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heartandmindteaching@gmail.com

♡
Ashley

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SPOT THE FEELINGS

Session Objective:

*Students will be able to correctly identify and label a variety of feelings by recognizing body clues, facial expressions, and real-life situations in order to build emotional awareness and vocabulary.

I Can...Statement

I can tell what feeling matches a situation.

Materials:

- Board Game
- Task Cards
- Task Card Boxes (optional)

Guiding Questions:

*What are some ways that we can identify different feelings?

Instructions

-Preparation: Print out and laminate the game board (it will last longer this way). Keep in mind if you purchase the other "Spot" task cards, they all use the same game board, so no need to print it again if you already have. Print out the game cards front-to-back, I would laminate these too. You may need to test your printer first to make sure it aligns correctly. Once printed, cut them out and store them in a task card box (or zip lock bag etc.).

-If playing solo: Select a card and answer it. Write your answer on the task card responses paper. Flip the card to see if you got it correct. If correct, move your game piece one spot. Write a checkmark next to that one on the task card responses paper. If incorrect, do not move your game piece and write an X on the task card responses paper with the correct answer. Select another card. If you land on a spot with a ladder, move in the direction of the arrow shown. If you land on a spot with a slide, slide down following the direction of the arrow. Continue until you reach the finish line or you have gone through all the cards. Optional alternate idea: Print the game board in black and white, and have the student use Dot Markers to track their progress.

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ASCA Standards Alignment:

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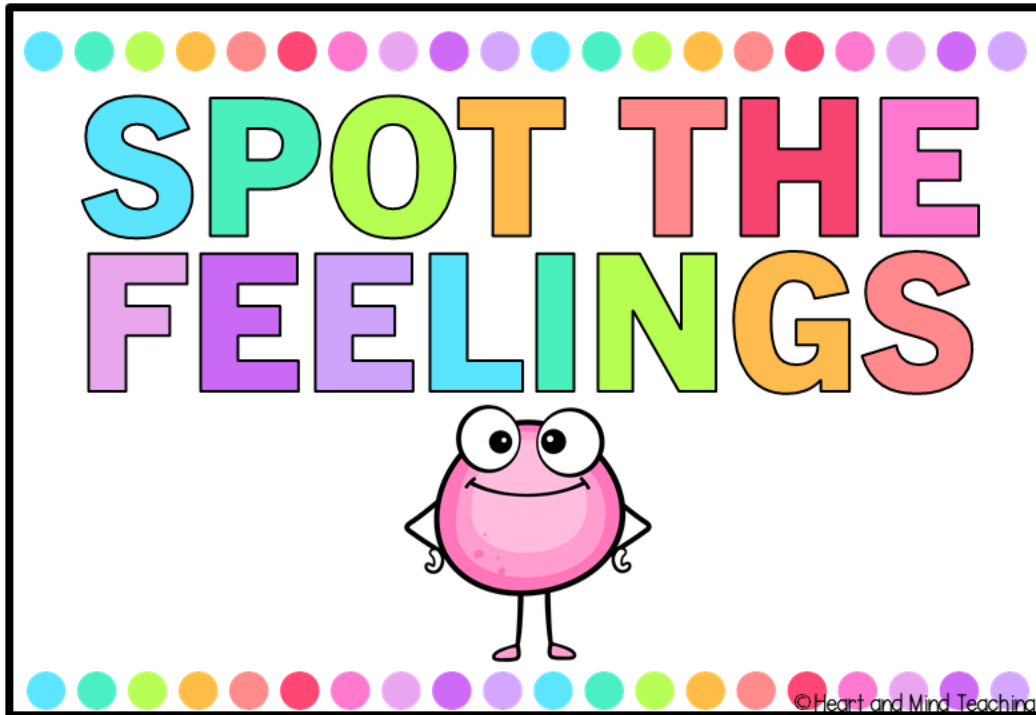
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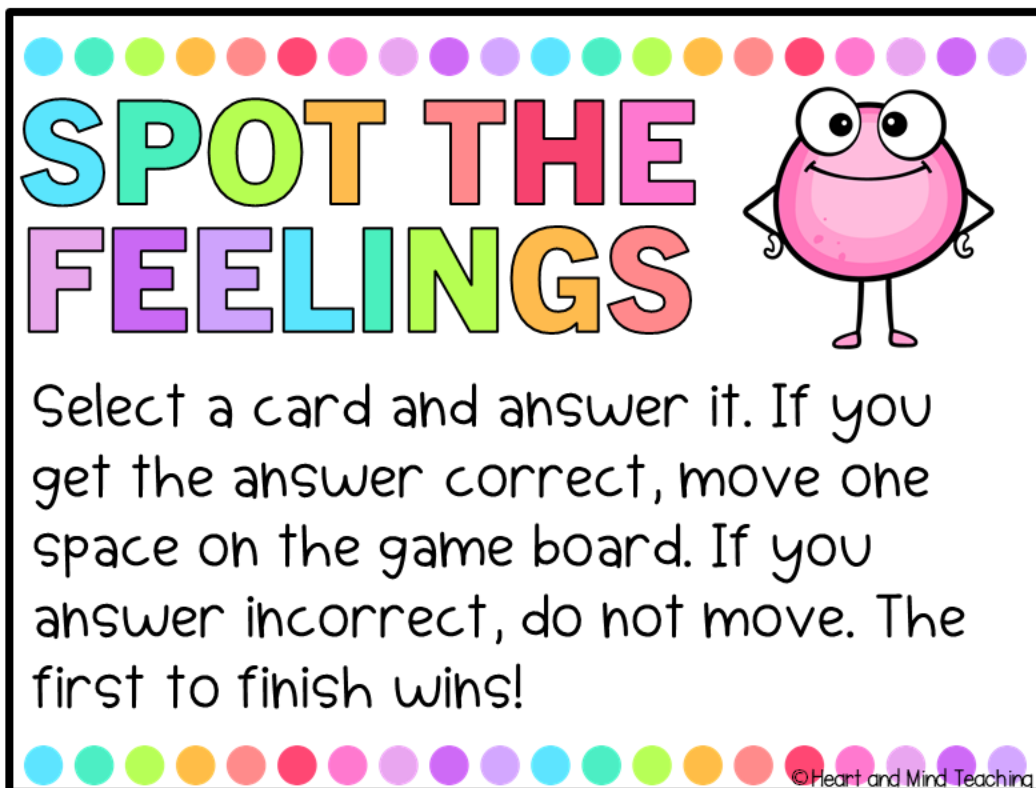
*Self-Awareness: Identifying Emotions.

