

# THANK YOU FOR YOUR PURCHASE!



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

♥  
*Ashley*

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. ✨ ✨ ✨





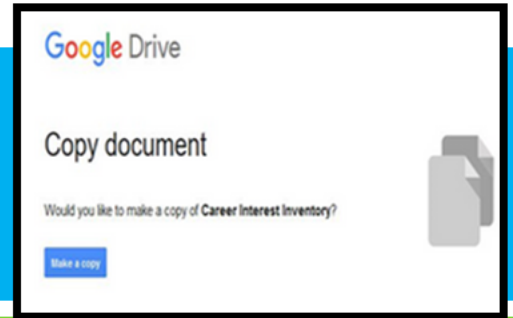
# Google Slides

YOUR RESOURCE COMES WITH A DIGITAL VERSION FOR USE IN GOOGLE SLIDES VIA GOOGLE CLASSROOM. FOLLOW THESE STEPS TO UPLOAD YOUR RESOURCE.

Click here to get your copy: [Spot the Feelings](#)

1

You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.



2

Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

3

Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

4

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

5

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT! Otherwise, they will all be editing the same file.**

Click "Assign" in the top right corner if you're ready to post! This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



# 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:

- PowerPoint
- Handouts
- Scissors and tape/glue
- Pencils

## Instructions

### Preparation:

Load the PowerPoint and print out the handouts. Display the posters to reinforce the learning.

### PowerPoint:

-Show PowerPoint. On each feeling, ask the students to have them show you what their "happy" face or "sad" face looks like.

### Activities:

- Write and Draw: Have students write and draw about their feelings. (p.16-18)
- Cut and Paste: Students cut and paste the feelings "spots" to the correct feeling column. (p. 19-21)
- Color the Feeling: Students color the spot based on the color chart. (p. 22-23)
- Feeling match: Students color the feeling word based on the image shown. (p. 24)
- Coloring pages: Students can color these black and white pages. (p. 25-32)
- Black & White version: p. 33-53)

## 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: Effective oral and written communication skills and listening skills (B-SS 1)

## SEL Competencies:

\*Self-Awareness: Identifying Emotions.

\*Responsible Decision-Making: Analyzing situations.

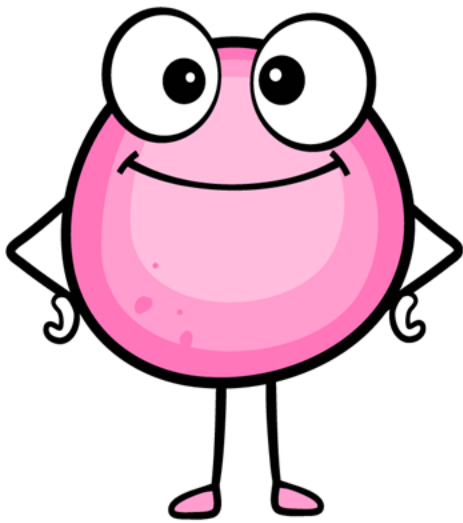
## Guiding Questions:

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

POSTERS



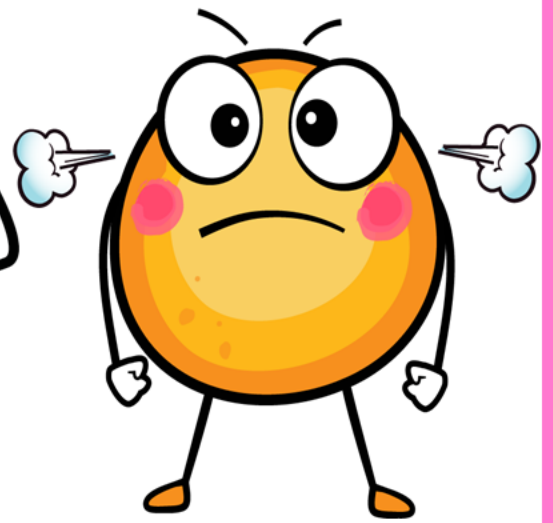
# F E E L I N G S



Happy



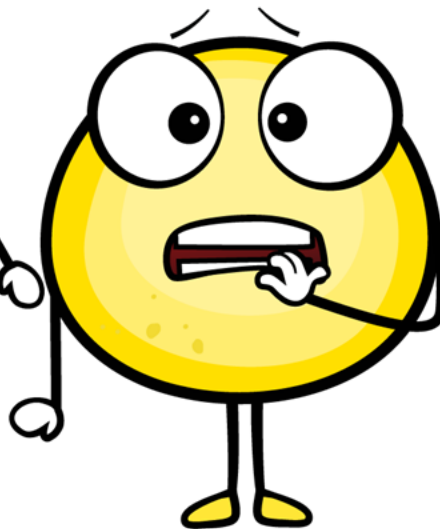
Sad



Angry



Scared



Nervous



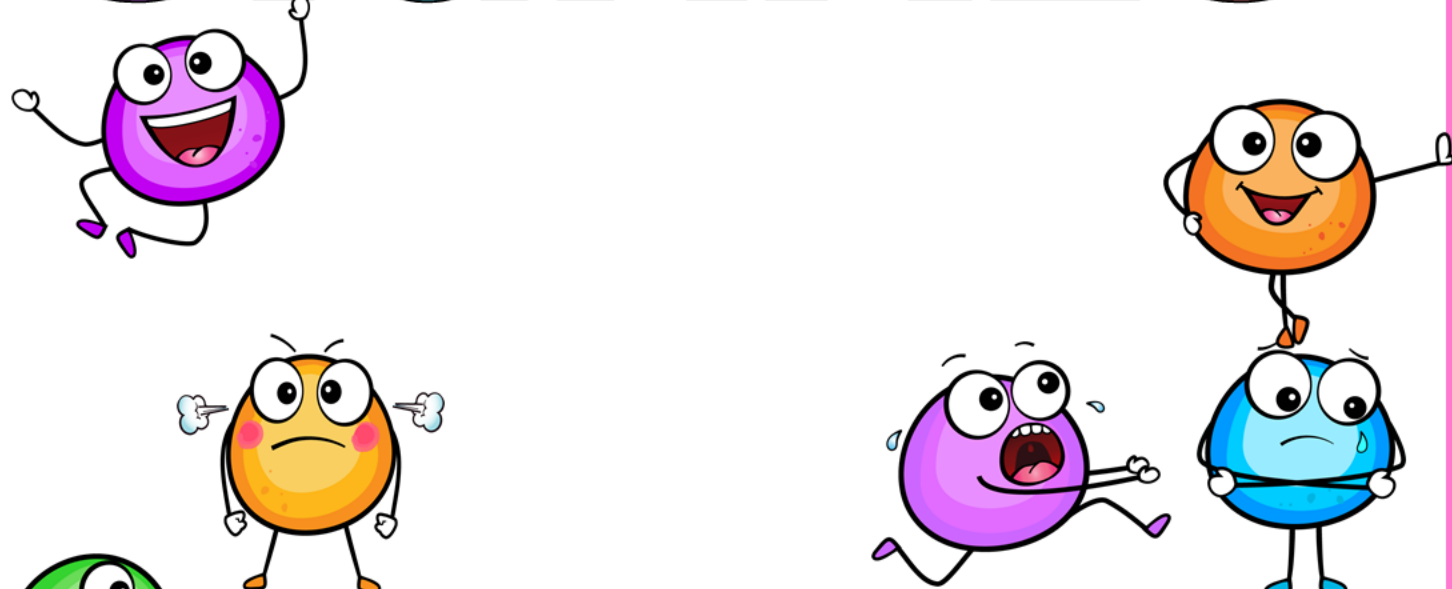
Excited



# F E E L I N G S

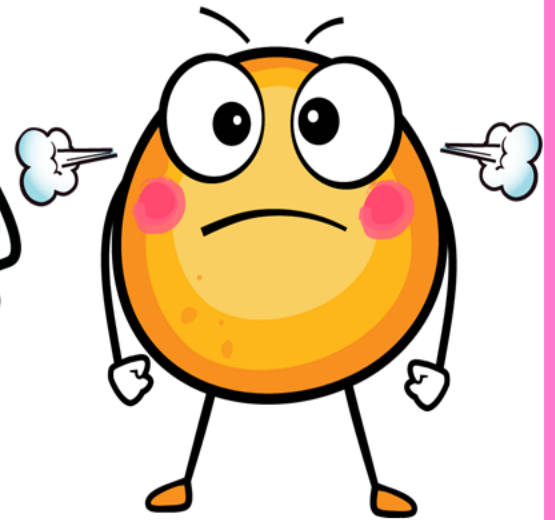
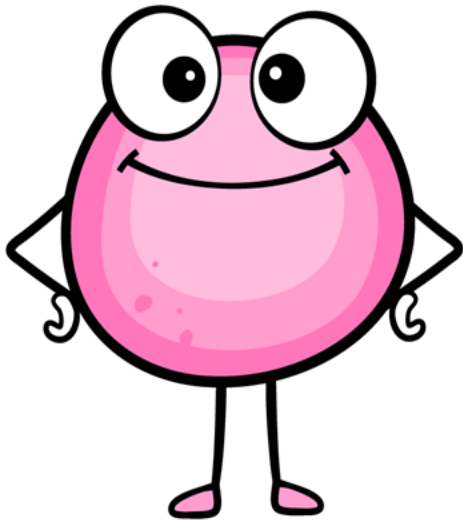


# S I G N A L S

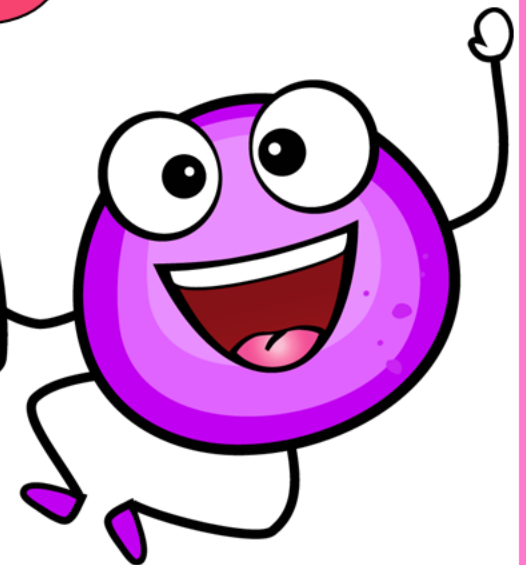
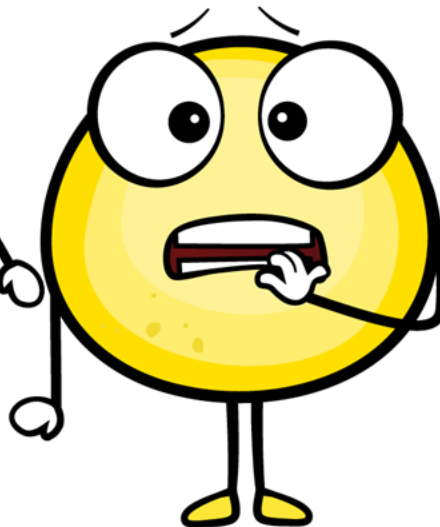
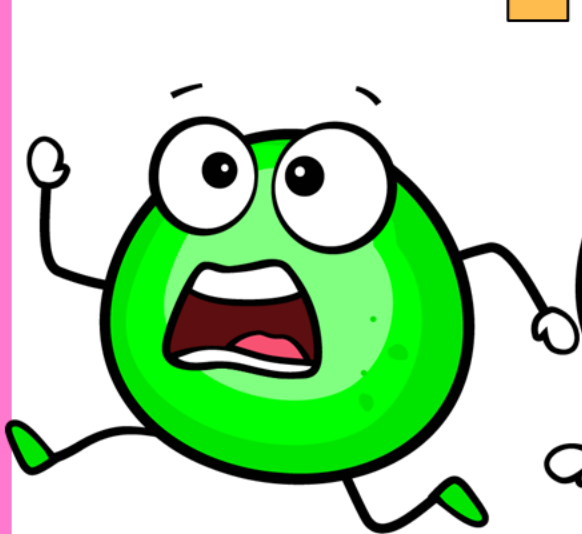


