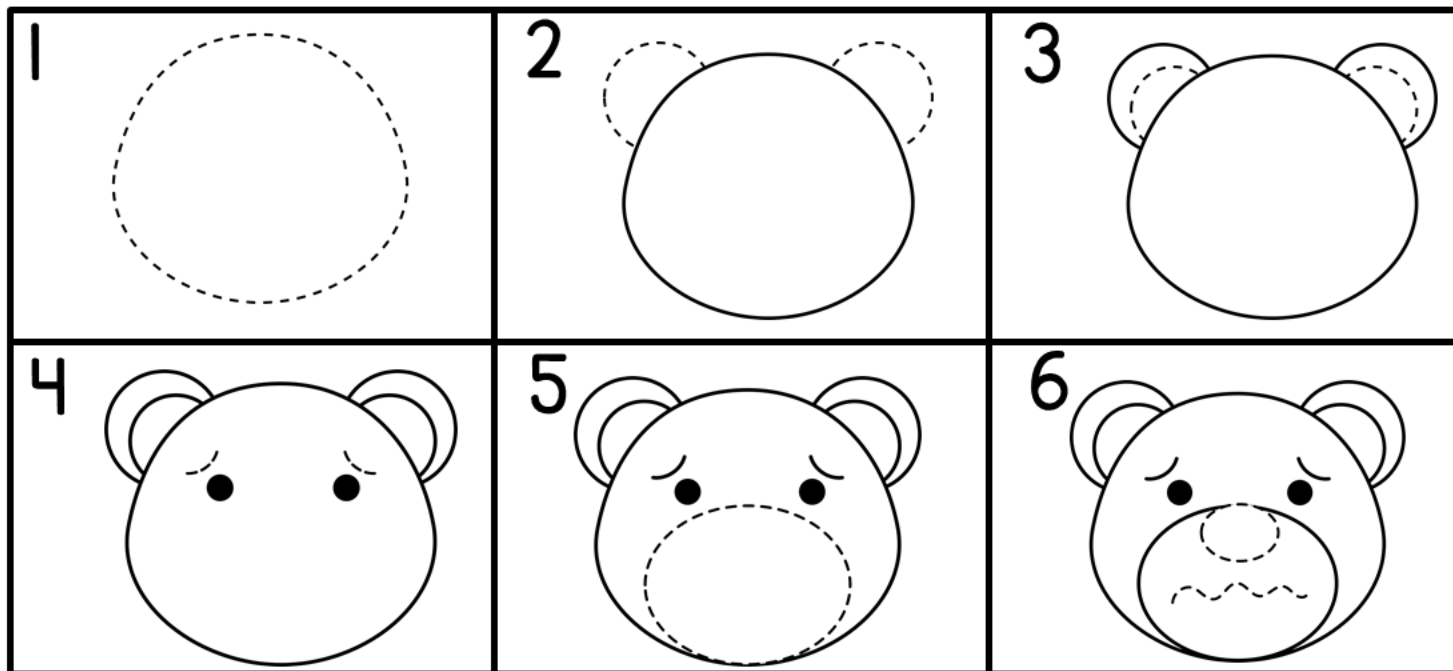
# Emotions: Directed Drawing



The chicken is tired.

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

# Emotions: Directed Drawing



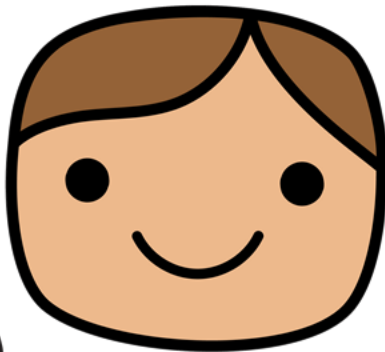
The bear is nervous.

# **Puzzle Pieces**

# Emotions: Puzzle Pieces



Angry

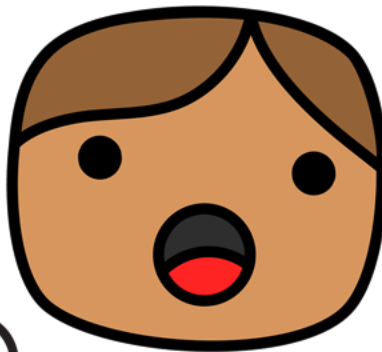


Happy

# Emotions: Puzzle Pieces

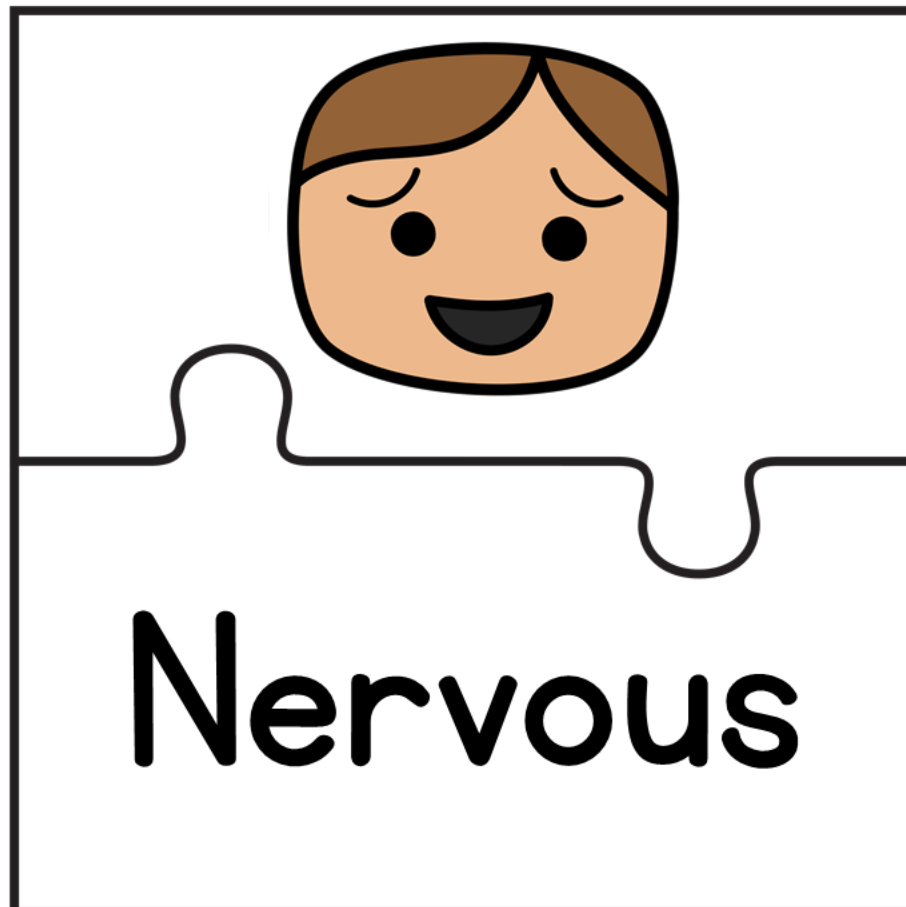
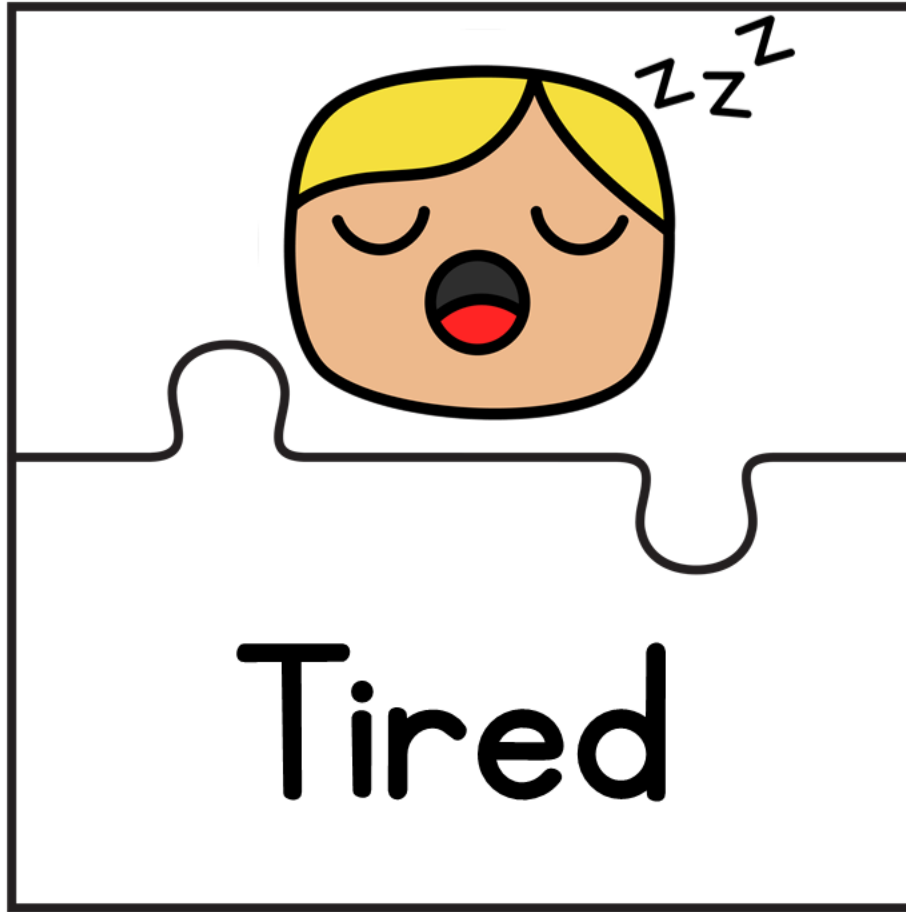