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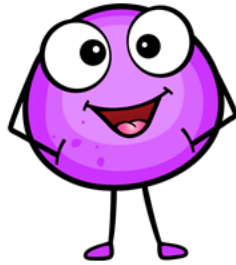
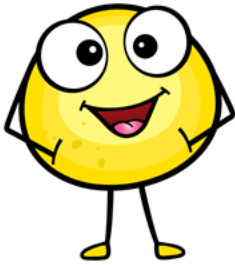
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Tape to the inside top of the task card box.



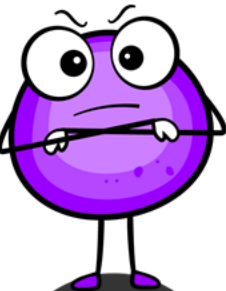
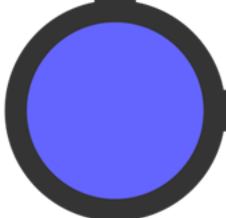
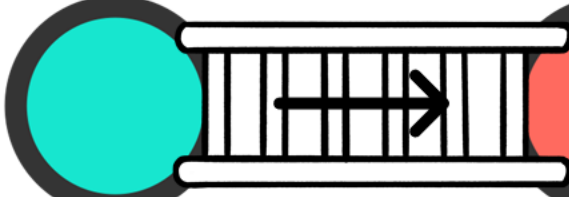
Game Pieces



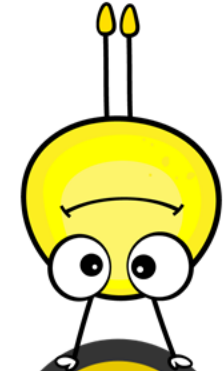
START



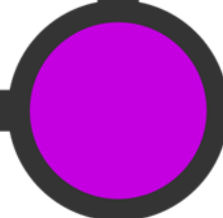
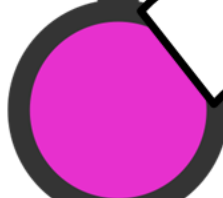
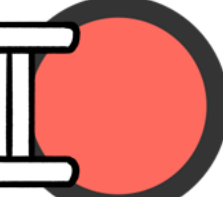
Move ahead two



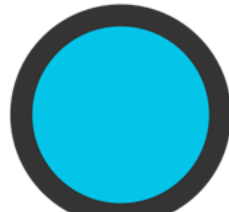
Lose a turn!



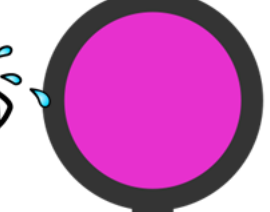
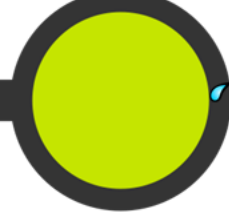
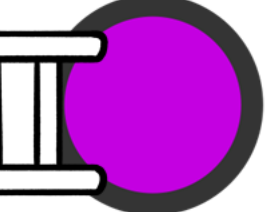
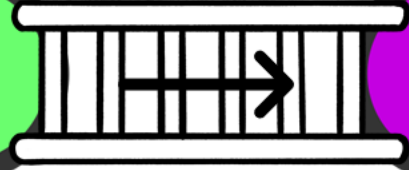
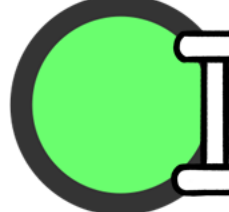
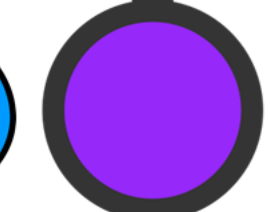
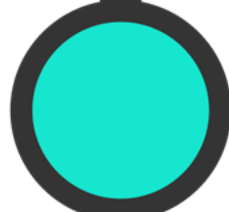
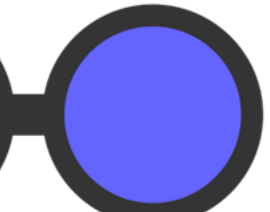
Move back two



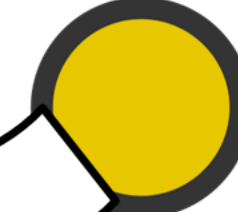
Move back two



Move ahead two

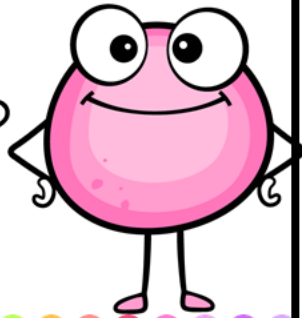


Lose a turn!



FINISH

What feeling is shown when someone's mouth is turned up in a smile and their eyes are bright?



1

If your hands are shaking and your heart is racing before a test, what feeling is that?



2

What feeling do you have if you want to cry because you lost your favorite toy?



3

When you clench your fists, your face turns red, and you feel like yelling—what feeling is this?



4

What feeling is it when you laugh, feel silly, and can't stop giggling?



5

You win first place in a race. Which feeling fits best—angry, proud, or scared?



6

Nervousness / Anxiety

2

Happiness

1

Anger

4

Sadness

3

Proud

6

Excitement / Joy

5

Your best friend moves away. Which feeling fits best—happy, sad, or silly?



7

It's your birthday and everyone is singing to you. Which feeling fits best—surprised, tired, or bored?



8

You hear thunder during a storm and hide under the covers. Which feeling fits best—scared, excited, or happy?



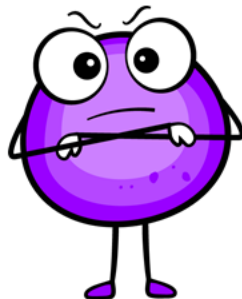
9

You try to open a jar again and again, but the lid won't come off. What feeling is this?