# B E S U R E T O S P O T T H E M

# HOW ARE

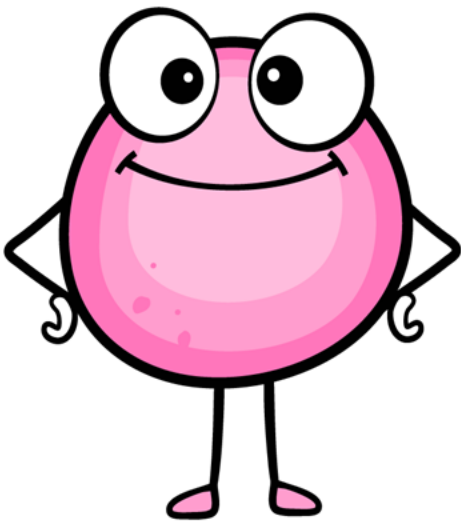


# YOU



# FEEELING?

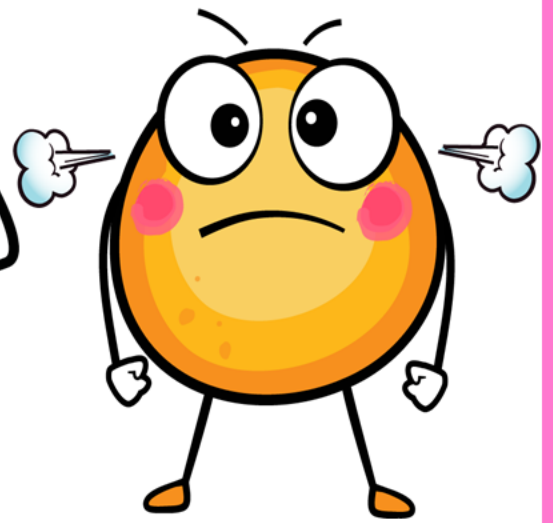
# F E E L I N G S



Happy



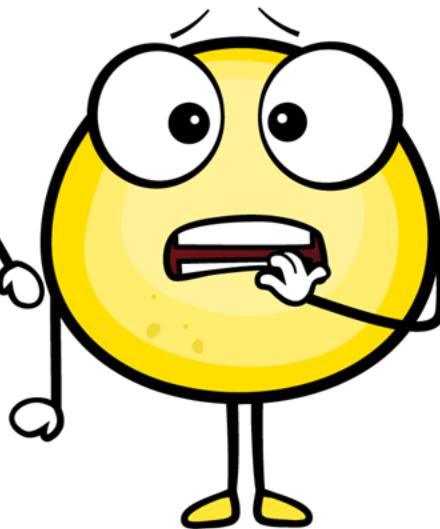
Sad



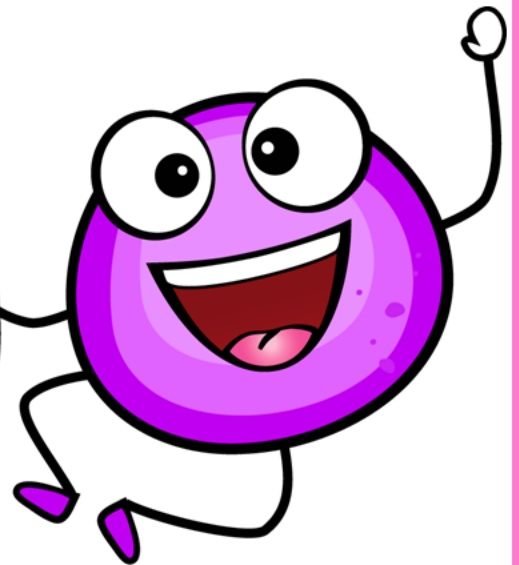
Angry



Scared



Nervous



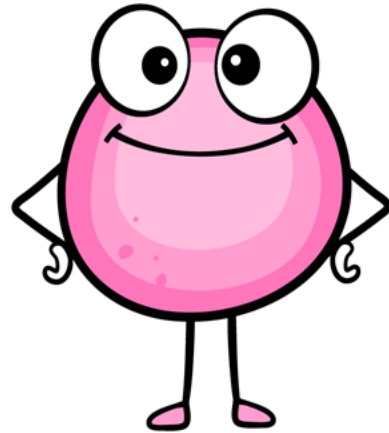
Excited



# HAPPY LOOKS LIKE



**Big Smile**



**Bright, wide eyes**



**Laughing**



**Skipping or Dancing**

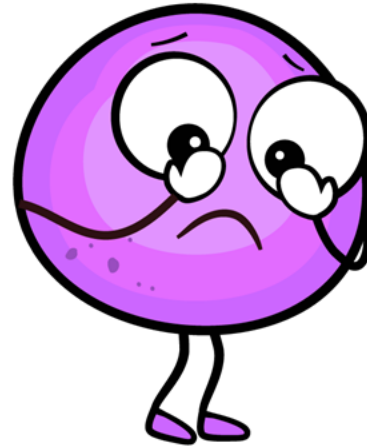




# SAD LOOKS LIKE



**Tears rolling**



**Frown**



**Shoulders  
slumped**



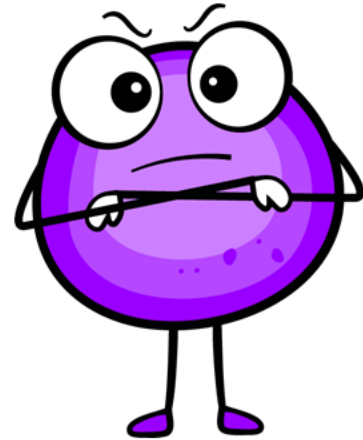
**Covering eyes**



# ANGRY LOOKS LIKE



**Red Face**



**Arms crossed**



**Stomping feet,  
clenched fists**



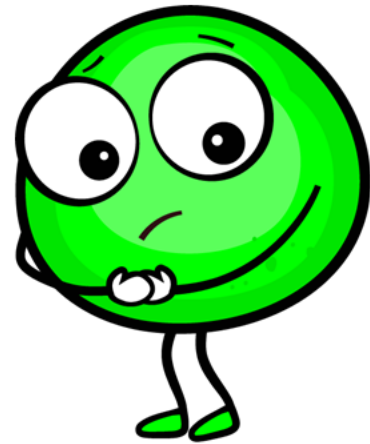
**Yelling or  
growling**



# SCARED LOOKS LIKE



**Eyes wide**



**Shaking body**



**Hiding**



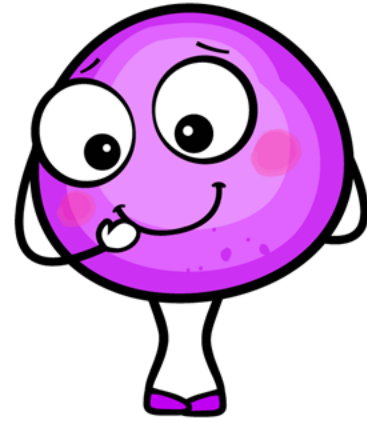
**Fast heartbeat**



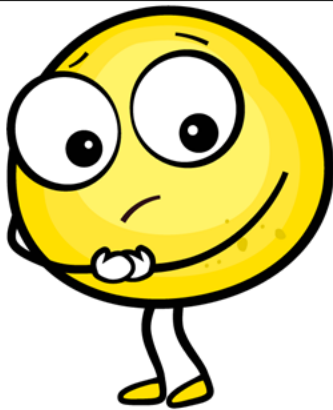
# NERVOUS LOOKS LIKE



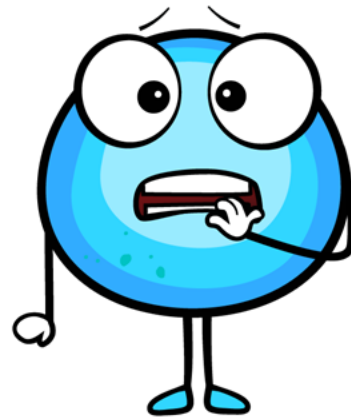
Avoiding eye  
contact



Sweaty hands



Fidgeting



Shaky voice



# EXCITED LOOKS LIKE



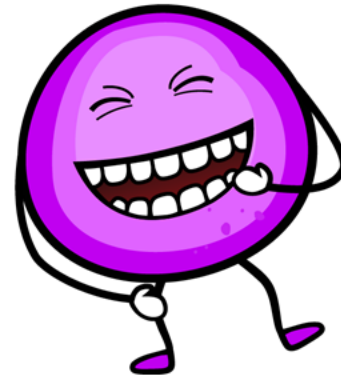
**Eyes sparkling**



**Big wide smile**



**Jumping up  
and down**



**Talking really fast**





# ACTIVITIES & HANDOUTS

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

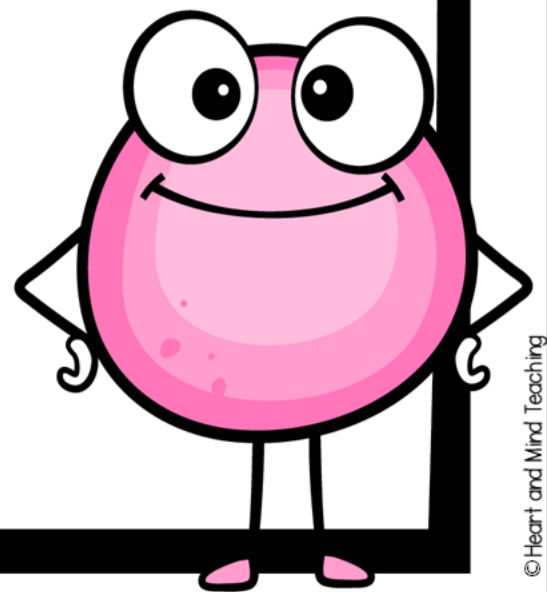
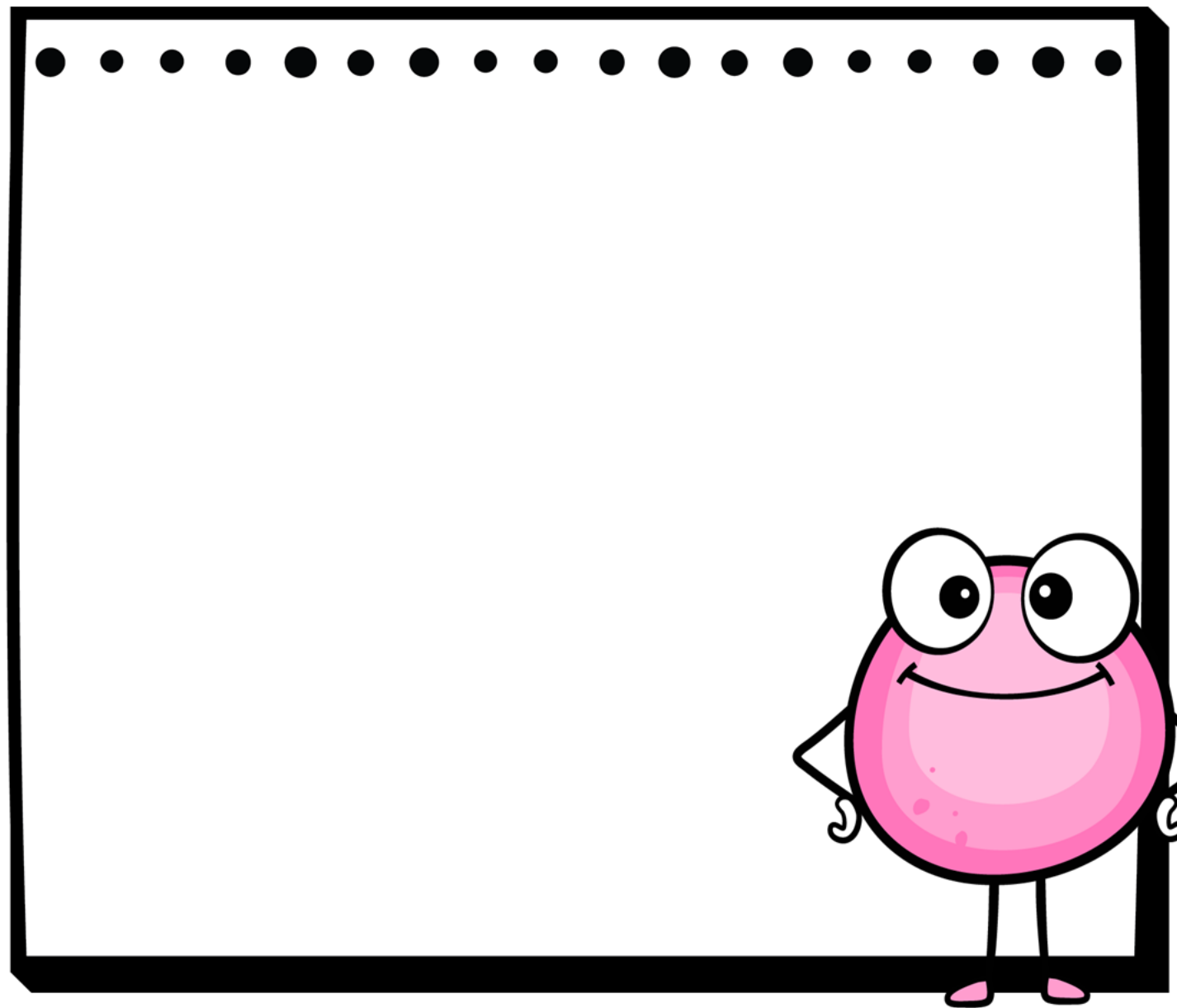
# SPOT THE FEELINGS

Write and draw how you are feeling right now.

---

---

---



# SPOT THE FEELINGS

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

Write and draw a time when you felt happy.



---

---

---

---

Write and draw a time when you felt sad.



---

---

---

---

Write and draw a time when you felt angry.

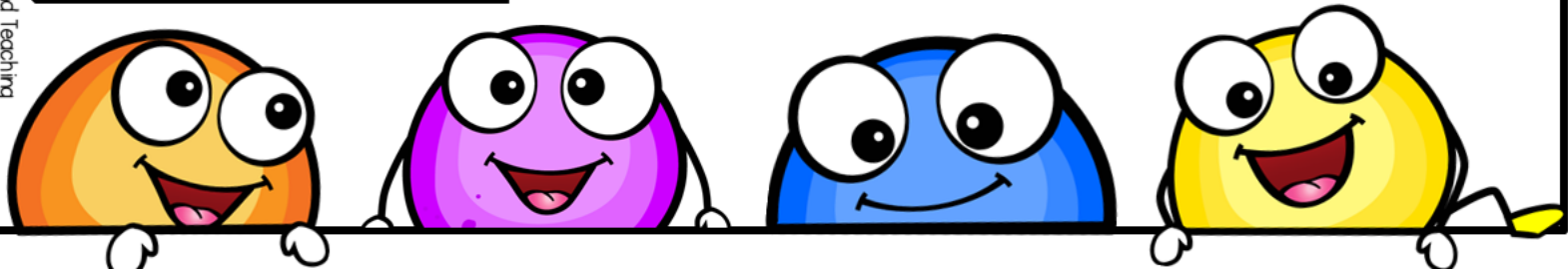


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# SPOT THE FEELINGS

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

Write and draw a time when you felt scared.



---

---

---

---

Write and draw a time when you felt nervous.



---

---

---

---

Write and draw a time when you felt excited.



---

---

---

---



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

# SPOT THE FEELINGS

Cut and paste the feelings spot to the correct column.

## HAPPY

## SAD



Tears rolling



Big Smile



Frown



Shoulders  
slumped



Skipping or  
Dancing



Laughing



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

# SPOT THE FEELINGS

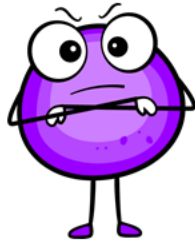
Cut and paste the feelings spot to the correct column.

## ANGRY

## NERVOUS



Shaky voice



Arms crossed



Fidgeting



Yelling or  
growling



Avoiding eye  
contact



Red Face

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

# SPOT THE FEELINGS

Cut and paste the feelings spot to the correct column.

## EXCITED

## SCARED



Eyes sparkling



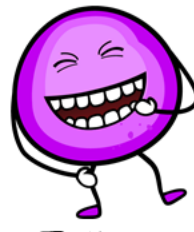
Eyes wide



Shaking body



Jumping up  
and down



Talking  
really fast



Fast  
heartbeat

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

# SPOT THE FEELINGS

Color the spot using the color chart.