Sad



Scared

# Emotions: Puzzle Pieces



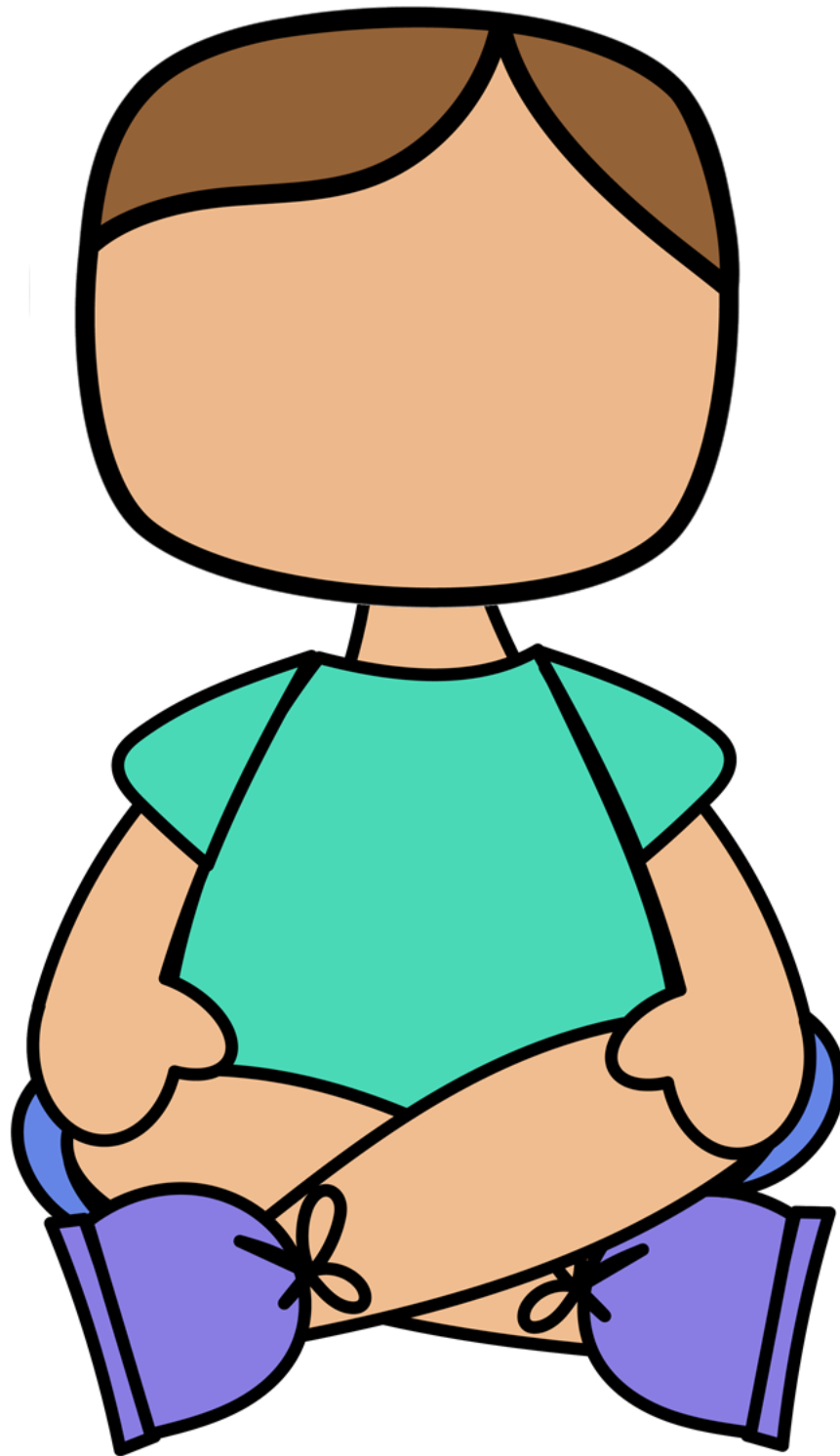
# Matching

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

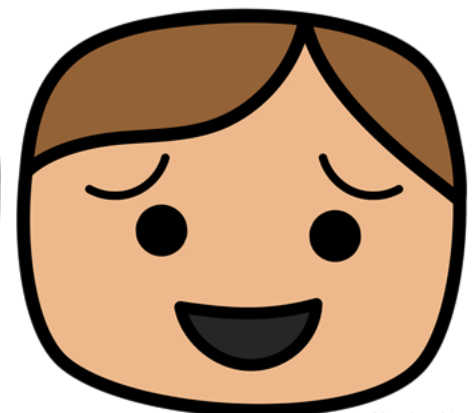
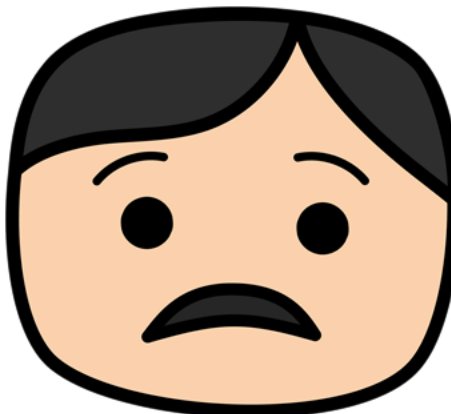
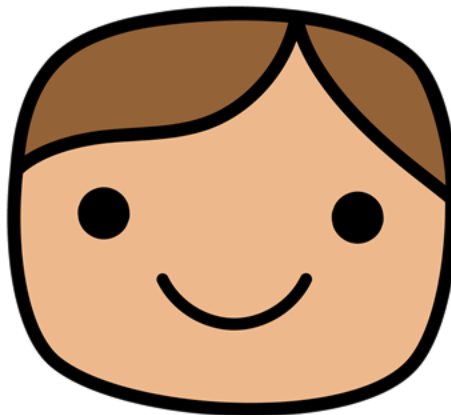
Happy