10

True or False: You feel angry when someone takes your toy without asking.



11

True or False: Laughter is usually a sign of sadness.



12

Surprised

8

Sad

7

Frustrated

10

Scared

9

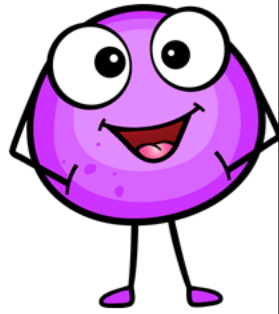
False

12

True

11

True or False: If your friend shares with you, you might feel thankful.



13

True or False: Being nervous means you feel calm and relaxed.



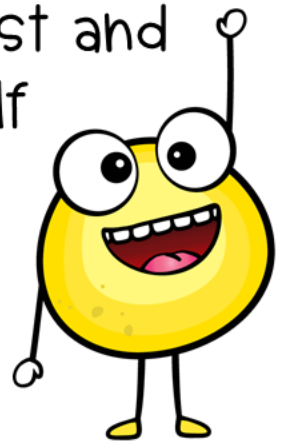
14

True or False: Feeling jealous can happen if your friend gets something you wanted.



15

You study hard for your spelling test and imagine yourself getting a good grade. What feeling is this?



16

Which feeling do you have when you are waiting to open presents?

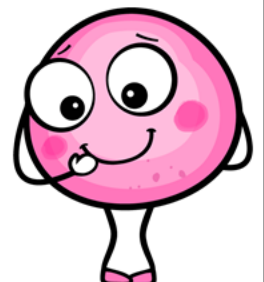
- a) Bored
- b) Angry
- c) Excited



17

Which feeling matches when you hide behind someone because you don't want to be seen?

- a) Shy
- b) Happy
- c) Proud



18

False

14

True

13

Hopeful

16

True

15

a) Shy

18

c) Excited

17

Which feeling matches when you enjoy learning about dinosaurs and want to read every book about them?

- a) Interested
- b) Bored
- c) Angry

19



Which feeling matches if your cheeks turn red because you tripped in front of the class?

- a) Embarrassed
- b) Proud
- c) Angry

20



Which feeling do you have when you are relaxed and calm?

- a) Peaceful
- b) Nervous
- c) Angry

21



Which feeling fits when you are worried you might fail?

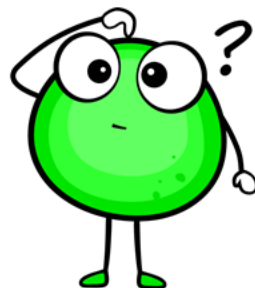
- a) Nervous
- b) Proud
- c) Excited

22



You don't understand the directions for your homework. What feeling is this?

23



You broke your friend's pencil and didn't tell them. Later, you feel bad inside. What feeling is this?

24



a) Embarrassed

20

a) Interested

19

a) Nervous

22

a) Peaceful

21

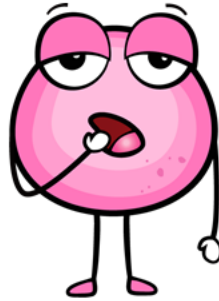
Guilty

24

Confused

23

True or False: Yawning and wanting to lie down are signs of being tired.



25

True or False: Boredom usually means you are interested and having fun.



26

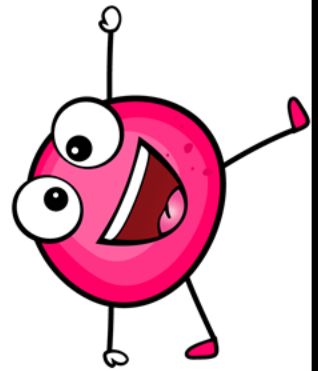
Which feeling matches when you don't get what you were really hoping for?

- a) Proud
- b) Disappointed
- c) Excited



27

True or False: It is impossible to feel nervous and excited at the same time.



28

True or False: You might act goofy and playful when you feel silly.



29

Your friend won't let you play the game. Which feeling fits best—angry, excited, or calm?



30

False

26

True

25

False

28

b) Disappointed

27

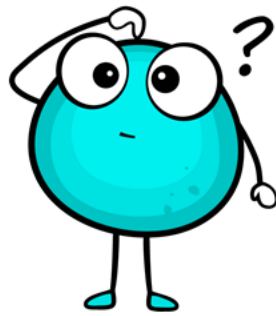
Angry

30

Thankful

29

True or False: If someone cries, they are always sad.



31

True or False: You might feel guilty if you tell a lie.



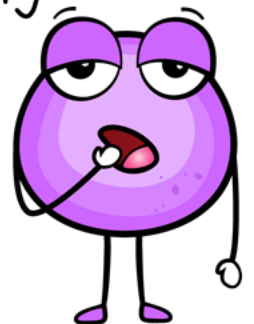
32

You hoped to get picked for the team, but your name wasn't called. What feeling is this?



33

True or False: Yawning and wanting to lie down are signs of being tired.



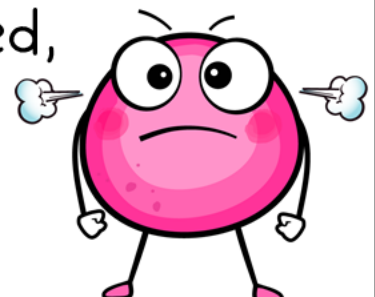
34

You keep raising your hand in class, but the teacher never calls on you. What feeling is this?



35

Your friend won't let you play the game. Which feeling fits best—angry, excited, or calm?



36

True

32

False (they could also be frustrated, angry, or happy-tears)

31

True

34

Disappointed

33

Angry

36

Frustrated

35

You finish a big project all by yourself and want to show your family. What feeling is this?



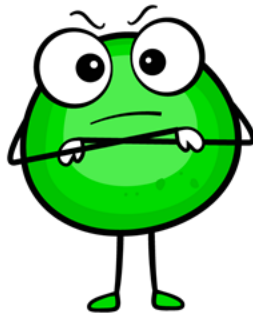
37

You take deep breaths, sit quietly, and feel relaxed. What feeling is this?



38

Your friend keeps poking you while you're trying to read. What feeling is this?