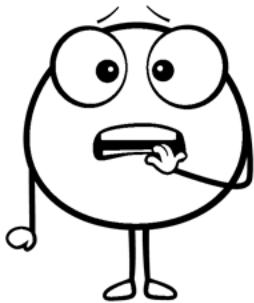
Excited



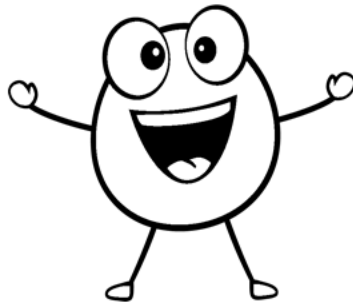
Angry



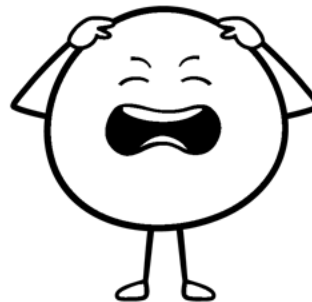
Scared



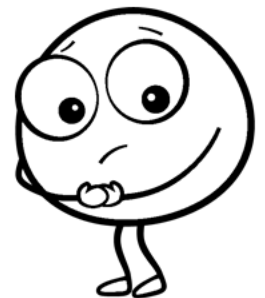
Eyes wide



Eyes sparkling



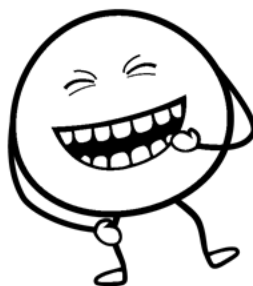
Yelling or growling



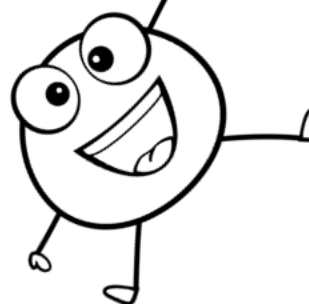
Shaking body



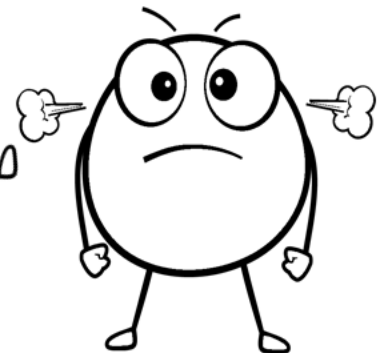
Stomping feet,  
clenched fists



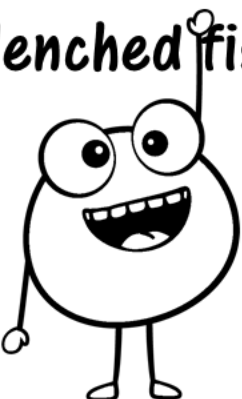
Talking  
really fast



Jumping up  
and down



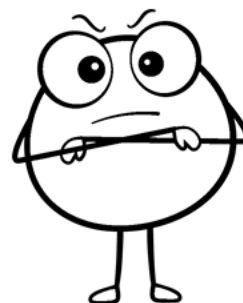
Red Face



Big wide smile



Hiding



Arms crossed



Fast heartbeat

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

# SPOT THE FEELINGS

Color the spot using the color chart.



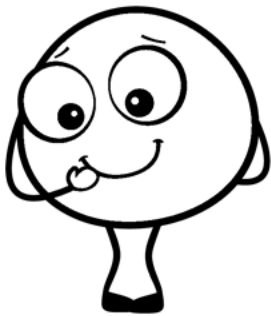
Sad



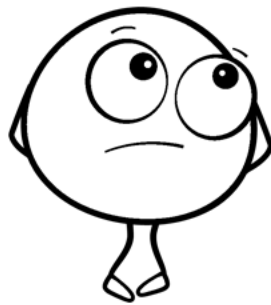
Nervous



Happy



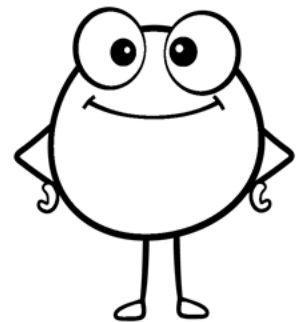
Sweaty hands



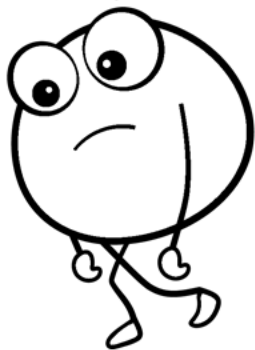
Avoiding eye contact



Covering eyes



Bright, wide eyes



Shoulders slumped



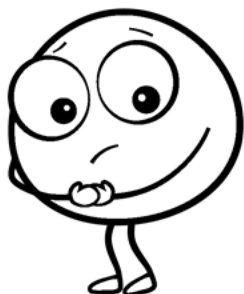
Skipping or Dancing



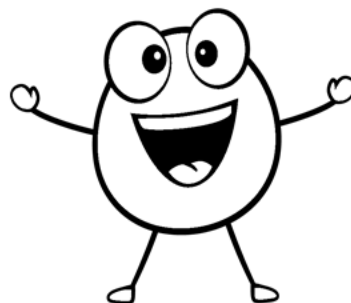
Frown



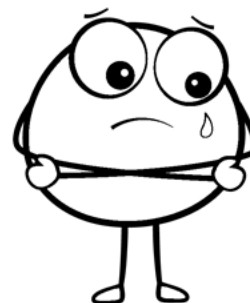
Laughing



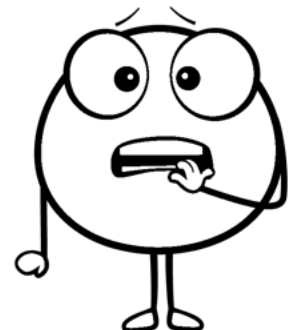
Fidgeting



Big Smile



Tears rolling











Shaky voice

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

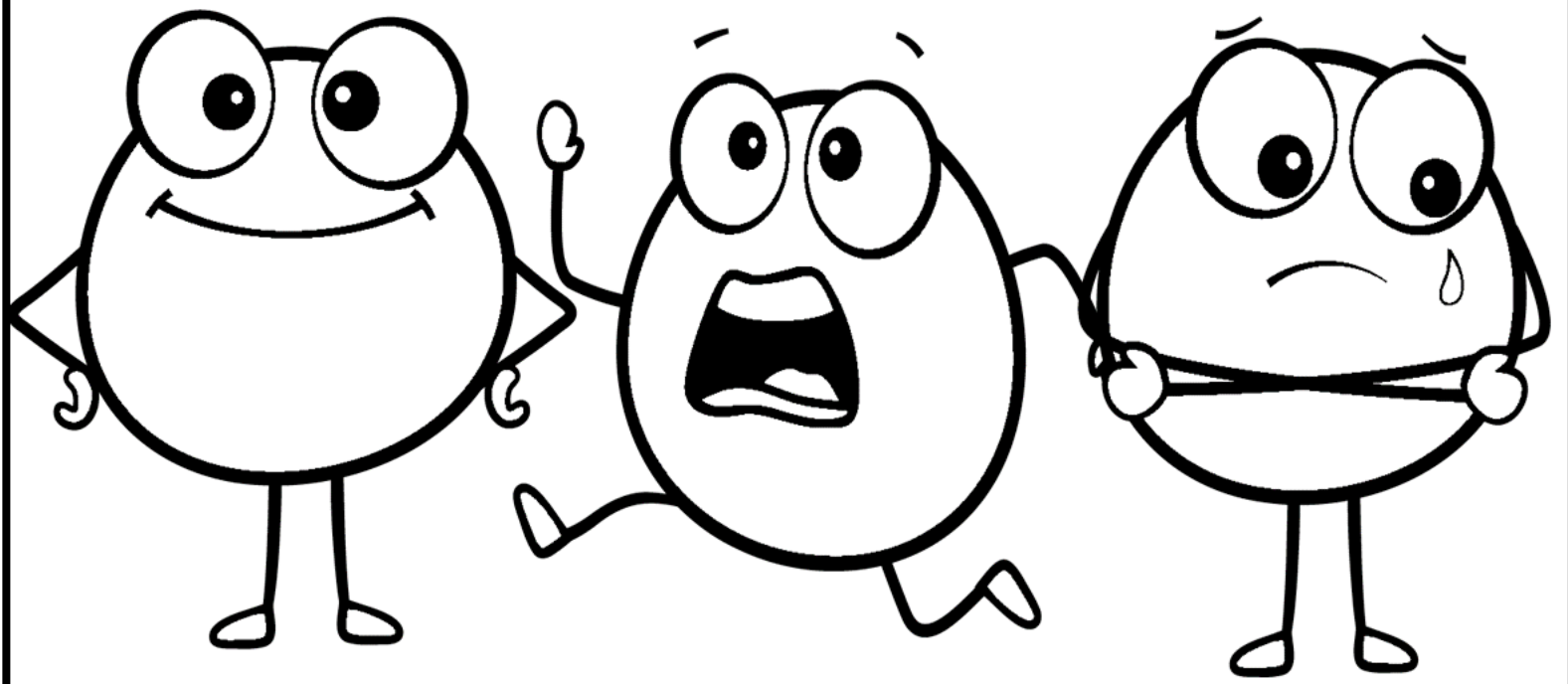
# SPOT THE FEELINGS

Color in the feeling that matches the image shown.

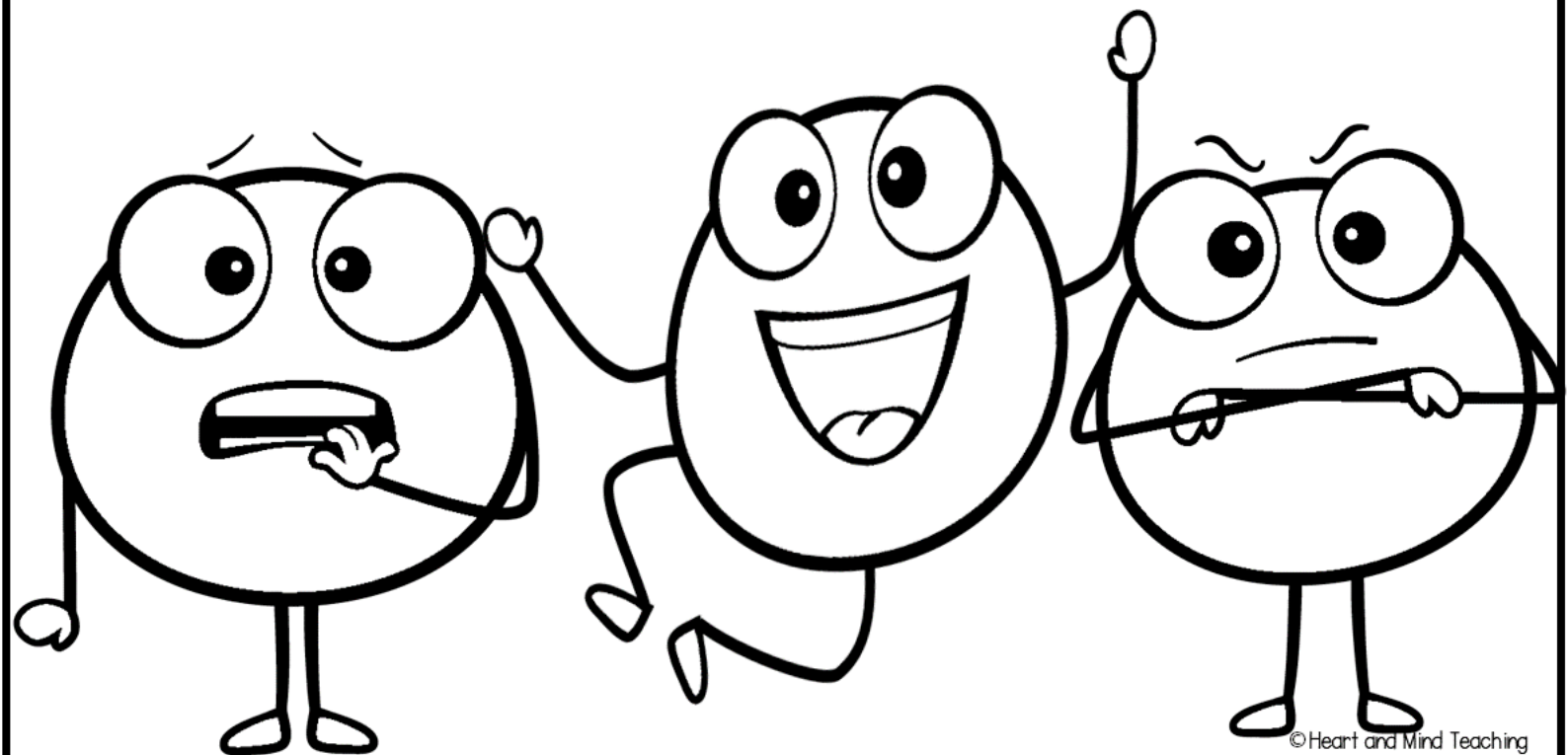
 Eyes sparkling	Happy	 Shoulders slumped	Happy
	Nervous		Sad
	Scared		Scared
 Eyes wide	Happy	 Red Face	Happy
	Sad		Angry
	Scared		Scared
 Frown	Happy	 Jumping up and down	Excited
	Sad		Sad
	Scared		Scared
 Fast heartbeat	Happy	 Fidgeting	Happy
	Sad		Nervous
	Scared		Angry