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



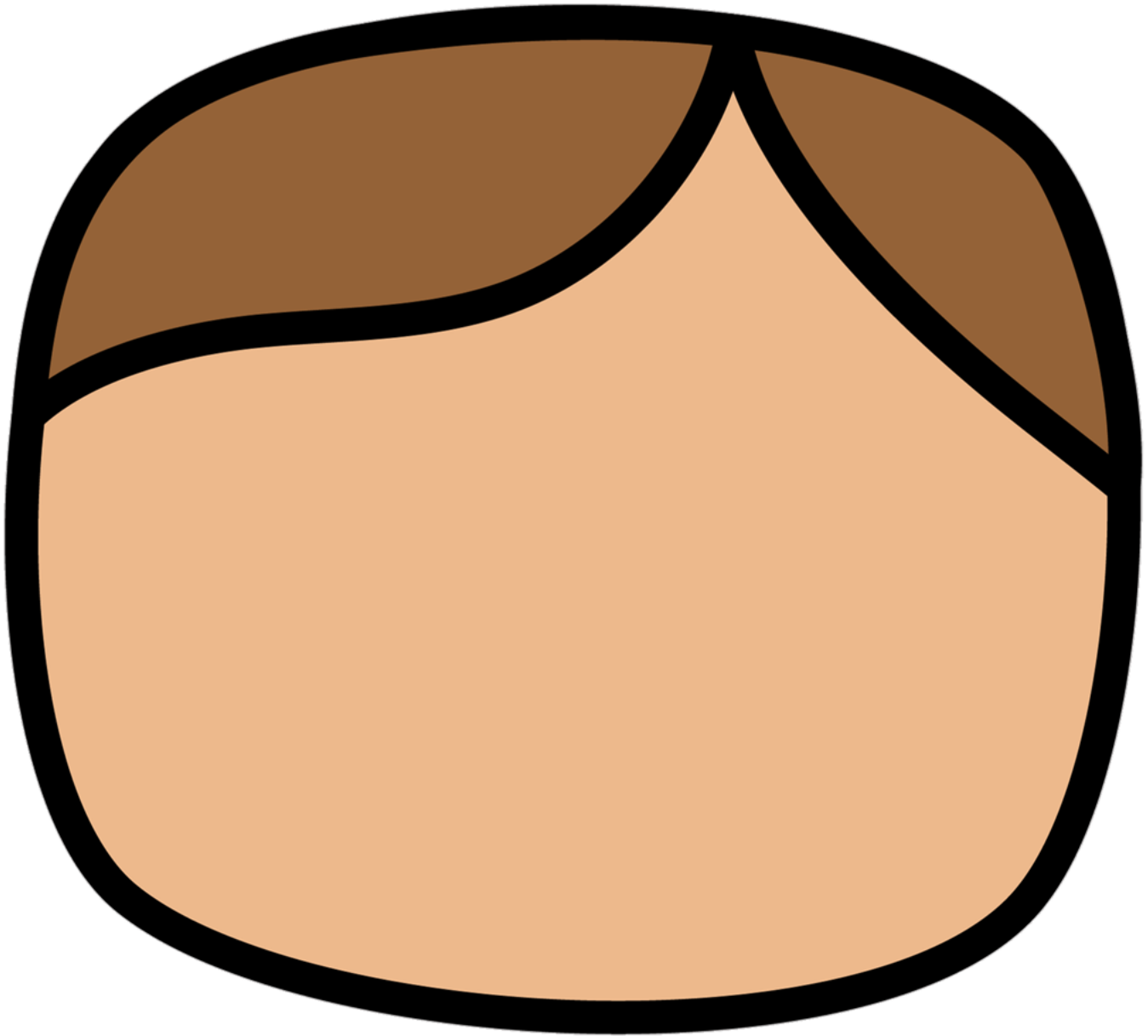
Tired



Scared



Nervous



I'm Feeling

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



# Emotions: Play-doh faces



Happy



Sad



Angry



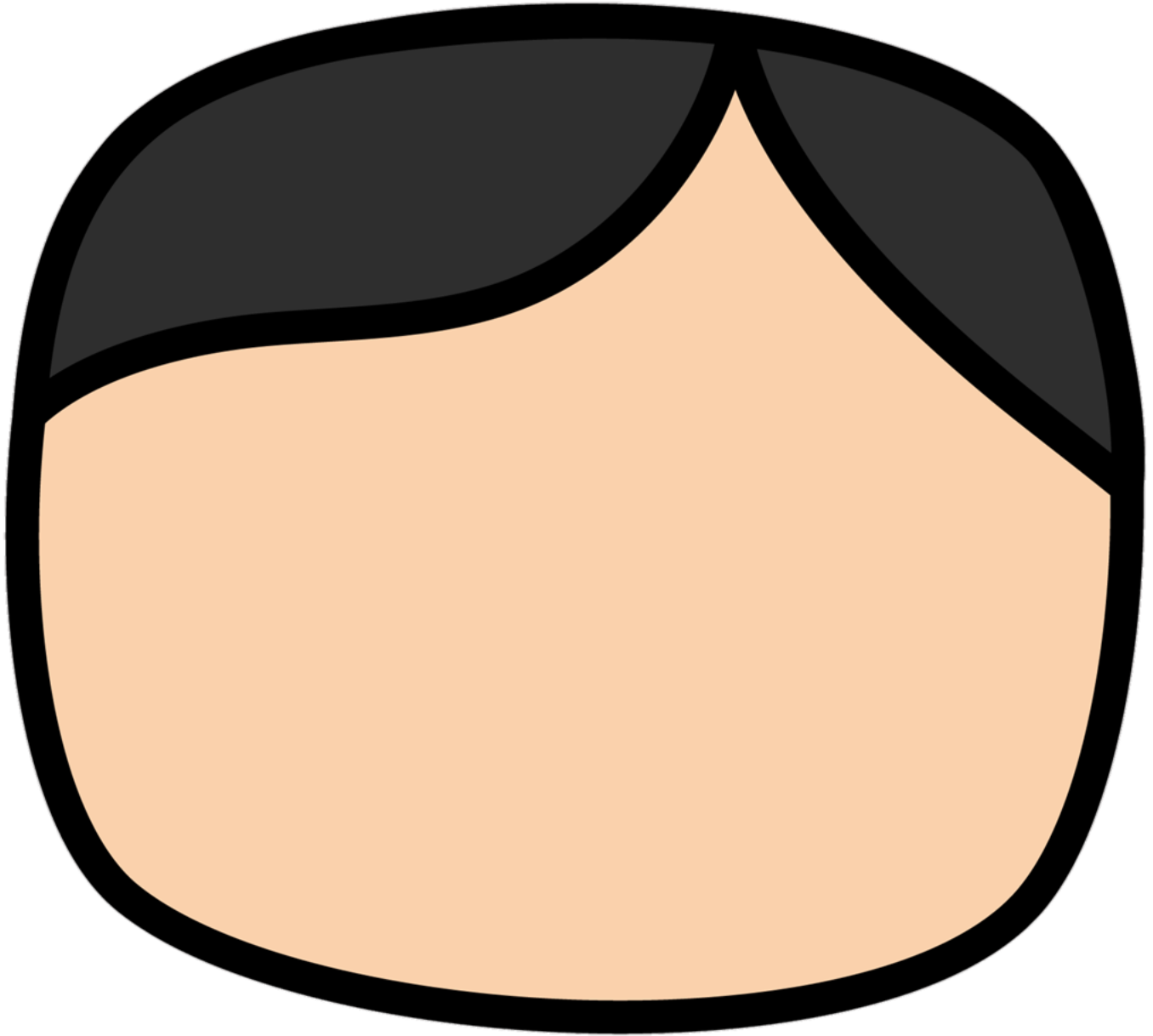
Tired



Scared



Nervous



I'm Feeling

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



# Emotions: Play-doh faces



Happy



Sad



Angry



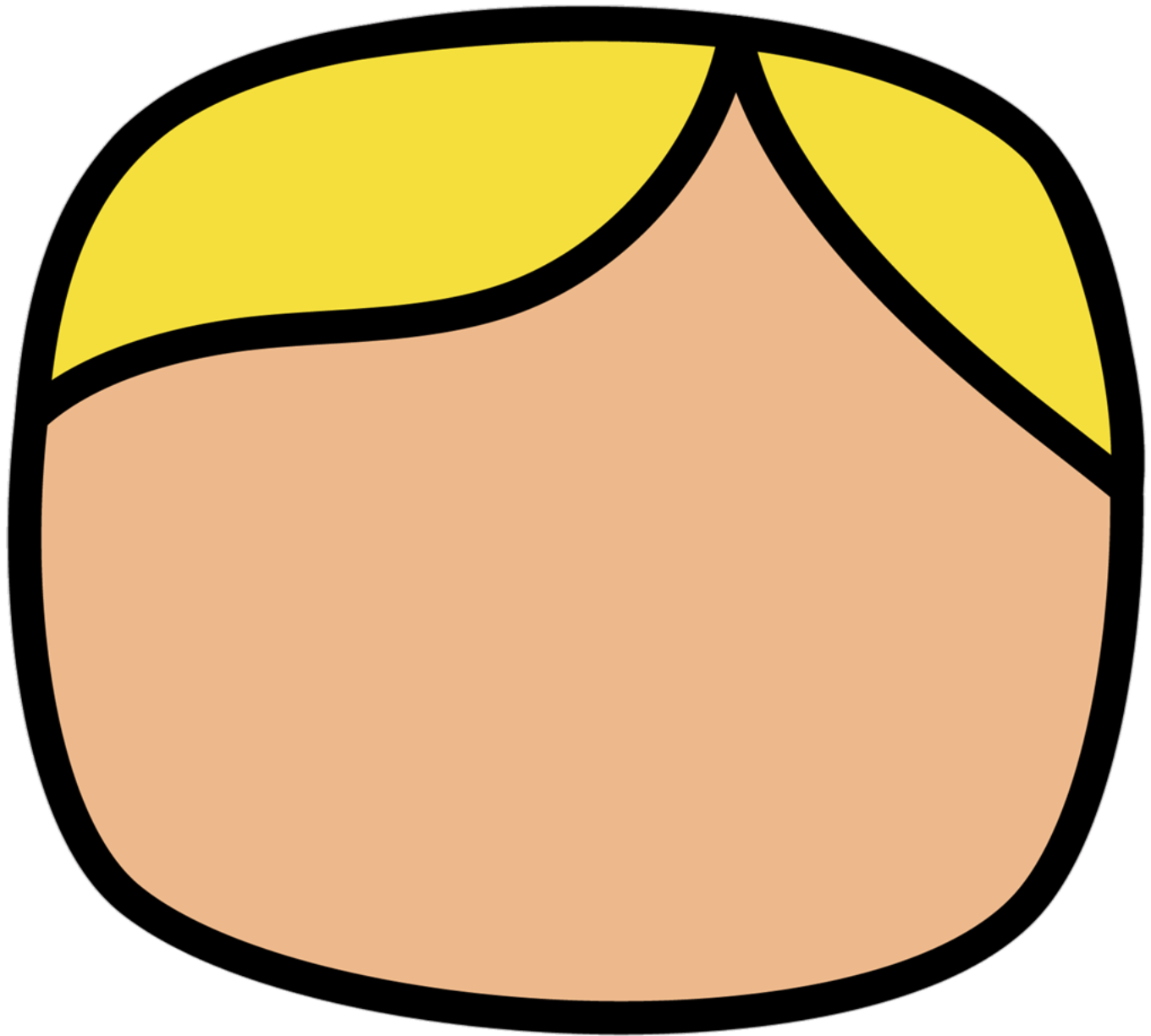
Tired



Scared



Nervous



I'm Feeling

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



# Emotions: Play-doh faces



Happy



Sad



Angry



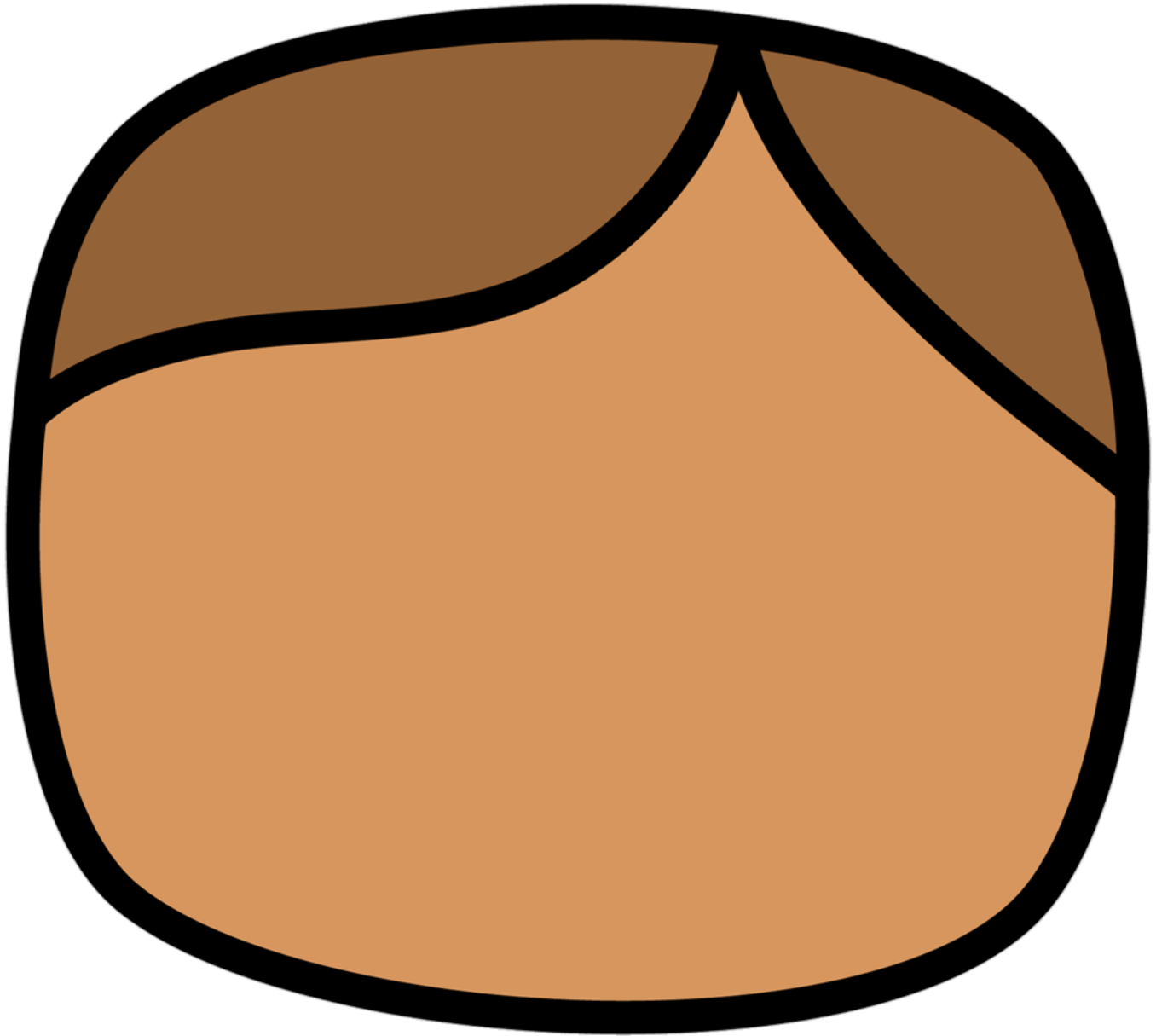