39

You burp in front of the class, and everyone laughs. Your cheeks turn red. What feeling is this?



40

Calm

38

Pride

37

Embarrassed

40

Annoyed

39



Name: _____

TASK CARD RESPONSES

| | |
|-----------|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |
| 9 | |
| 10 | |
| 11 | |
| 12 | |
| 13 | |
| 14 | |
| 15 | |
| 16 | |



Name: _____

TASK CARD RESPONSES

| | |
|-----------|--|
| 17 | |
| 18 | |
| 19 | |
| 20 | |
| 21 | |
| 22 | |
| 23 | |
| 24 | |
| 25 | |
| 26 | |
| 27 | |
| 28 | |
| 29 | |
| 30 | |
| 31 | |
| 32 | |



Name: _____

TASK CARD RESPONSES

| | |
|-----------|--|
| 33 | |
| 34 | |
| 35 | |
| 36 | |
| 37 | |
| 38 | |
| 39 | |
| 40 | |

SPOT THE FEELINGS

TASK CARD ANSWER KEY

| | |
|-----------|-----------------------|
| 1 | Happiness |
| 2 | Nervousness / Anxiety |
| 3 | Sadness |
| 4 | Anger |
| 5 | Excitement / Joy |
| 6 | Proud |
| 7 | Sad |
| 8 | Surprised |
| 9 | Scared |
| 10 | Frustrated |
| 11 | True |
| 12 | False |
| 13 | True |
| 14 | False |
| 15 | True |
| 16 | Hopeful |

SPOT THE FEELINGS

TASK CARD ANSWER KEY

| | |
|-----------|--|
| 17 | c) Excited |
| 18 | a) Shy |
| 19 | a) Interested |
| 20 | a) Embarrassed |
| 21 | a) Peaceful |
| 22 | a) Nervous |
| 23 | Confused |
| 24 | Guilty |
| 25 | True |
| 26 | False |
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SPOT THE FEELINGS

TASK CARD ANSWER KEY

| | |
|-----------|--------------|
| 33 | Disappointed |
| 34 | True |
| 35 | Frustrated |
| 36 | Angry |
| 37 | Pride |
| 38 | Calm |
| 39 | Annoyed |
| 40 | Embarrassed |

Black and
white
version

SPOT THE FEELINGS

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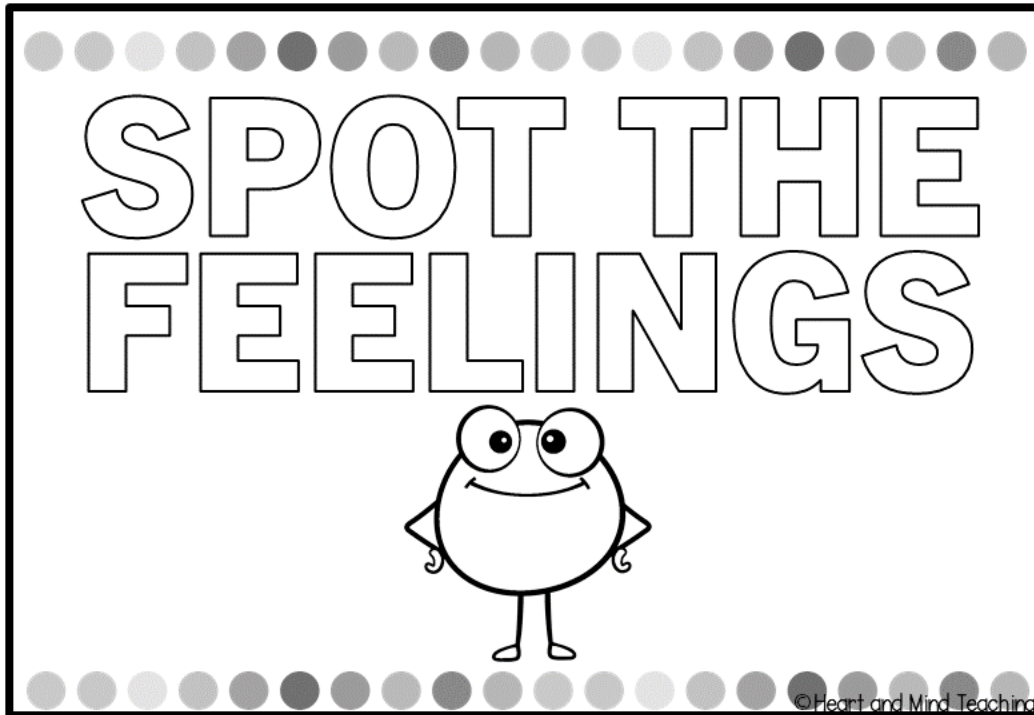
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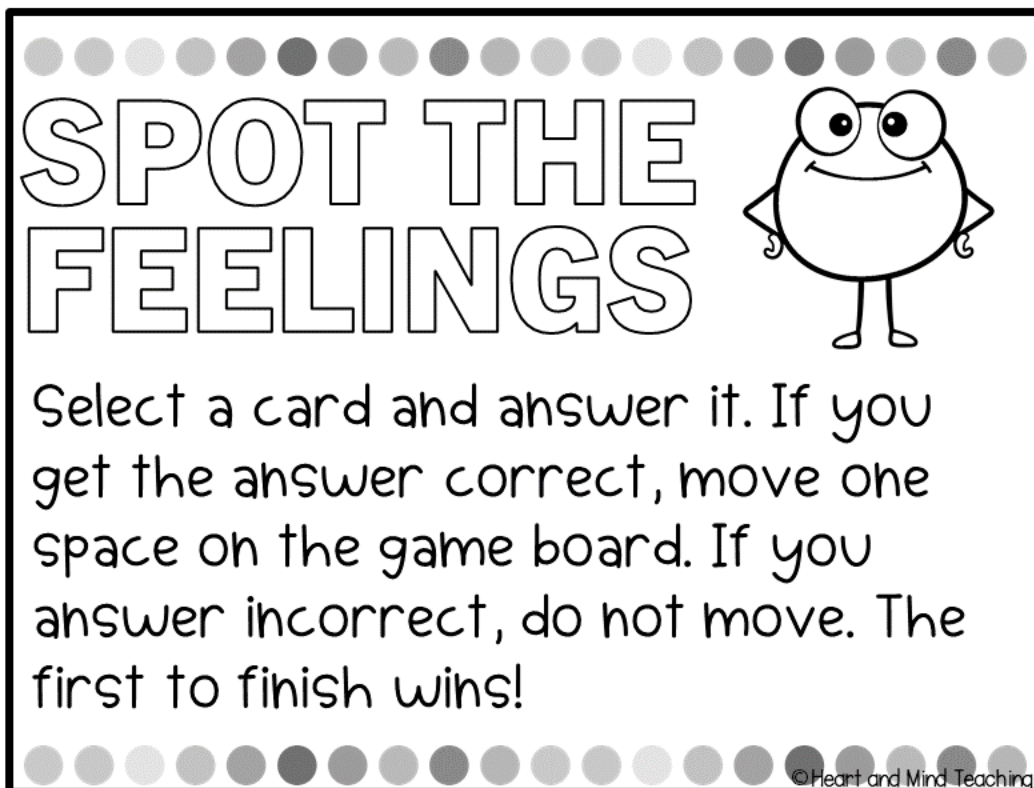
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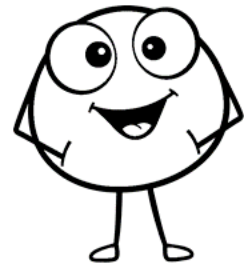
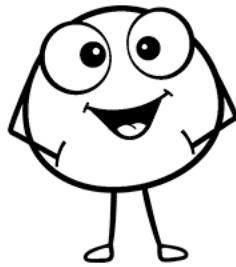
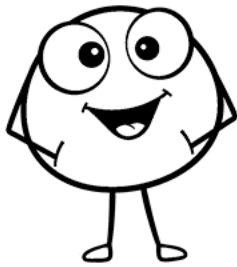
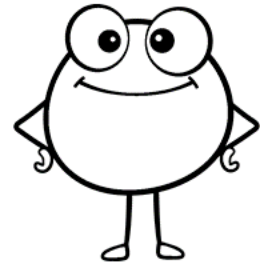
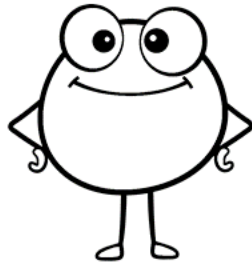
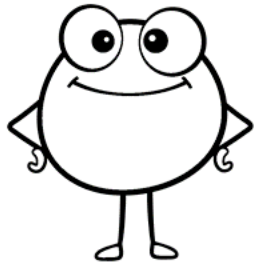
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Game Pieces (have students color them)