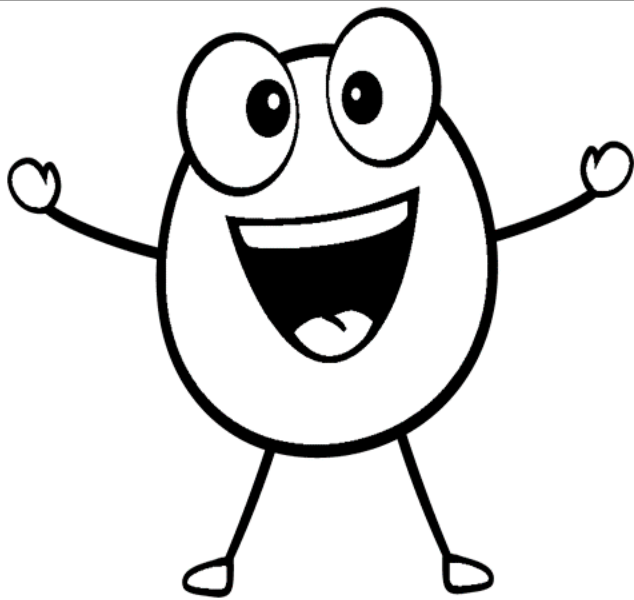


# Coloring Pages

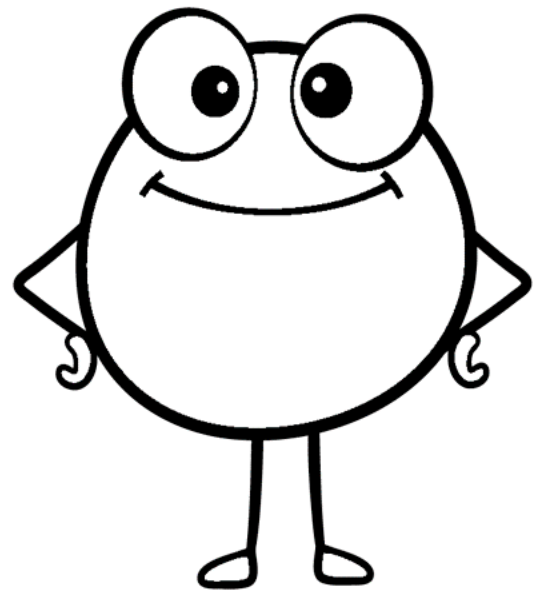


FEELINGS  
ARE SIGNALS



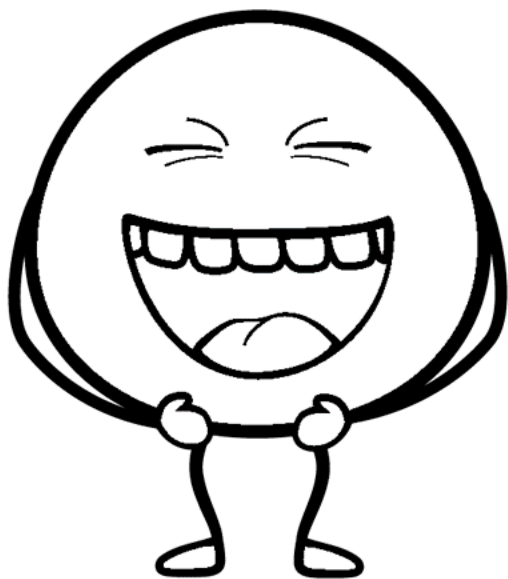


**Big Smile**

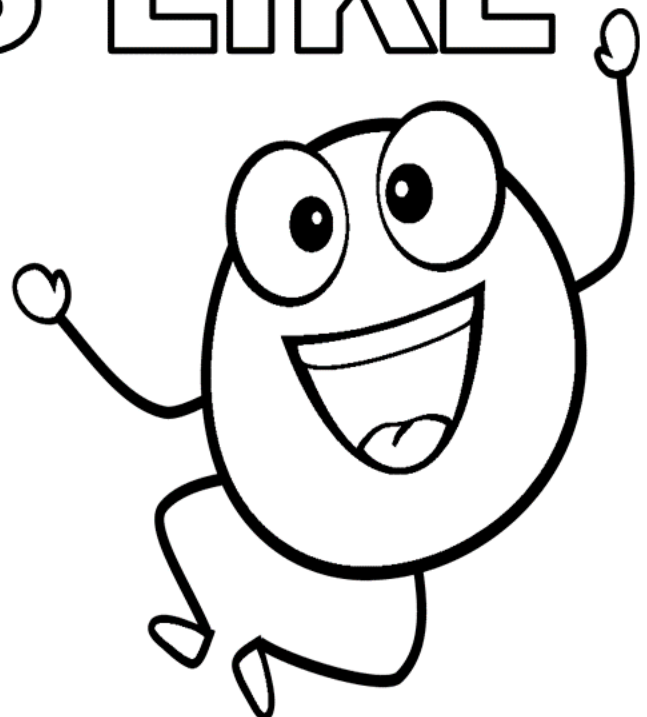


**Bright, wide eyes**

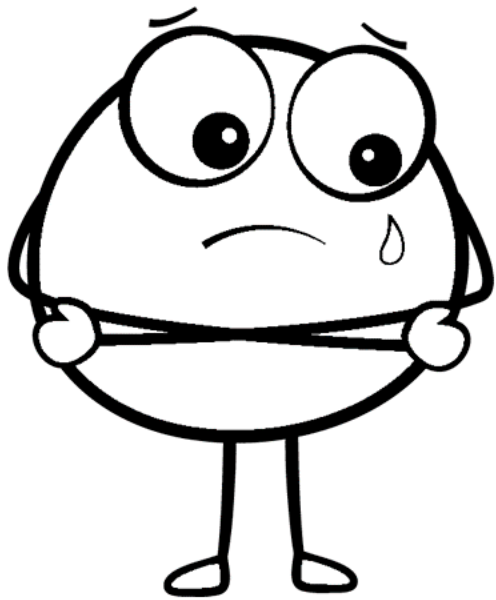
# HAPPY LOOKS LIKE



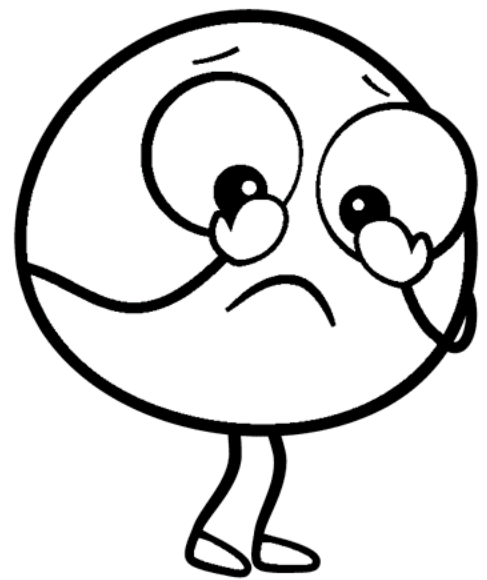
**Laughing**



**Skipping or Dancing**



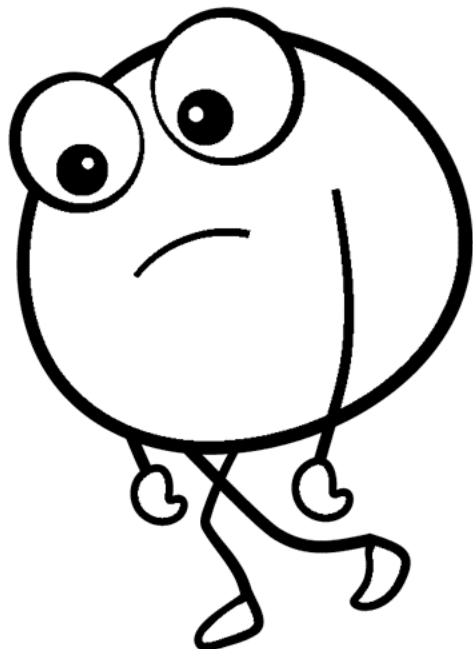
**Tears rolling**



**Frown**

# SAD

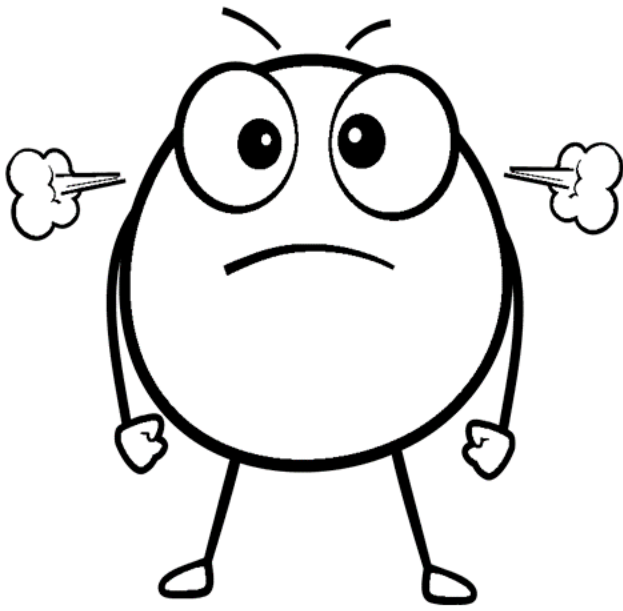
## LOOKS LIKE



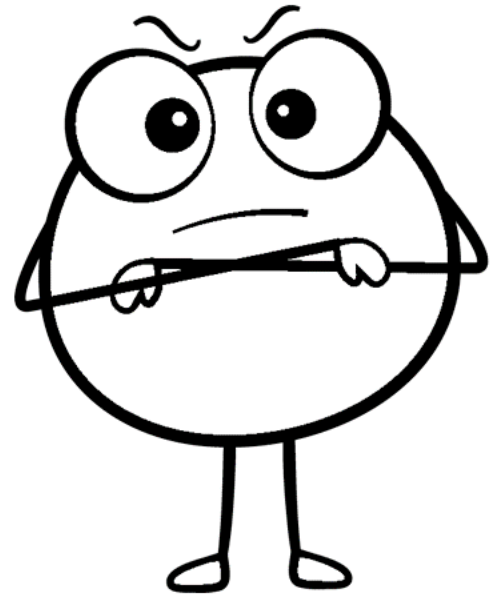
**Shoulders slumped**



**Covering eyes**



**Red Face**



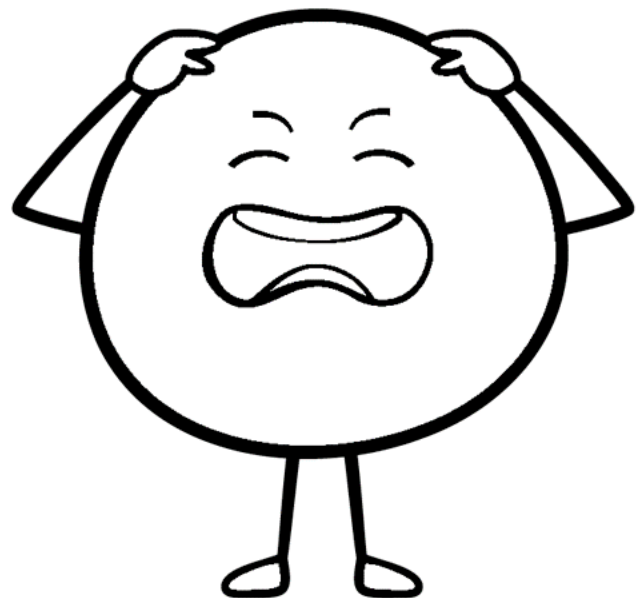
**Arms crossed**

# ANGRY

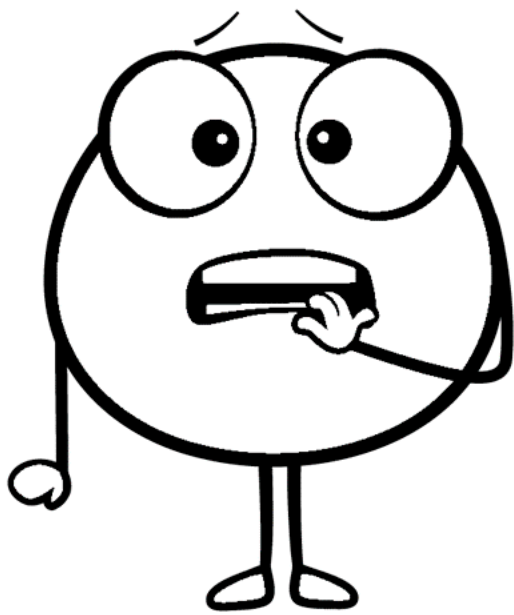
## LOOKS LIKE



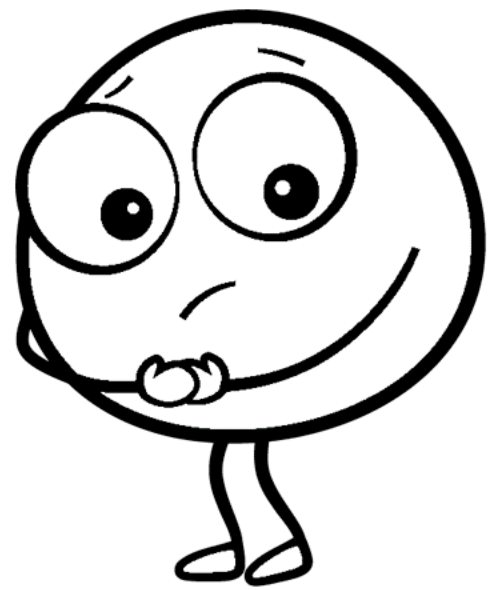
**Stomping feet,  
clenched fists**



**Yelling or growling**

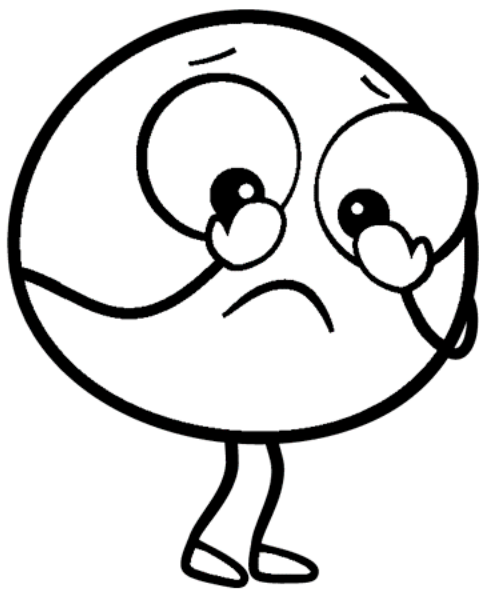


**Eyes wide**

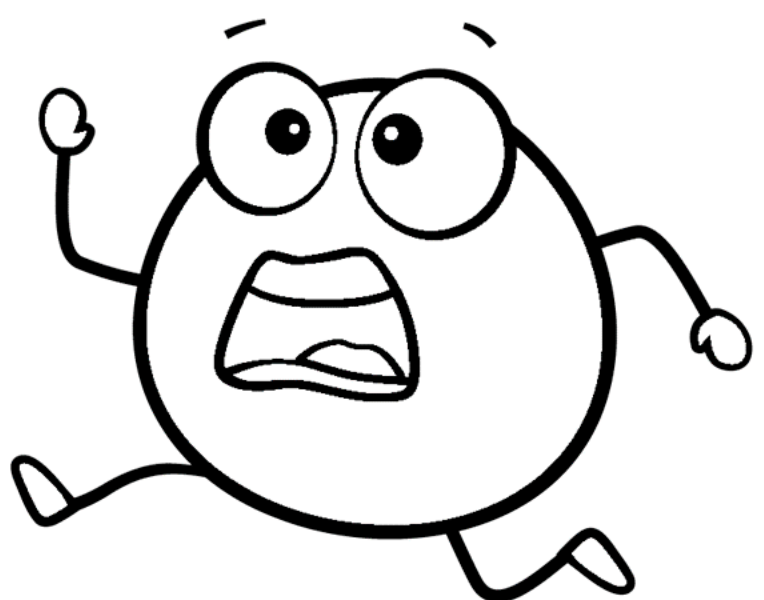


**Shaking body**

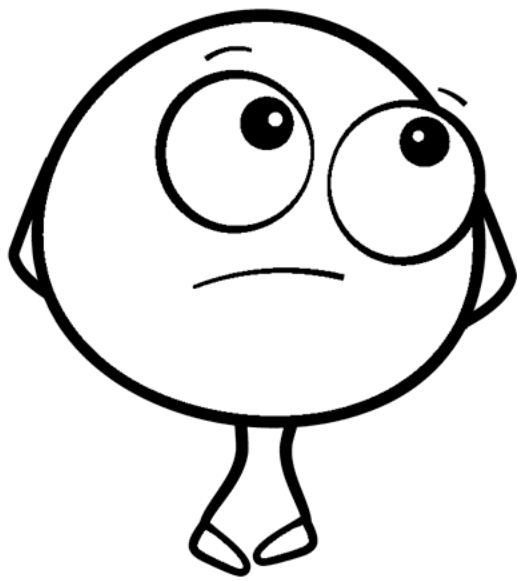
# SCARED LOOKS LIKE



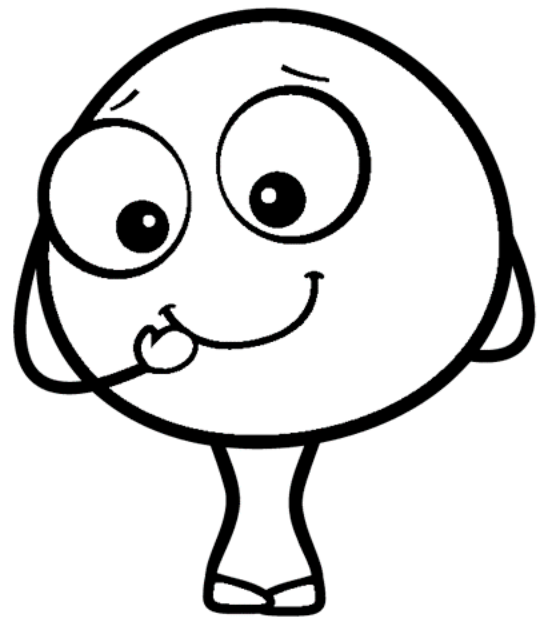