Tired



Scared



Nervous



I'm Feeling

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



# Emotions: Play-doh faces



Happy



Sad



Angry



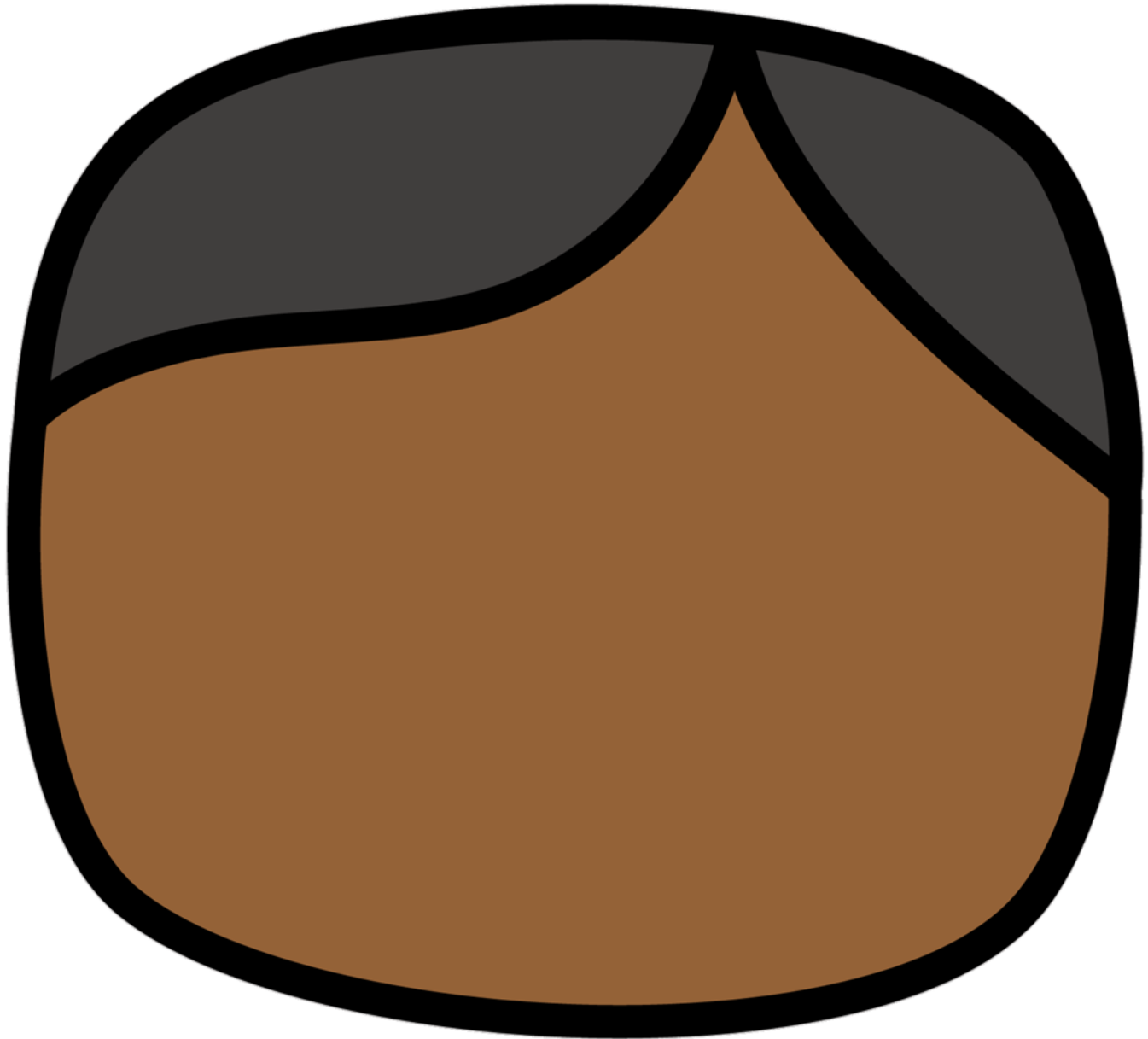
Tired



Scared



Nervous



I'm Feeling

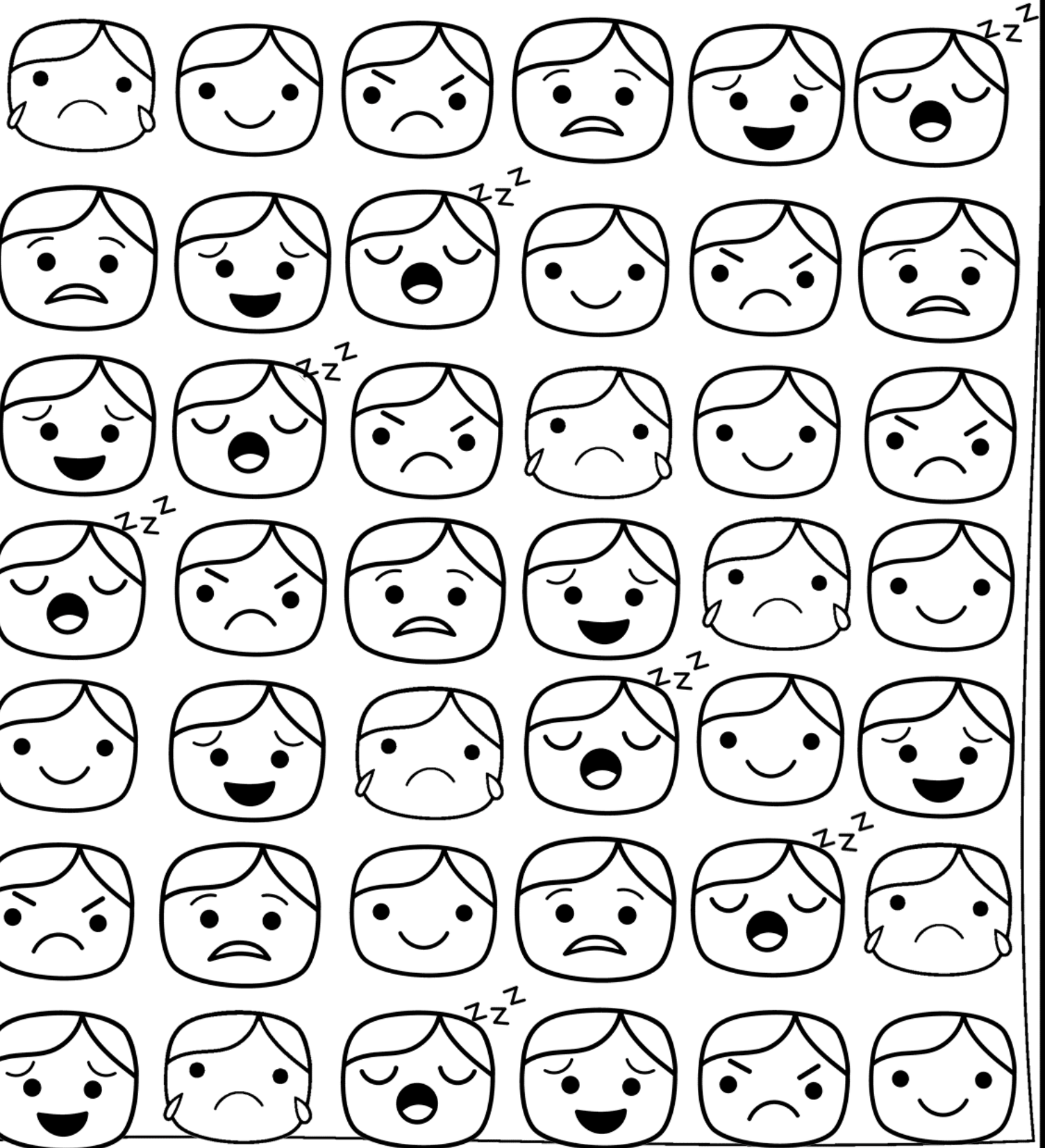


**Dab-a-dot**

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

# Emotions: Dab-a-dot

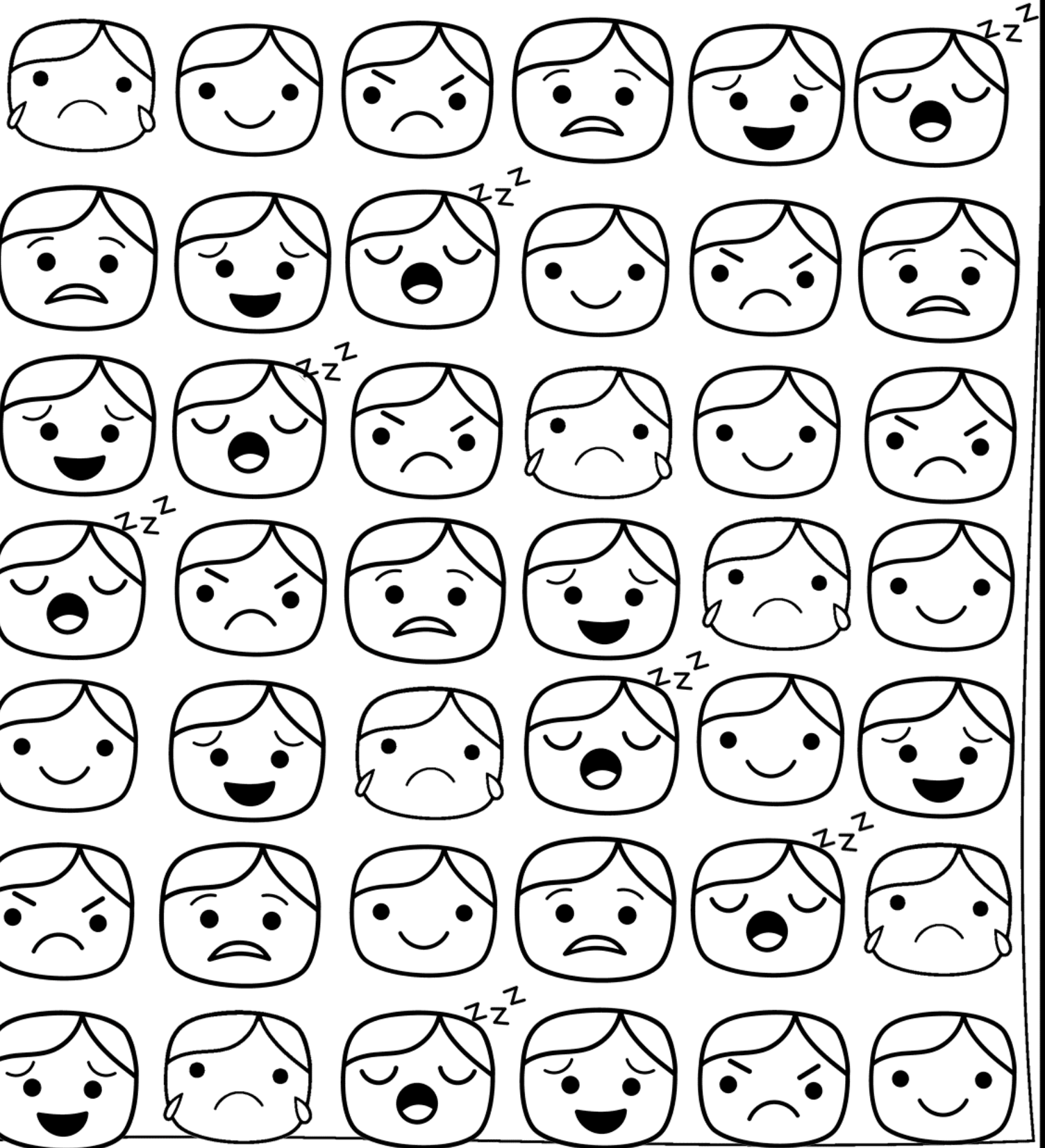
Dab the emotions: Happy  and Sad 



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

# Emotions: Dab-a-dot

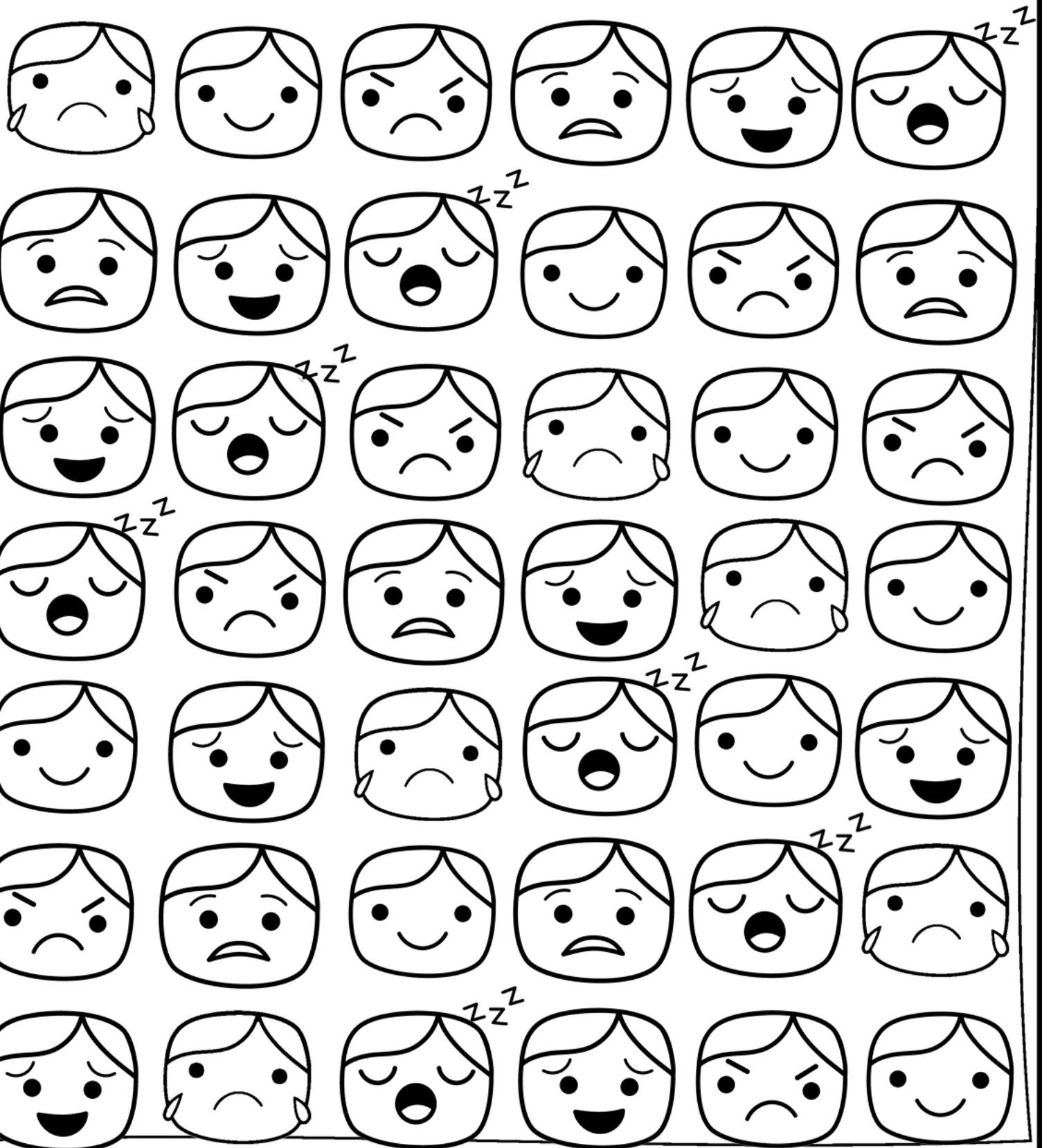
Dab the emotions: Angry  and Scared 



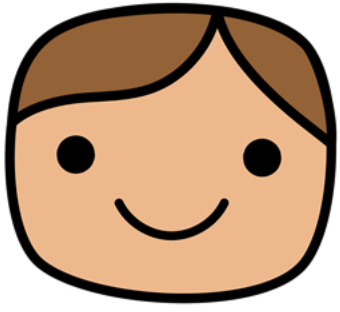
Name: \_\_\_\_\_