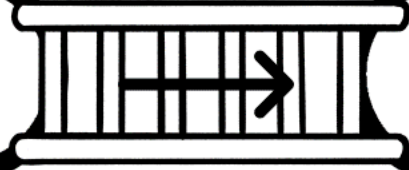
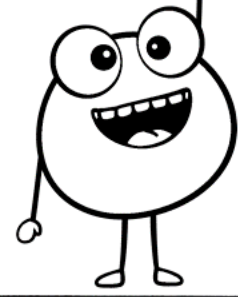


START

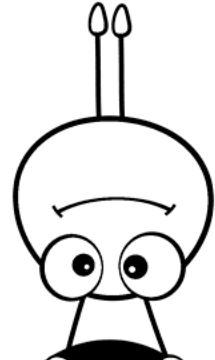


Move ahead two

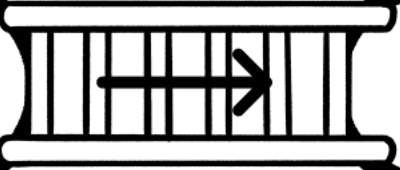
Move ahead two



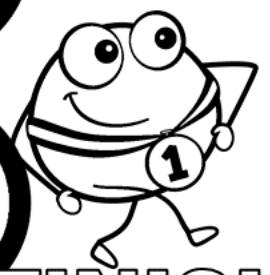
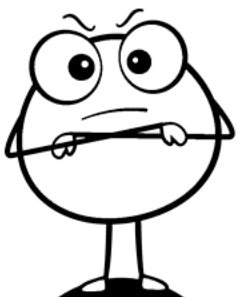
Move back two



Lose a turn!



Lose a turn!

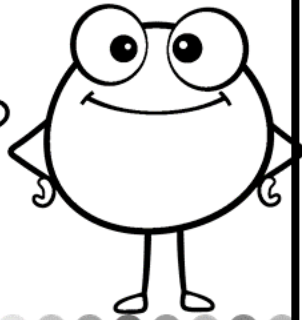


FINISH

Move back two

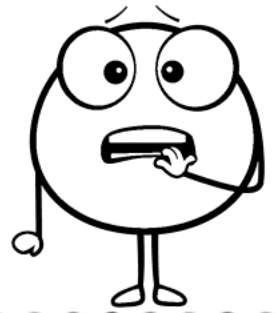


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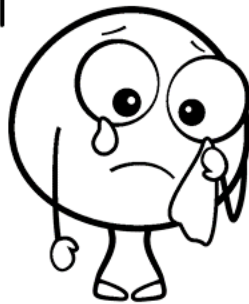
1

If your hands are shaking and your heart is racing before a test, what feeling is that?



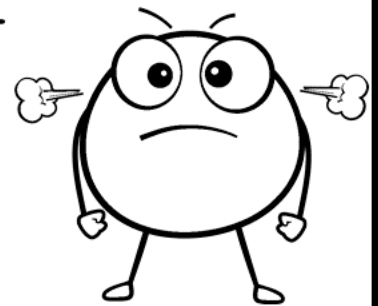
2

What feeling do you have if you want to cry because you lost your favorite toy?



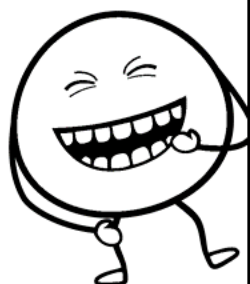
3

When you clench your fists, your face turns red, and you feel like yelling—what feeling is this?