**Hiding**



**Fast heartbeat**

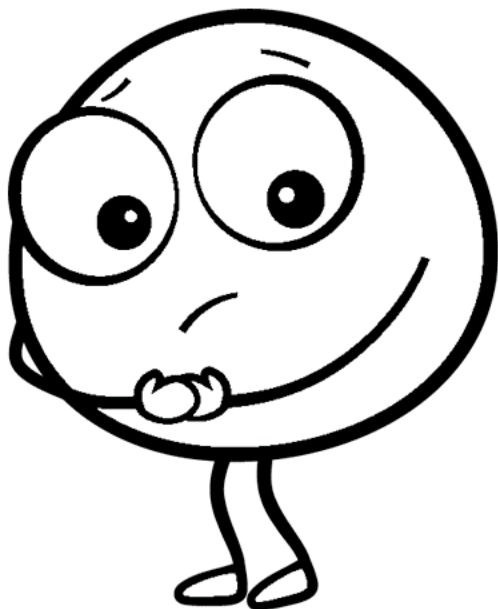


**Avoiding eye  
contact**

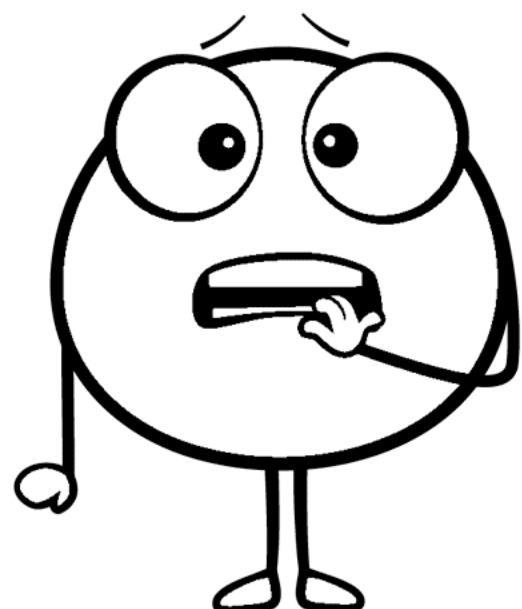


**Sweaty hands**

# NERVOUS LOOKS LIKE

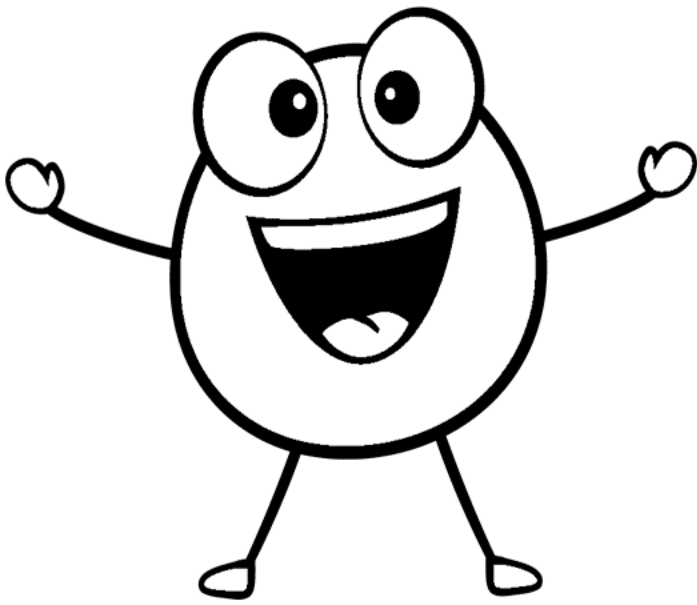


**Fidgeting**

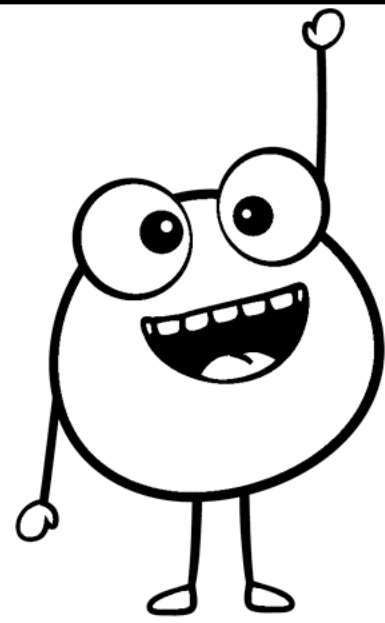


**Shaky voice**



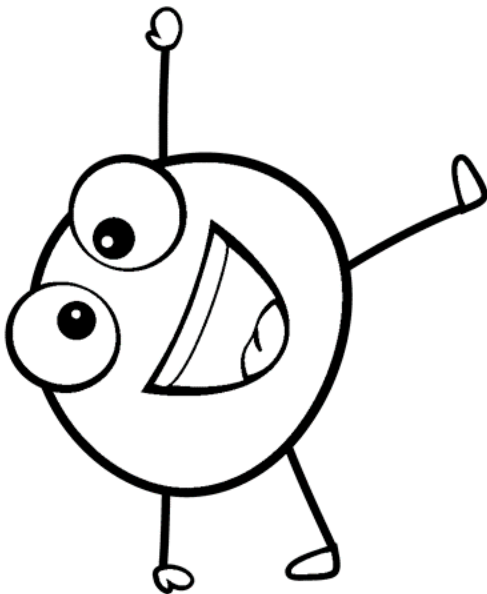


**Eyes sparkling**

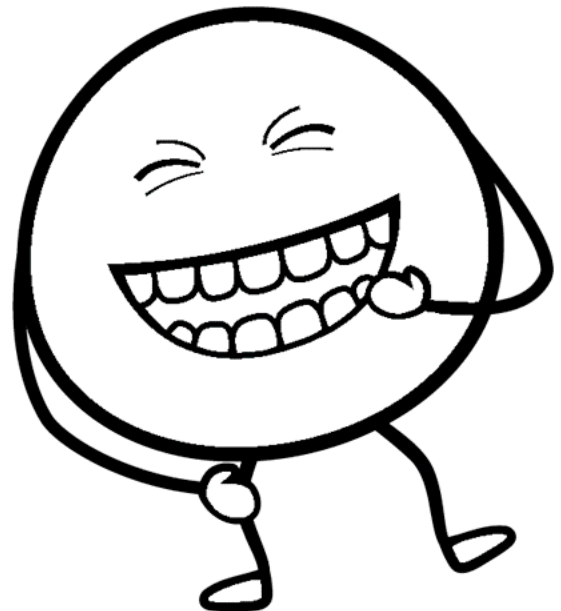


**Big wide smile**

**EXCITED**  
**LOOKS LIKE**



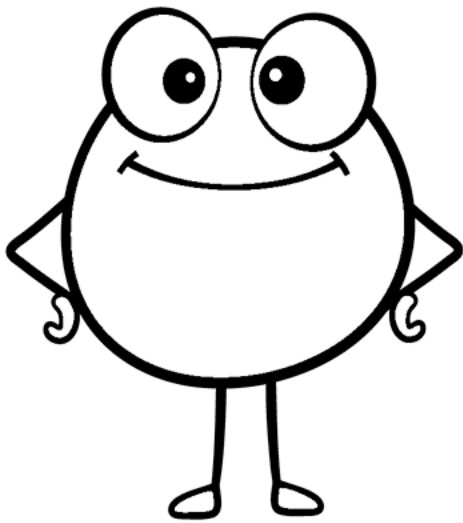
**Jumping up  
and down**



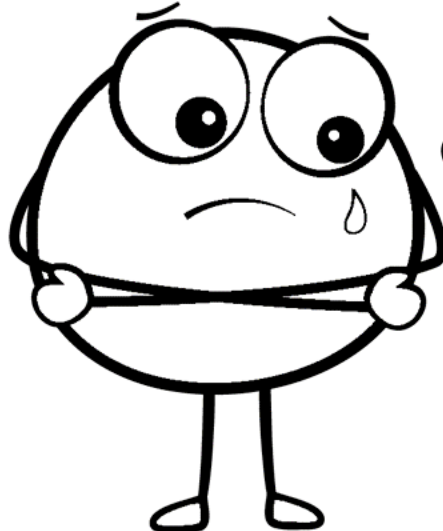
**Talking really fast**

# Black & White Version

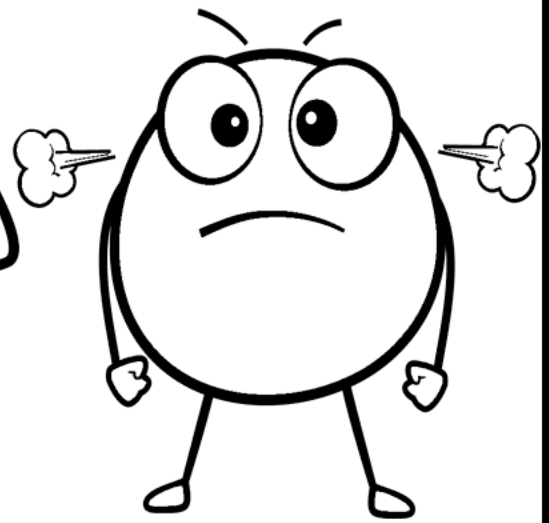
# FEELINGS



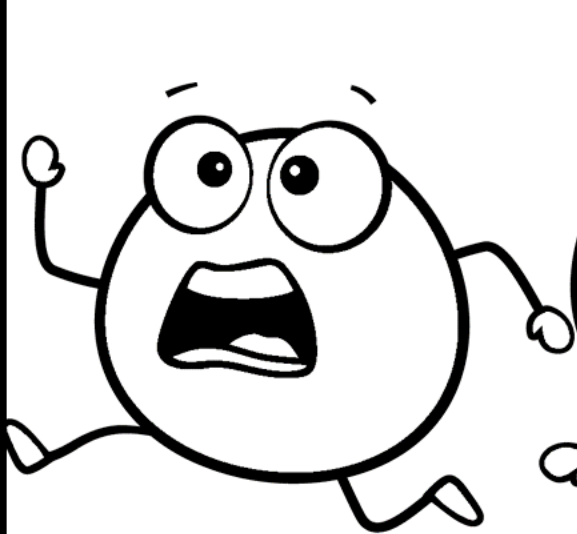
**Happy**



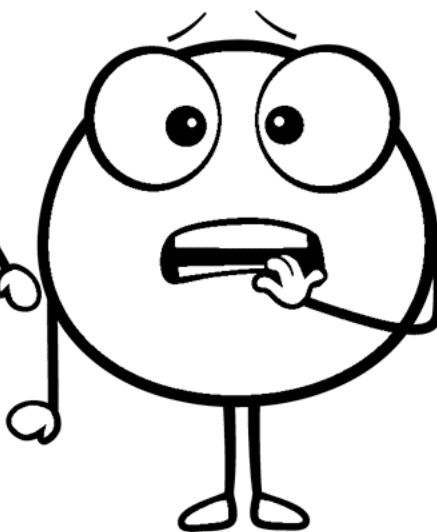
**Sad**



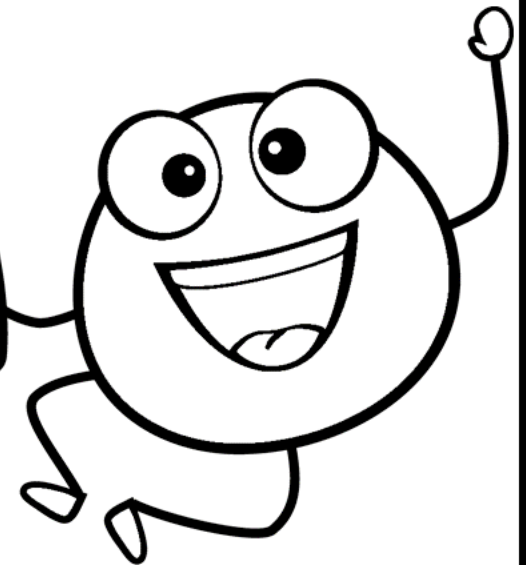
**Angry**



**Scared**



**Nervous**



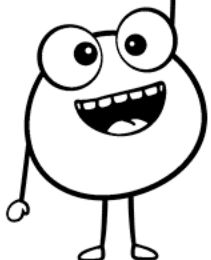
**Excited**



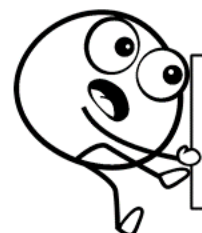
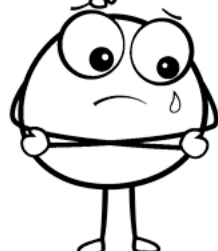
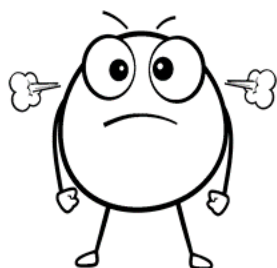
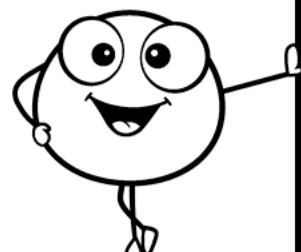
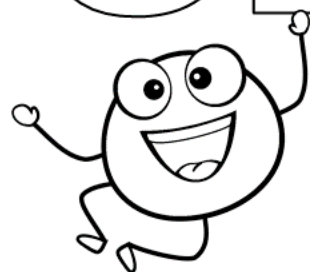
# FEEELINGS