# Emotions: Dab-a-dot

Dab the emotions: Tired  and Nervous 



# **Pocket Chart Elements**



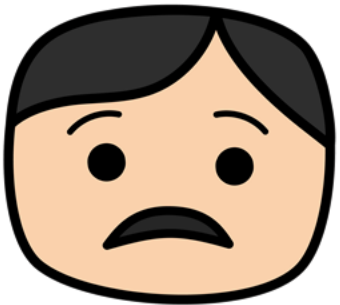
**HAPPY**



**SAD**



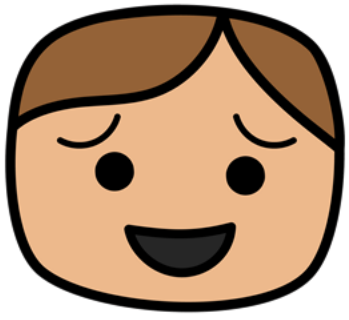
**ANGRY**



**SCARED**



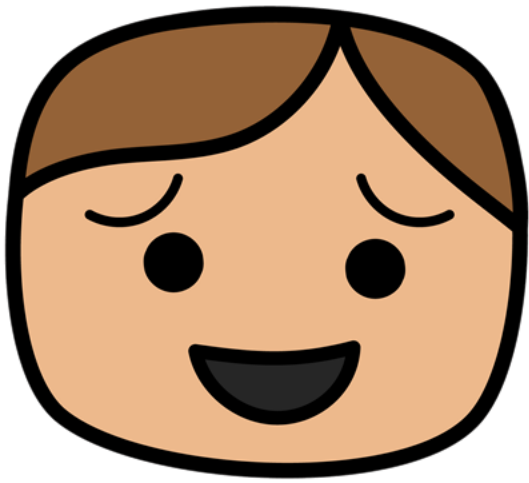
**TIRED**



# NERVOUS

# Flash Cards

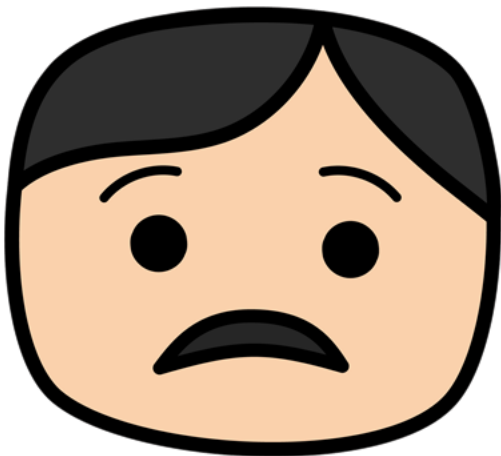




**NERVOUS**



**SAD**



**SCARED**



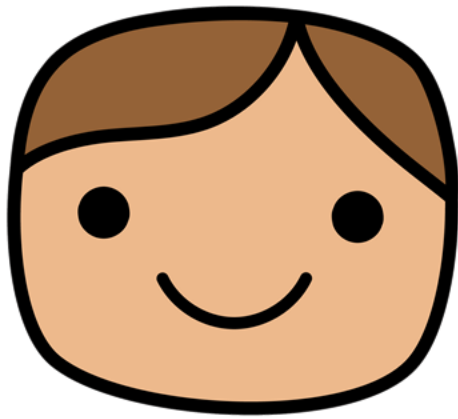
**ANGRY**



# **Emotions Check in**

Perfect for Calm Down Corners!

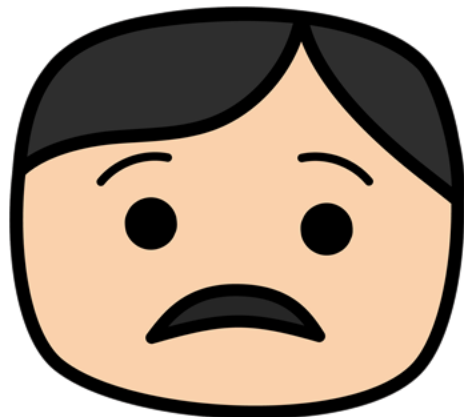
# Emotions: Check in



Happy



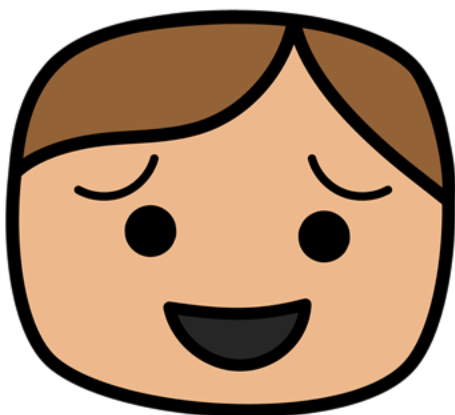
Sad



Scared



Angry



Nervous



Tired

# Emotions: Check in

I feel...