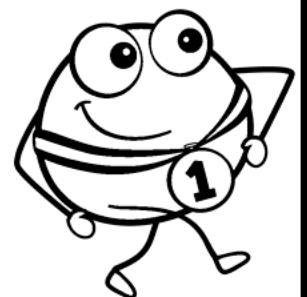
4

What feeling is it when you laugh, feel silly, and can't stop giggling?



5

You win first place in a race. Which feeling fits best—angry, proud, or scared?



6

Nervousness / Anxiety

2

Happiness

1

Anger

4

Sadness

3

Proud

6

Excitement / Joy

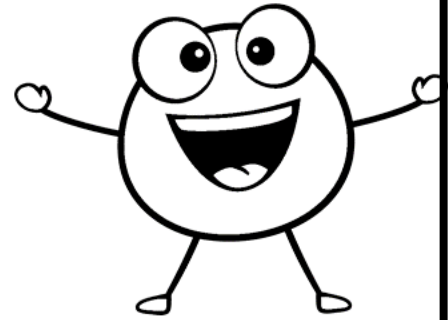
5

Your best friend moves away. Which feeling fits best—happy, sad, or silly?



7

It's your birthday and everyone is singing to you. Which feeling fits best—surprised, tired, or bored?



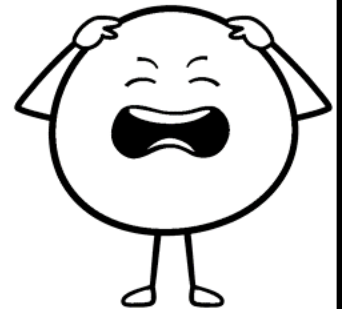
8

You hear thunder during a storm and hide under the covers. Which feeling fits best—scared, excited, or happy?



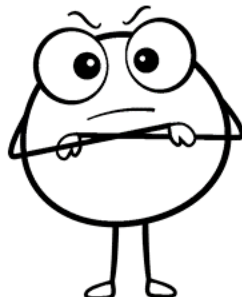
9

You try to open a jar again and again, but the lid won't come off. What feeling is this?



10

True or False: You feel angry when someone takes your toy without asking.



11

True or False: Laughter is usually a sign of sadness.



12

Surprised

8

Sad

7

Frustrated

10

Scared

9

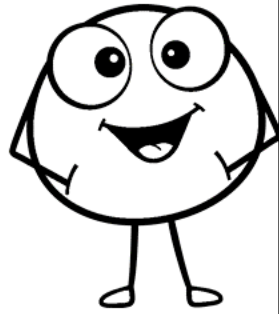
False

12

True

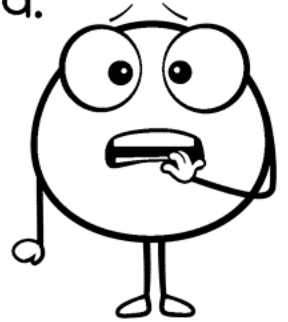
11

True or False: If your friend shares with you, you might feel thankful.



13

True or False: Being nervous means you feel calm and relaxed.



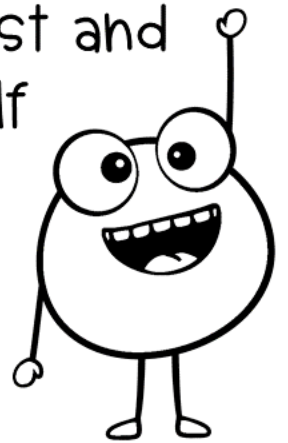
14

True or False: Feeling jealous can happen if your friend gets something you wanted.



15

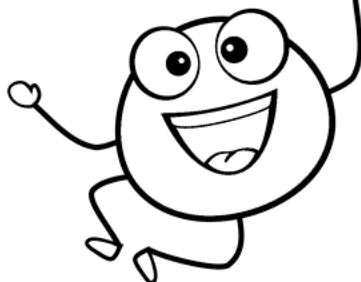
You study hard for your spelling test and imagine yourself getting a good grade. What feeling is this?



16

Which feeling do you have when you are waiting to open presents?

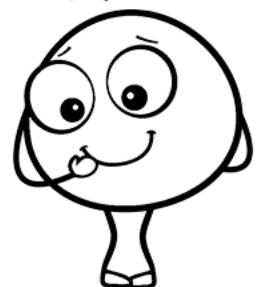
- a) Bored
- b) Angry
- c) Excited



17

Which feeling matches when you hide behind someone because you don't want to be seen?

- a) Shy
- b) Happy
- c) Proud



18

False

14

True

13

Hopeful

16

True

15

a) Shy

18

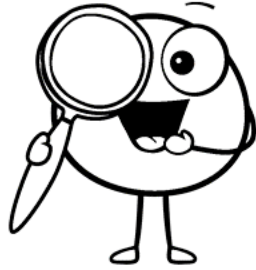
c) Excited

17

Which feeling matches when you enjoy learning about dinosaurs and want to read every book about them?

- a) Interested
- b) Bored
- c) Angry

19



Which feeling matches if your cheeks turn red because you tripped in front of the class?

- a) Embarrassed
- b) Proud
- c) Angry

20



Which feeling do you have when you are relaxed and calm?

- a) Peaceful
- b) Nervous
- c) Angry

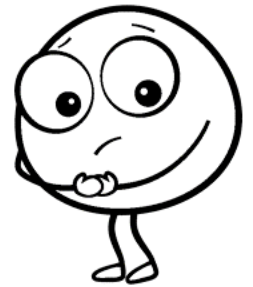
21



Which feeling fits when you are worried you might fail?

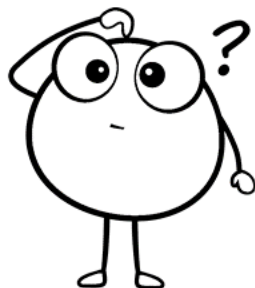
- a) Nervous
- b) Proud
- c) Excited

22



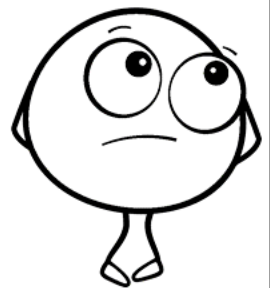
You don't understand the directions for your homework. What feeling is this?