# ARE



# SIGNALS

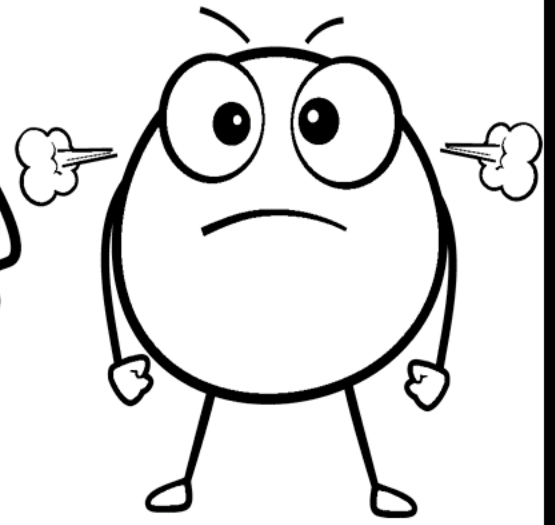
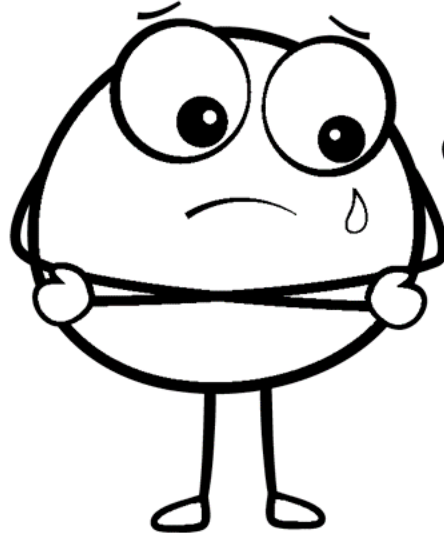
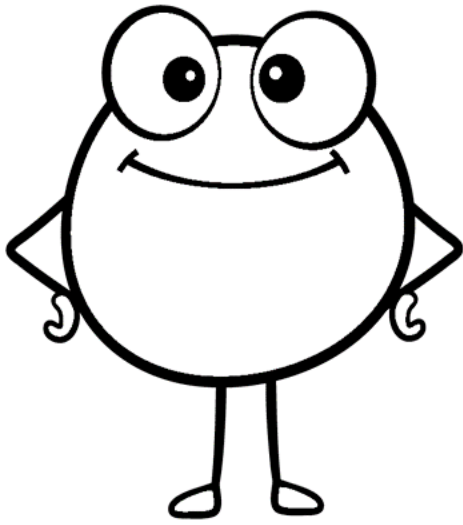


# BE SURE TO

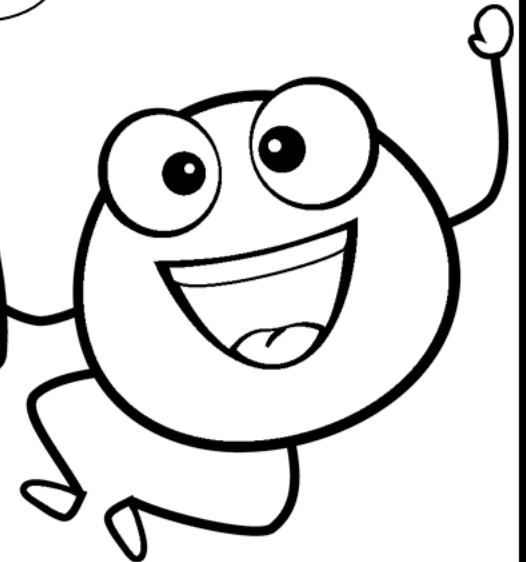
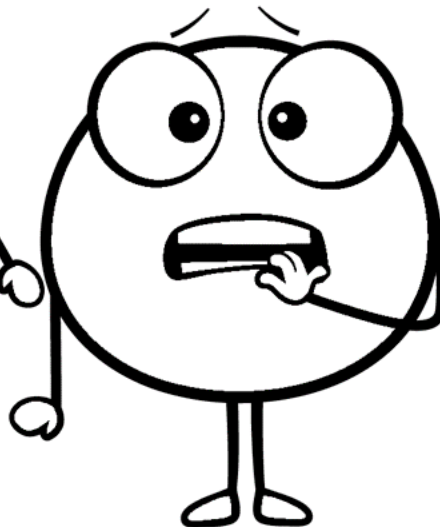
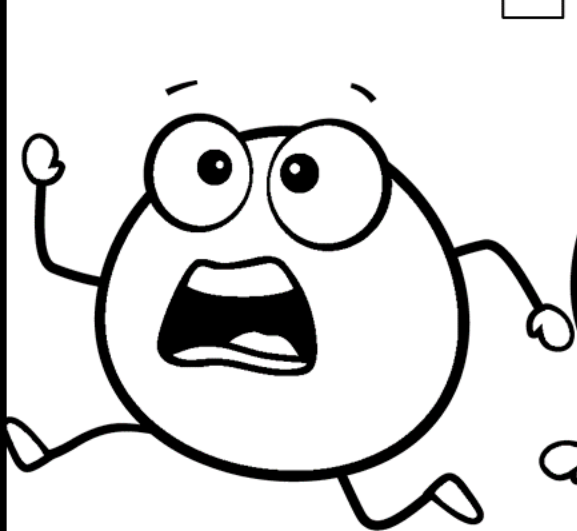
# SPOT THEM