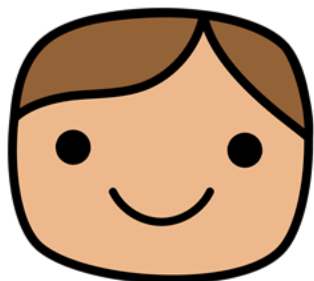
I used  
this...



After,  
I feel...



# Emotions: Check in Feelings



Happy



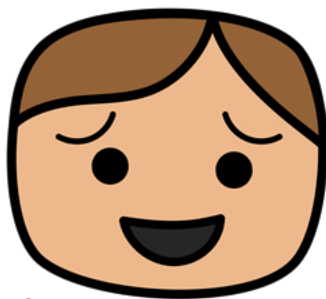
Sad



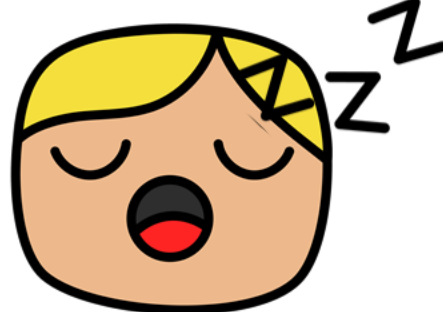
Scared



Angry

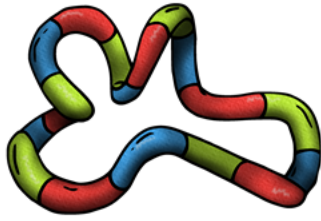


Nervous



Tired

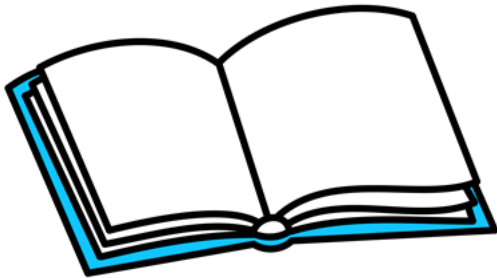
# Emotions: Check in Coping Skills



Fidget toy



Hug a stuffed animal



Read a book



Squeeze a stress ball



Headphones



Slow breathing

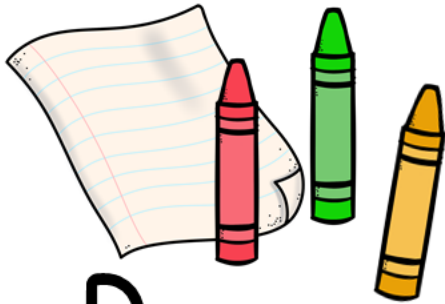


Glitter Jar



Pop-it toy

# Emotions: Check in Coping Skills



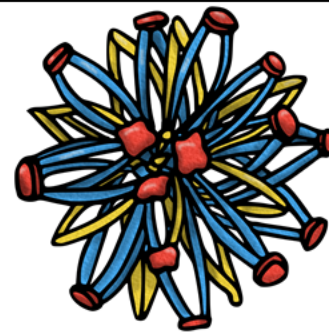
Draw



Blow a pinwheel



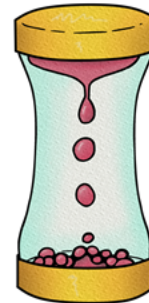