23



You broke your friend's pencil and didn't tell them. Later, you feel bad inside. What feeling is this?

24



a) Embarrassed

20

a) Interested

19

a) Nervous

22

a) Peaceful

21

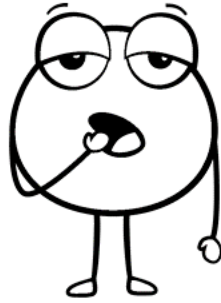
Guilty

24

Confused

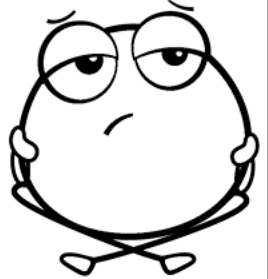
23

True or False: Yawning and wanting to lie down are signs of being tired.



25

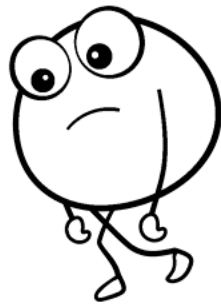
True or False: Boredom usually means you are interested and having fun.



26

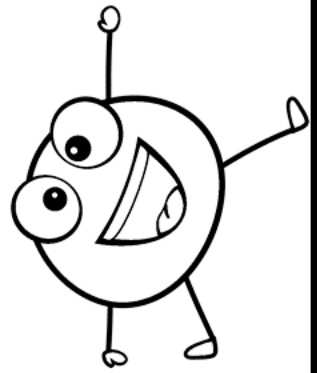
Which feeling matches when you don't get what you were really hoping for?

- a) Proud
- b) Disappointed
- c) Excited



27

True or False: It is impossible to feel nervous and excited at the same time.



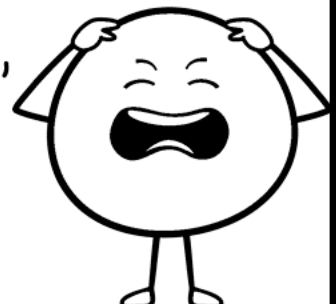
28

True or False: You might act goofy and playful when you feel silly.



29

Your friend won't let you play the game. Which feeling fits best—angry, excited, or calm?



30

False

26

True

25

False

28

b) Disappointed

27

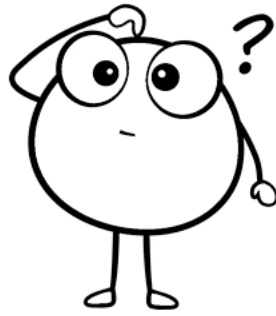
Angry

30

Thankful

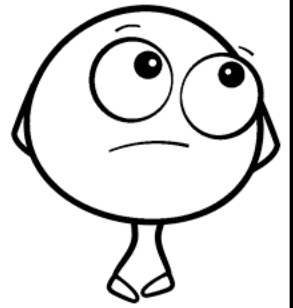
29

True or False: If someone cries, they are always sad.



31

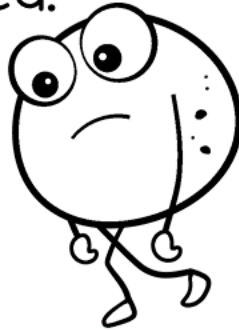
True or False: You might feel guilty if you tell a lie.



32

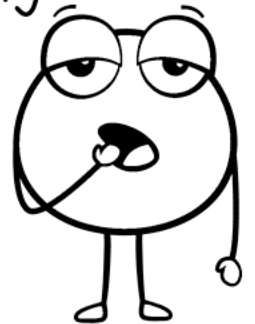
You hoped to get picked for the team, but your name wasn't called.

What feeling is this?



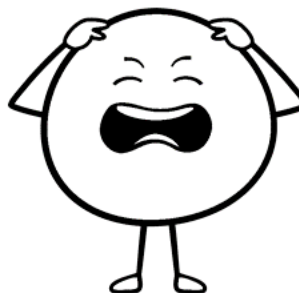
33

True or False: Yawning and wanting to lie down are signs of being tired.



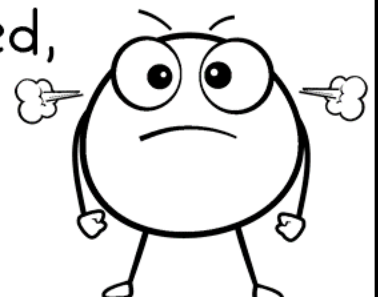
34

You keep raising your hand in class, but the teacher never calls on you. What feeling is this?



35

Your friend won't let you play the game. Which feeling fits best—angry, excited, or calm?



36

True

32

False (they could also be frustrated, angry, or happy-tears)

31

True

34

Disappointed

33

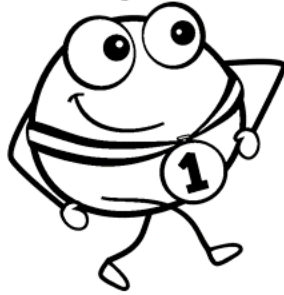
Angry

36

Frustrated

35

You finish a big project all by yourself and want to show your family. What feeling is this?



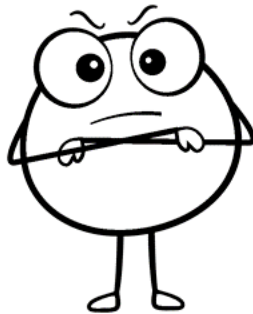
37

You take deep breaths, sit quietly, and feel relaxed. What feeling is this?



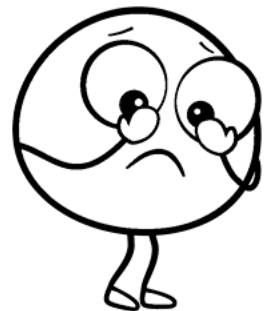
38

Your friend keeps poking you while you're trying to read. What feeling is this?



39

You burp in front of the class, and everyone laughs. Your cheeks turn red. What feeling is this?