# HOW ARE

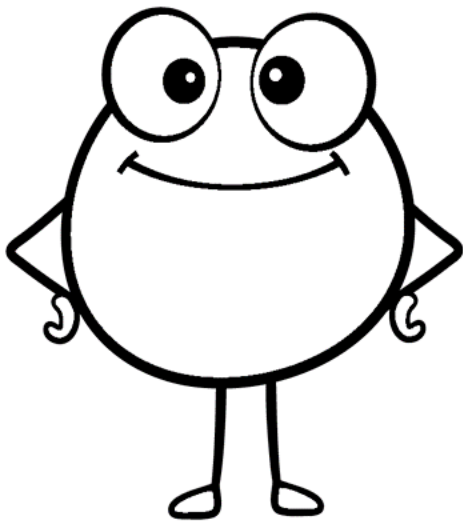


# YOU

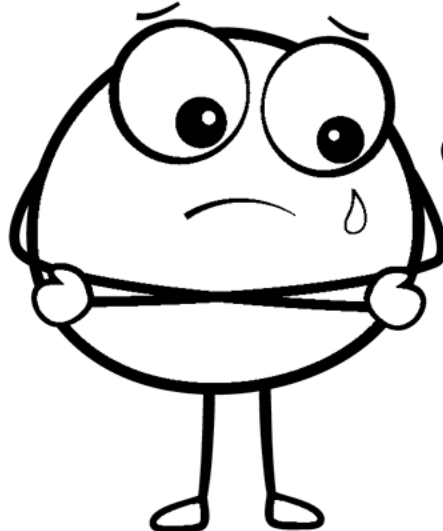


# FEEELING?

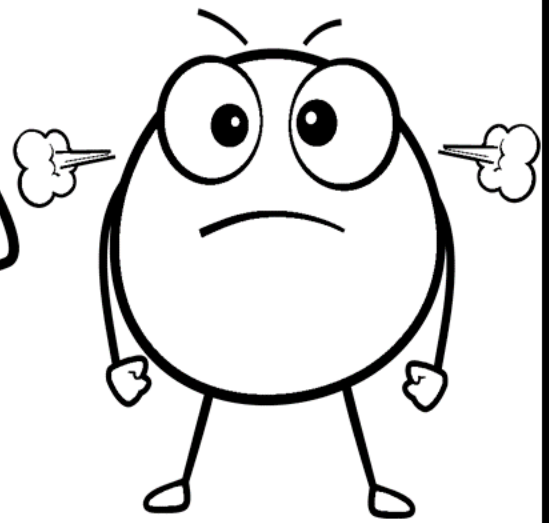
# FEELINGS



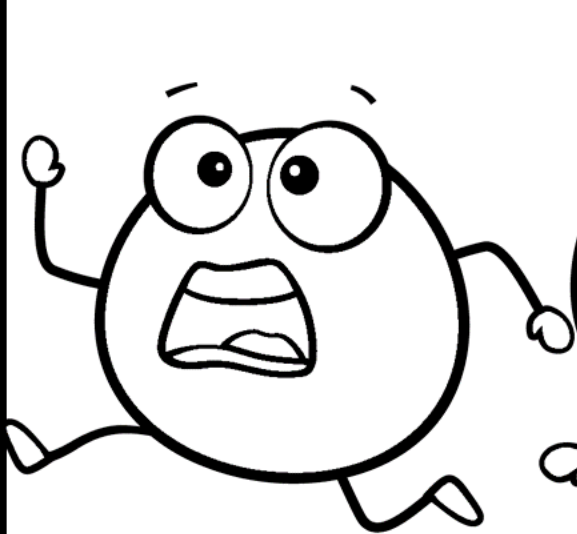
**Happy**



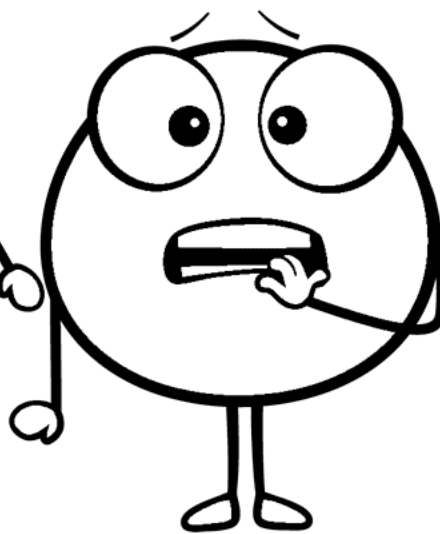
**Sad**



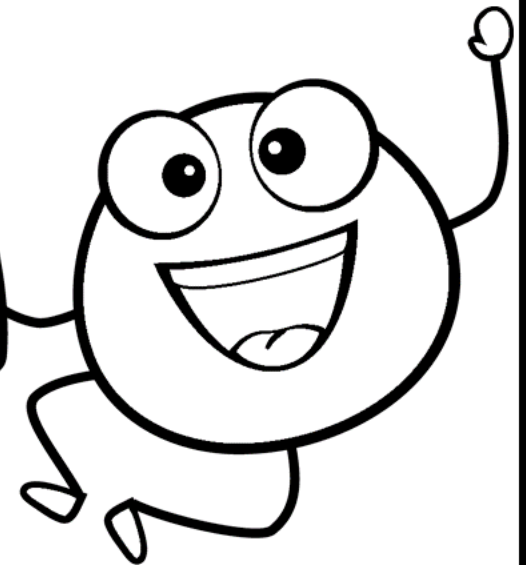
**Angry**



**Scared**



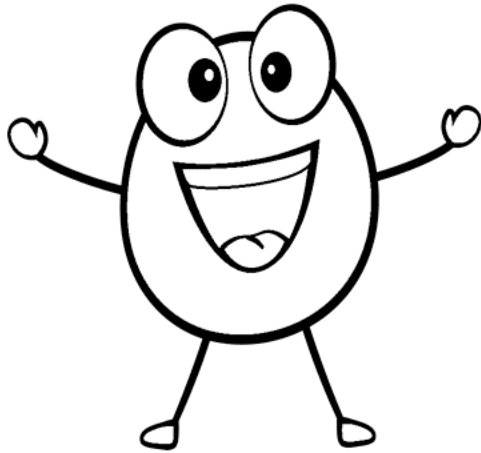
**Nervous**



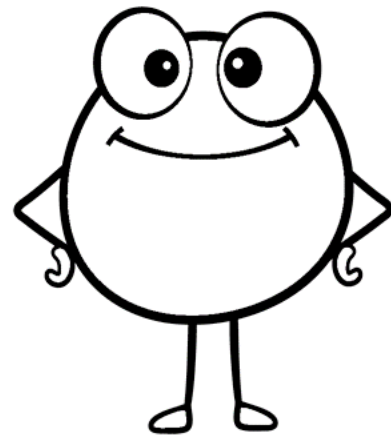
**Excited**



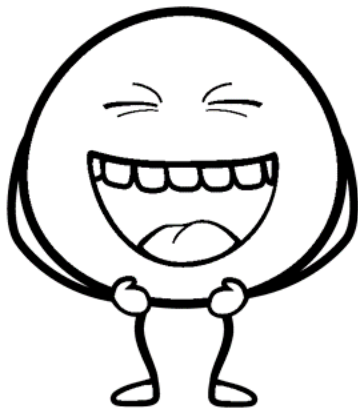
# HAPPY LOOKS LIKE



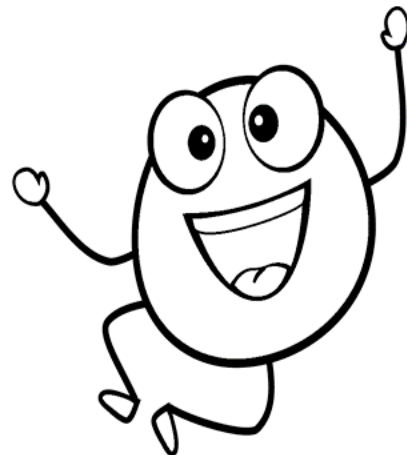
**Big Smile**



**Bright, wide eyes**



**Laughing**

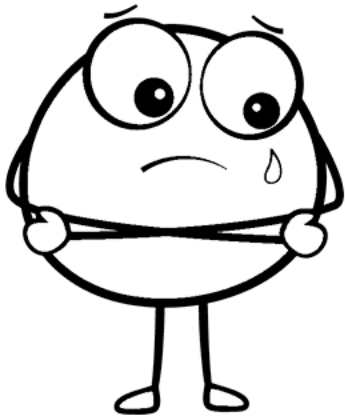


**Skipping or Dancing**

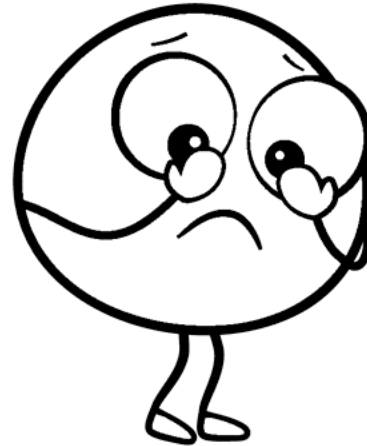




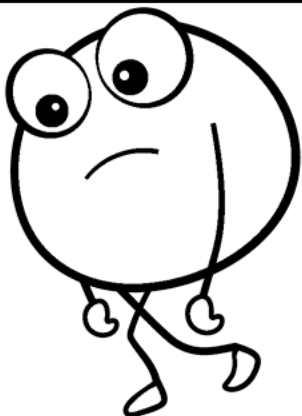
# SAD LOOKS LIKE



**Tears rolling**



**Frown**



**Shoulders  
slumped**

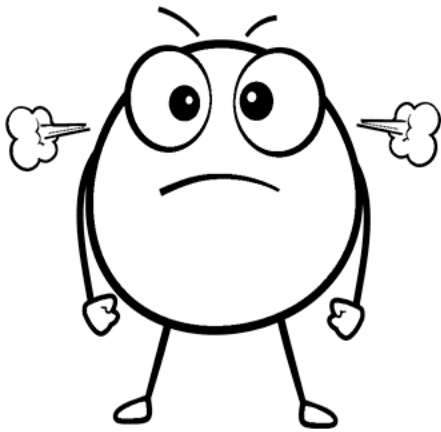


**Covering eyes**

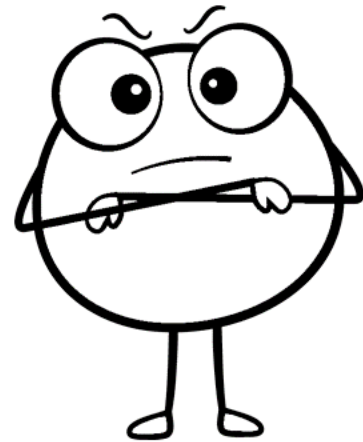


# ANGRY

## LOOKS LIKE



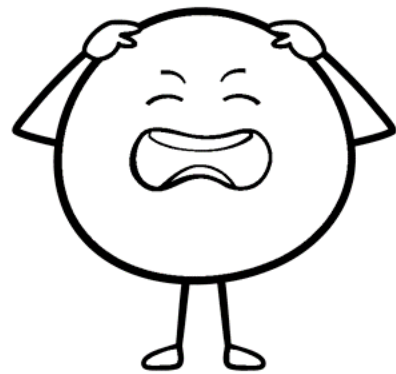
**Red Face**



**Arms crossed**



**Stomping feet,  
clenched fists**

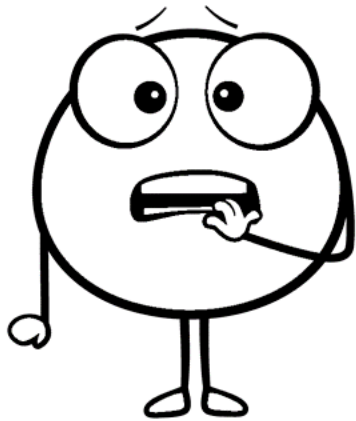


**Yelling or  
growling**

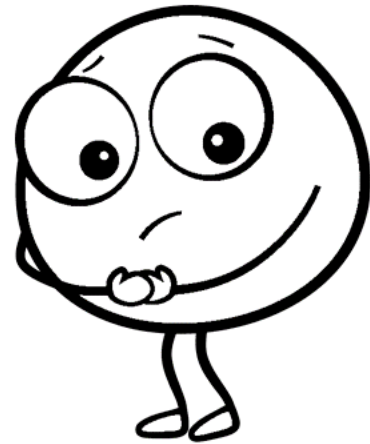


# SCARED

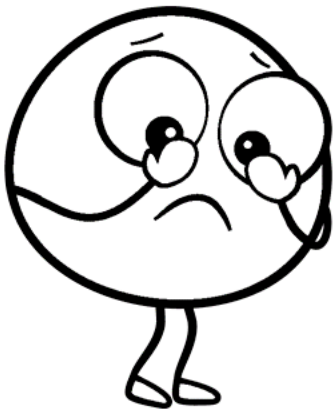
## LOOKS LIKE



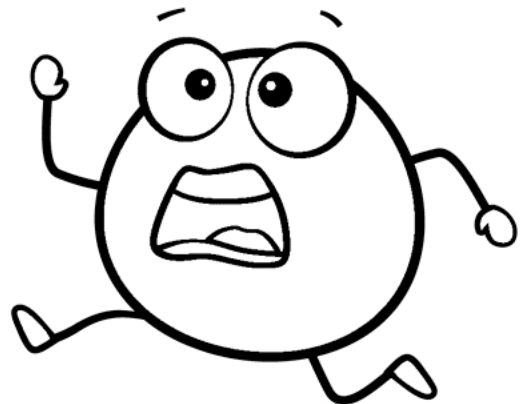
**Eyes wide**



**Shaking body**



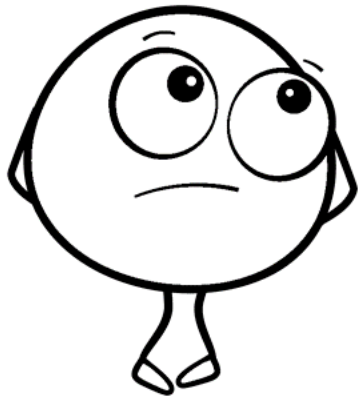
**Hiding**



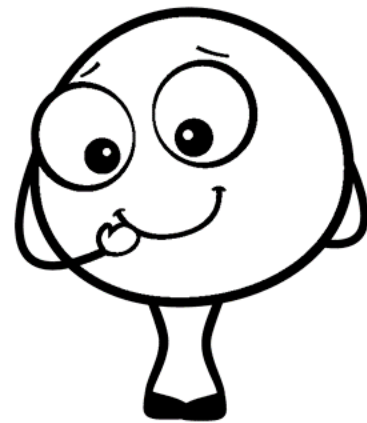
**Fast heartbeat**



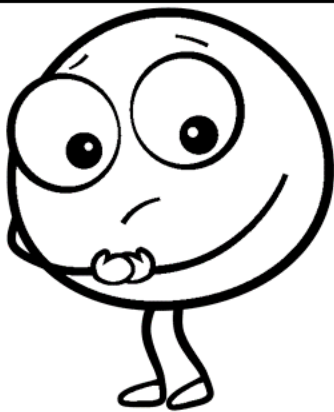
# NERVOUS LOOKS LIKE



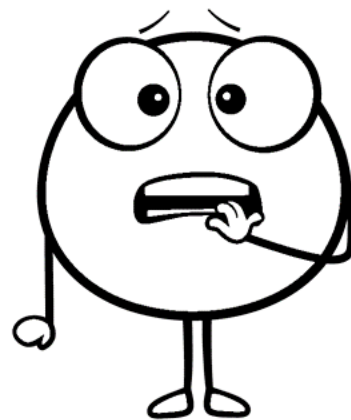
**Avoiding eye  
contact**



**Sweaty hands**



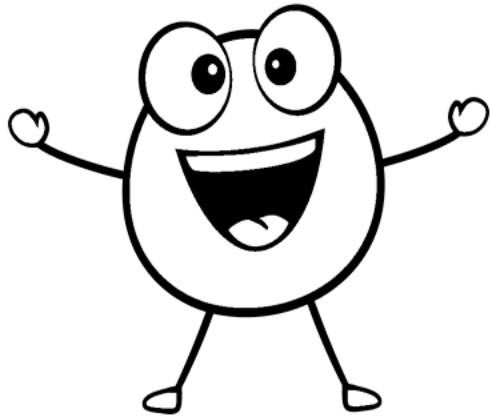
**Fidgeting**



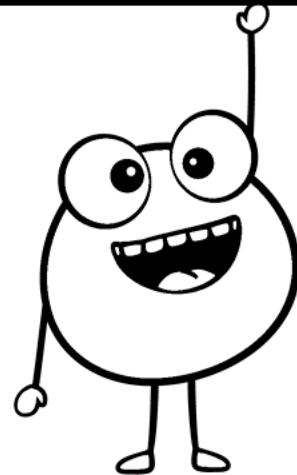
**Shaky voice**



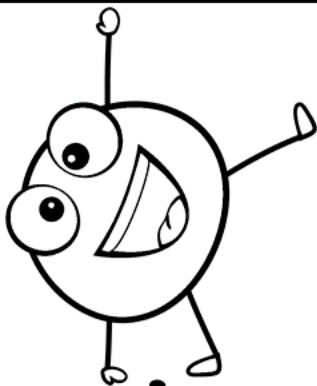
# EXCITED LOOKS LIKE



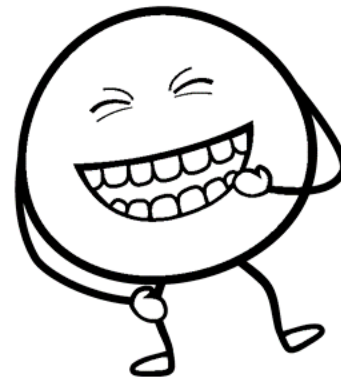
**Eyes sparkling**



**Big wide smile**



**Jumping up  
and down**



**Talking really fast**



# ACTIVITIES & HANDOUTS

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

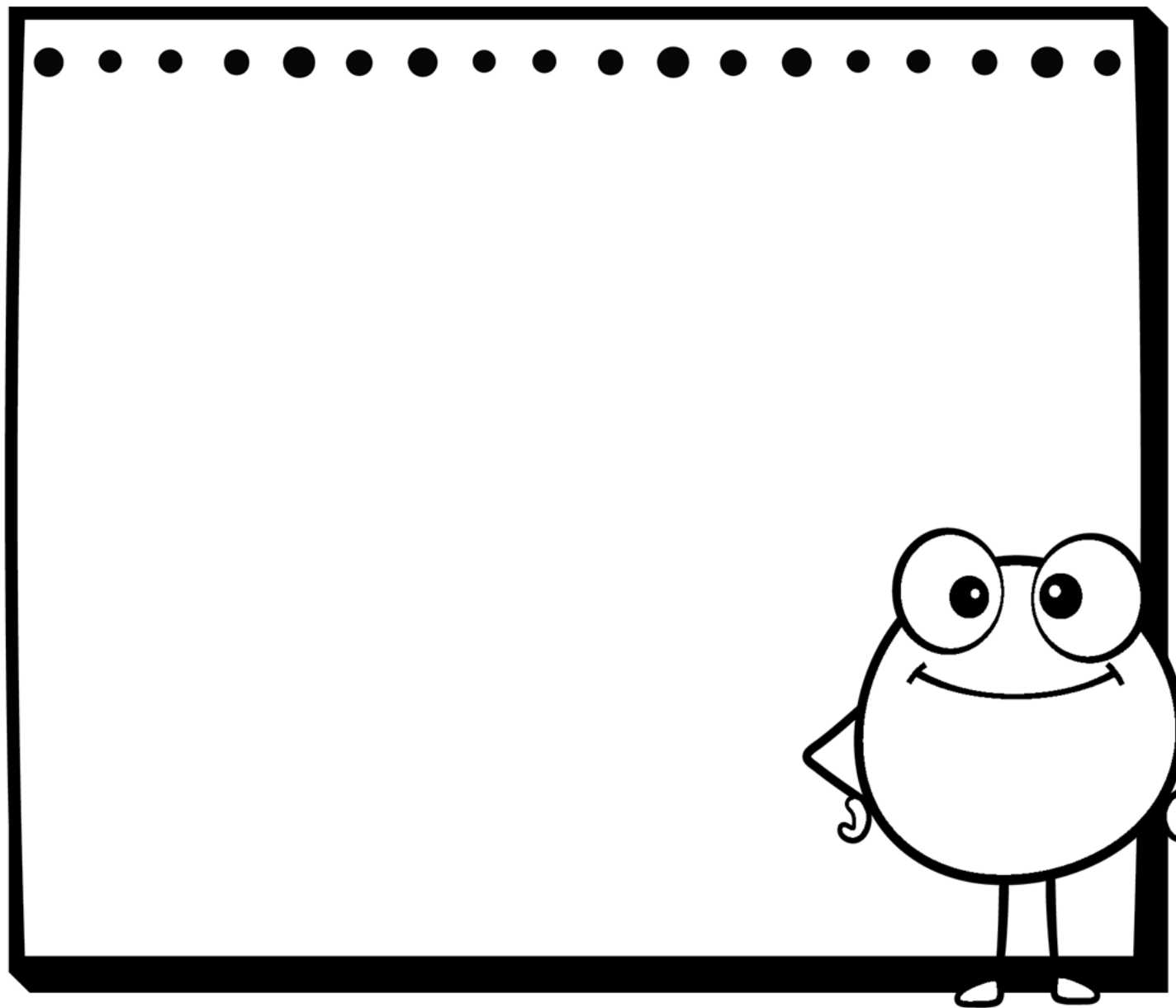
# SPOT THE FEELINGS

*Write and draw how you are feeling right now.*

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# SPOT THE FEELINGS

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

Write and draw a time when you felt happy.