Hug a pillow



Geosphere



Play with sand



Sensory item



Write



Count to ten

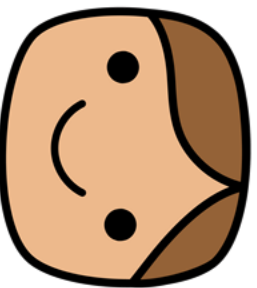


# **Writing: Sentence Frames**

# Emotion Writing

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

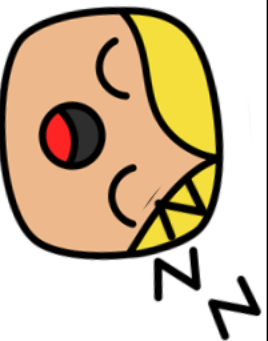
Using the pictures, write a sentence.



She is happy.



He is scared.



She is tired.

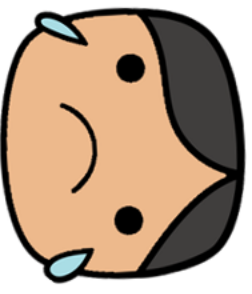


He is angry.

# Emotion Writing

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

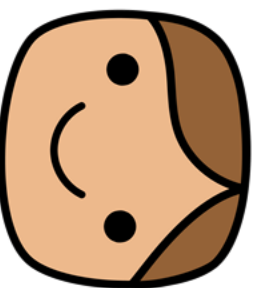
Using the pictures, write a sentence.



She is sad.



He is shocked.



He is happy.

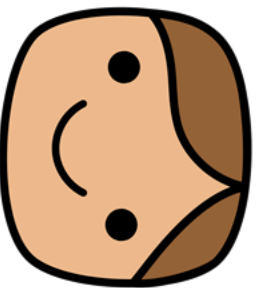


She is scared.