40

Calm

38

Pride

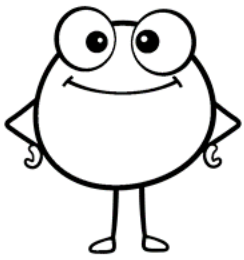
37

Embarrassed

40

Annoyed

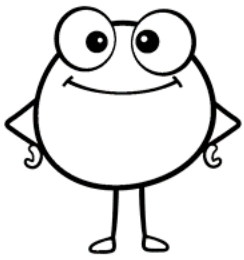
39



Name: _____

TASK CARD RESPONSES

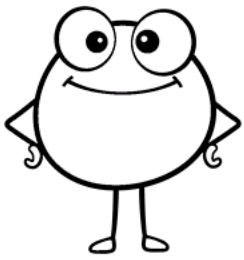
| | |
|-----------|--|
| 1 | |
| 2 | |
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| 8 | |
| 9 | |
| 10 | |
| 11 | |
| 12 | |
| 13 | |
| 14 | |
| 15 | |
| 16 | |



Name: _____

TASK CARD RESPONSES

| | |
|-----------|--|
| 17 | |
| 18 | |
| 19 | |
| 20 | |
| 21 | |
| 22 | |
| 23 | |
| 24 | |
| 25 | |
| 26 | |
| 27 | |
| 28 | |
| 29 | |
| 30 | |
| 31 | |
| 32 | |



Name: _____

TASK CARD RESPONSES

| | |
|-----------|--|
| 33 | |
| 34 | |
| 35 | |
| 36 | |
| 37 | |
| 38 | |
| 39 | |
| 40 | |

SPOT THE FEELINGS

TASK CARD ANSWER KEY

| | |
|-----------|-----------------------|
| 1 | Happiness |
| 2 | Nervousness / Anxiety |
| 3 | Sadness |
| 4 | Anger |
| 5 | Excitement / Joy |
| 6 | Proud |
| 7 | Sad |
| 8 | Surprised |
| 9 | Scared |
| 10 | Frustrated |
| 11 | True |
| 12 | False |
| 13 | True |
| 14 | False |
| 15 | True |
| 16 | Hopeful |

SPOT THE FEELINGS

TASK CARD ANSWER KEY

| | |
|-----------|--|
| 17 | c) Excited |
| 18 | a) Shy |
| 19 | a) Interested |
| 20 | a) Embarrassed |
| 21 | a) Peaceful |
| 22 | a) Nervous |
| 23 | Confused |
| 24 | Guilty |
| 25 | True |
| 26 | False |
| 27 | b) Disappointed |
| 28 | False |
| 29 | Thankful |
| 30 | Angry |
| 31 | False (they could also be frustrated, angry, or happy-tears) |
| 32 | True |

SPOT THE FEELINGS

TASK CARD ANSWER KEY

| | |
|-----------|--------------|
| 33 | Disappointed |
| 34 | True |
| 35 | Frustrated |
| 36 | Angry |
| 37 | Pride |
| 38 | Calm |
| 39 | Annoyed |
| 40 | Embarrassed |

counseling

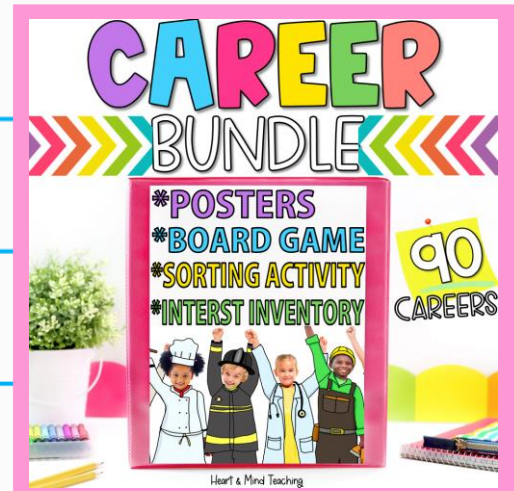
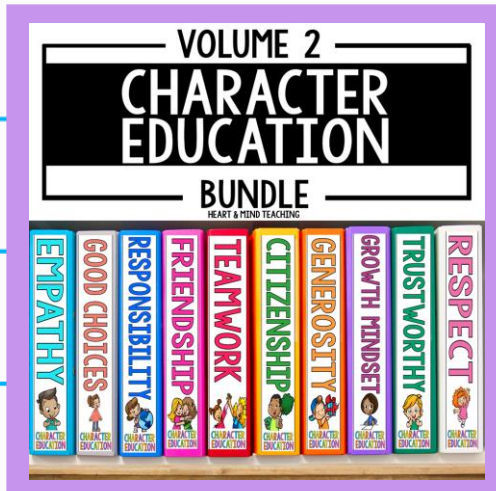
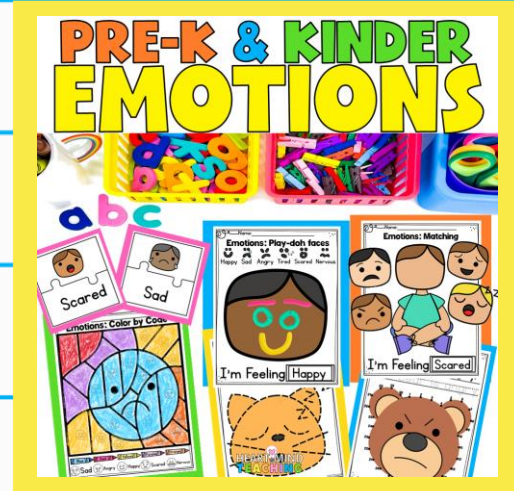
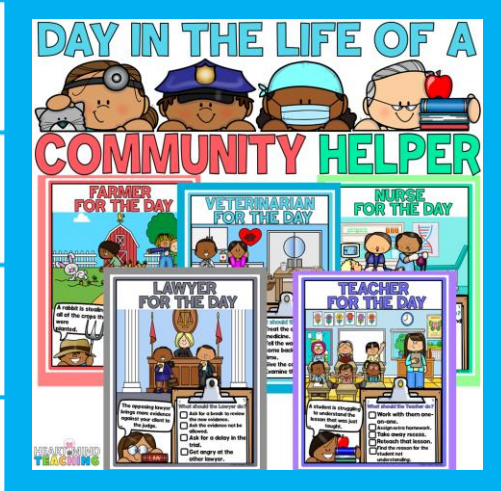
SEL

small groups

book companions

behavior

♡♡ Best Selling Resources



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