# Emotion Writing

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

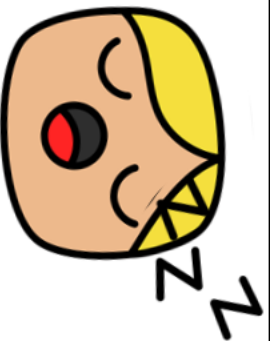
Using the pictures, write a sentence.



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



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



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



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

# Emotion Writing

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

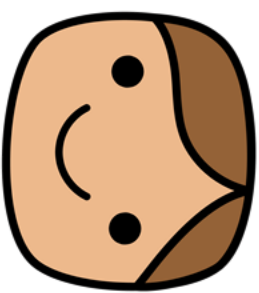
Using the pictures, write a sentence.



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**

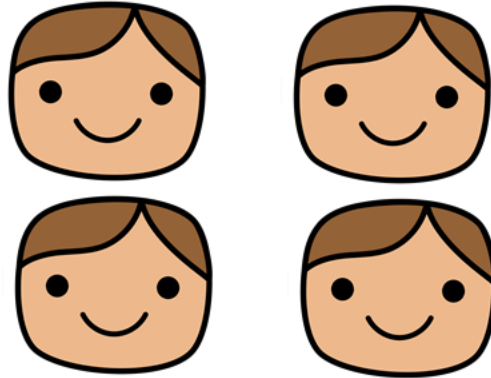
Name: \_\_\_\_\_

# Emotion Math

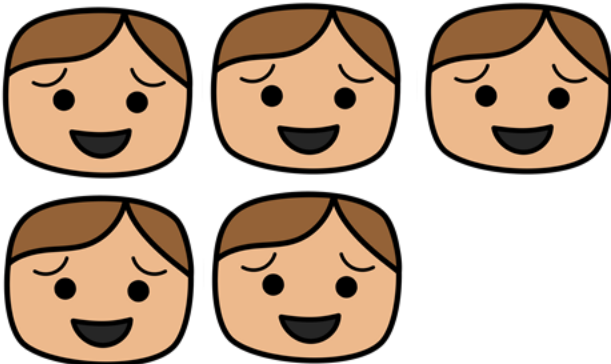
Count the emotion faces.



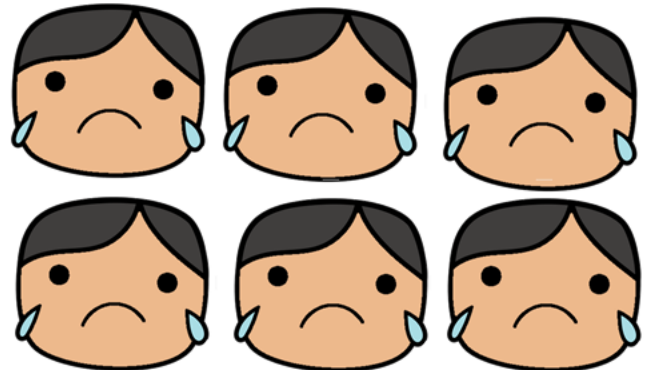
There are  scared faces.



There are  happy faces.



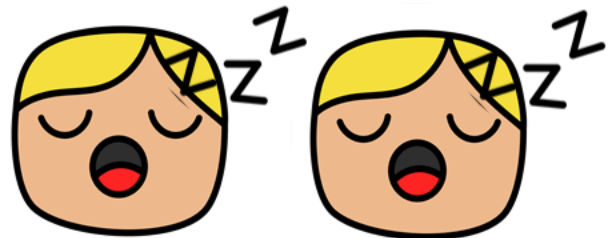
There are  nervous faces.



There are  sad faces.



There are  angry faces.

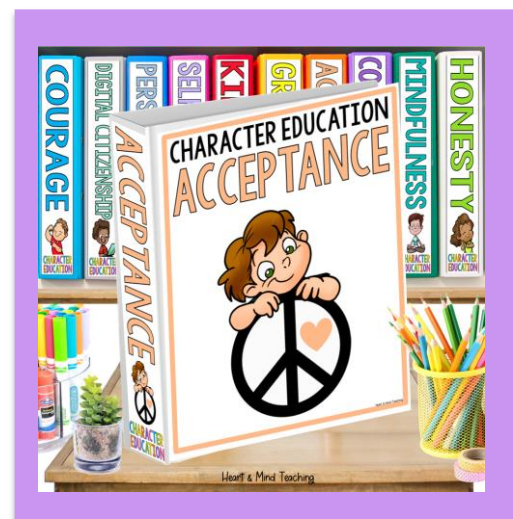
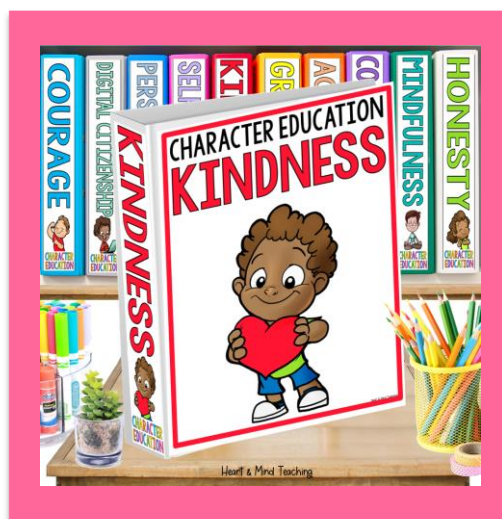
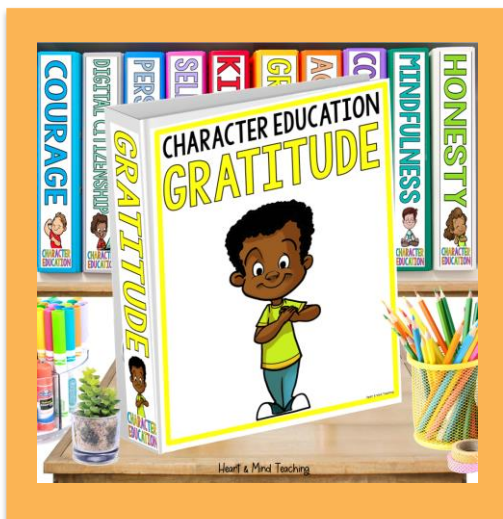
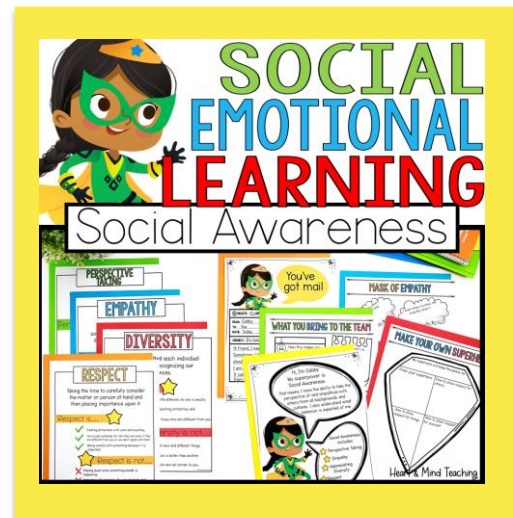
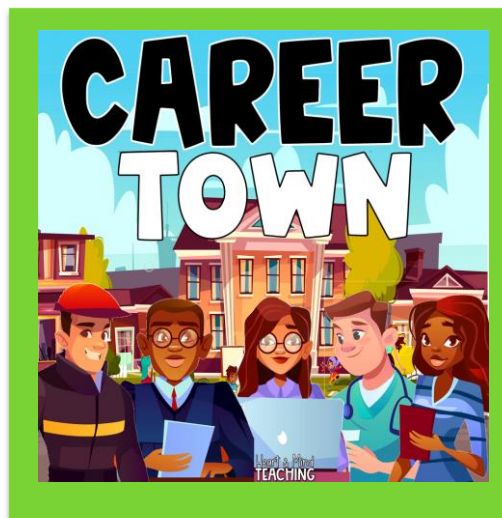


There are  tired faces.



# 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**

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





# 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.

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Ashley

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

## CREDITS