---

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---

---

Write and draw a time when you felt sad.



---

---

---

---

Write and draw a time when you felt angry.

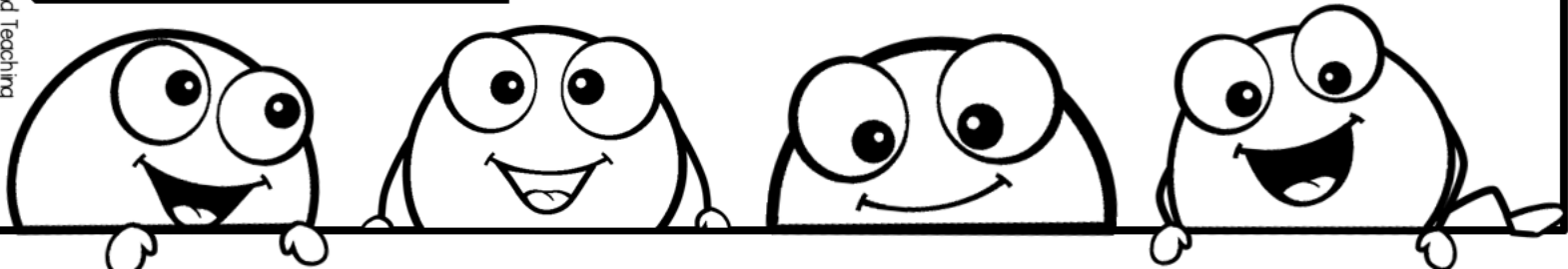


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# SPOT THE FEELINGS

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

Write and draw a time when you felt scared.



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---

---

Write and draw a time when you felt nervous.



---

---

---

---

Write and draw a time when you felt excited.

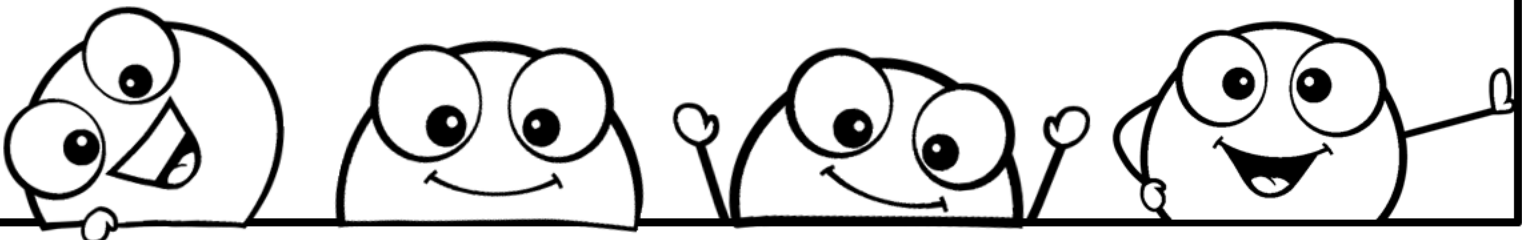


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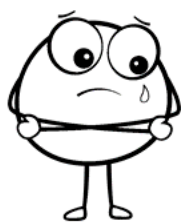
Name: \_\_\_\_\_

# SPOT THE FEELINGS

Cut and paste the feelings spot to the correct column.

## HAPPY

## SAD



Tears rolling



Big Smile



Frown



Shoulders  
slumped



Skipping or  
Dancing



Laughing

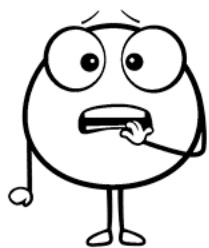
Name: \_\_\_\_\_

# SPOT THE FEELINGS

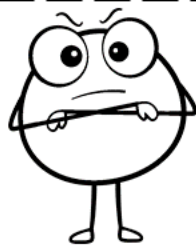
Cut and paste the feelings spot to the correct column.

## ANGRY

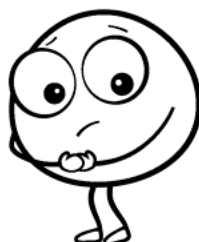
## NERVOUS



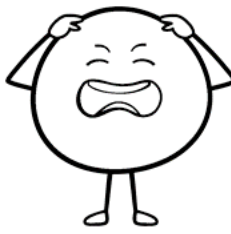
Shaky voice



Arms crossed



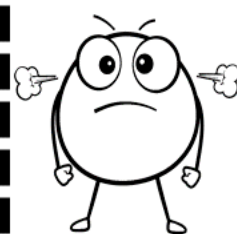
Fidgeting



Yelling or growling



Avoiding eye contact



Red Face

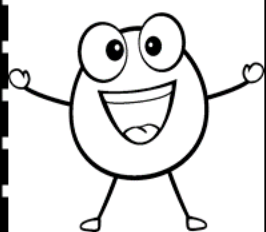
Name: \_\_\_\_\_

# SPOT THE FEELINGS

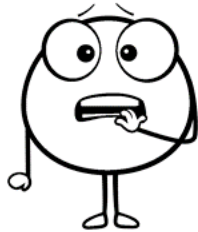
Cut and paste the feelings spot to the correct column.

## EXCITED

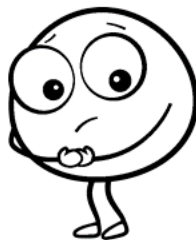
## SCARED



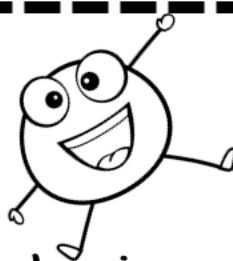
Eyes sparkling



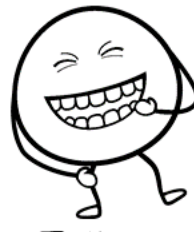
Eyes wide



Shaking body



Jumping up  
and down



Talking  
really fast



Fast  
heartbeat

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

# SPOT THE FEELINGS

Color the spot using the color chart.



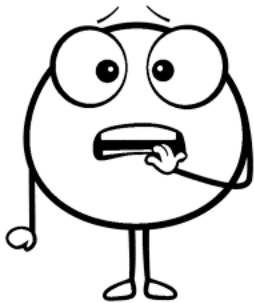
Excited



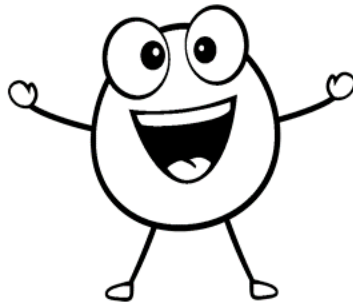
Angry



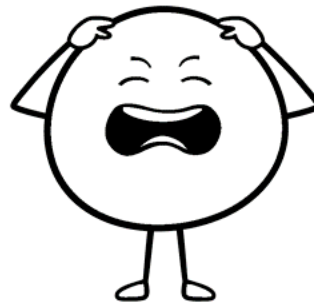
Scared



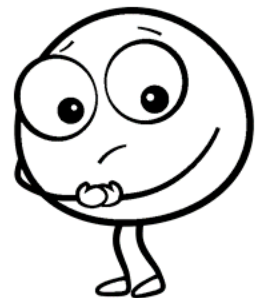
Eyes wide



Eyes sparkling



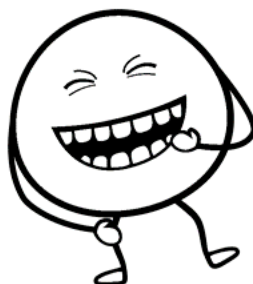
Yelling or growling



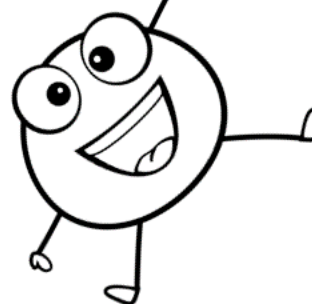
Shaking body



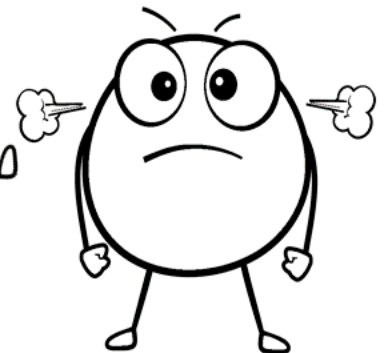
Stomping feet,  
clenched fists



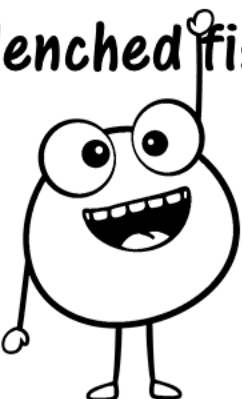
Talking  
really fast



Jumping up  
and down



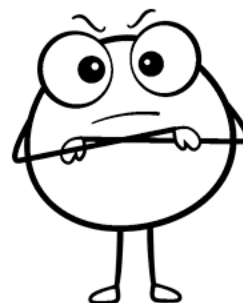
Red Face



Big wide smile



Hiding



Arms crossed



Fast heartbeat

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

# SPOT THE FEELINGS

Color the spot using the color chart.



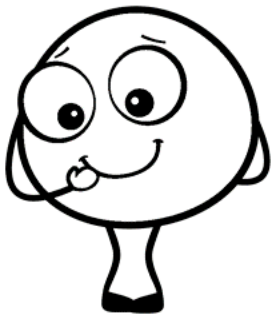
**Sad**



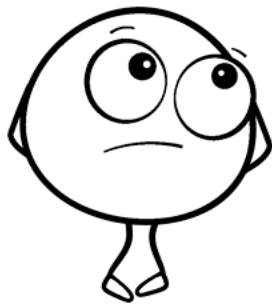
**Nervous**



**Happy**



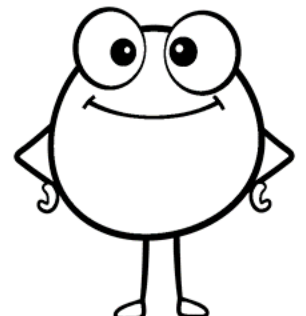
**Sweaty hands**



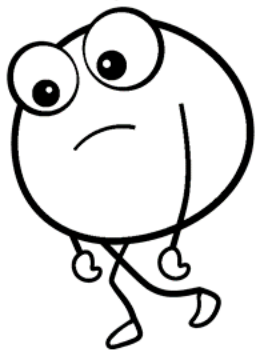
**Avoiding eye contact**



**Covering eyes**



**Bright, wide eyes**



**Shoulders slumped**



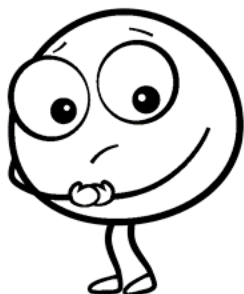
**Skipping or Dancing**



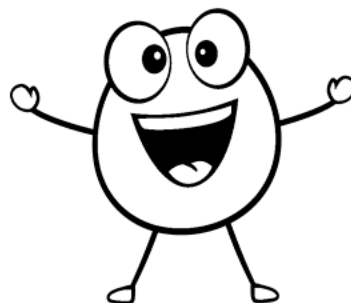
**Frown**



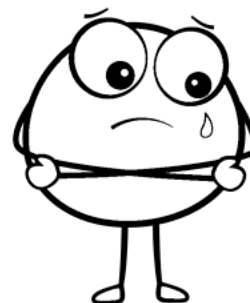
**Laughing**



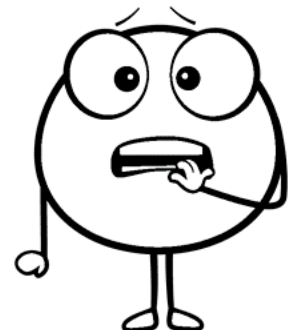
**Fidgeting**



**Big Smile**



**Tears rolling**



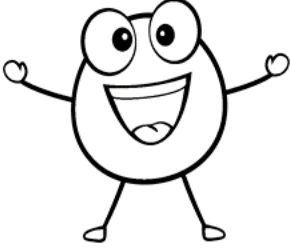
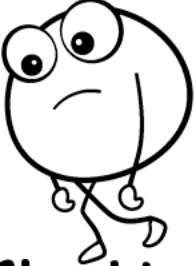
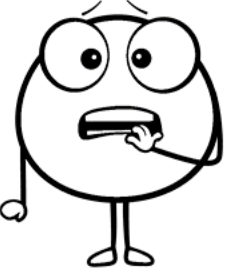
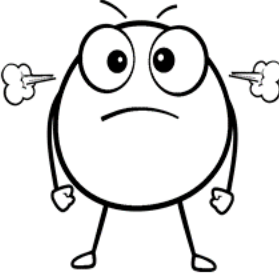
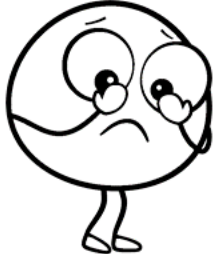
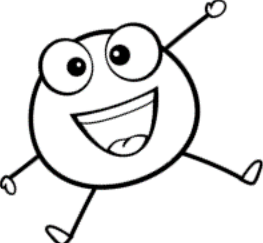
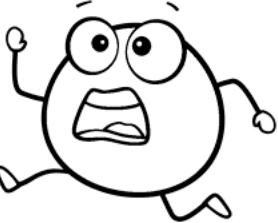
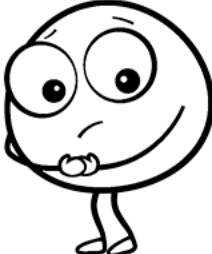
**Shaky voice**



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

# SPOT THE FEELINGS

Color in the feeling that matches the image shown.

 Eyes sparkling	Happy	 Shoulders slumped	Happy
	Nervous		Sad
	Scared		Scared
 Eyes wide	Happy	 Red Face	Happy
	Sad		Angry
	Scared		Scared
 Frown	Happy	 Jumping up and down	Excited
	Sad		Sad
	Scared		Scared
 Fast heartbeat	Happy	 Fidgeting	Happy
	Sad		Nervous
	Scared		Angry

counseling

sel

small groups

book companions

behavior

# ♡♡ Best Selling Resources

## SPOT THE FEELINGS

Elementary SEL Game



## COMMUNITY HELPERS

PRE-K KINDER



## PRE-K & KINDER EMOTIONS

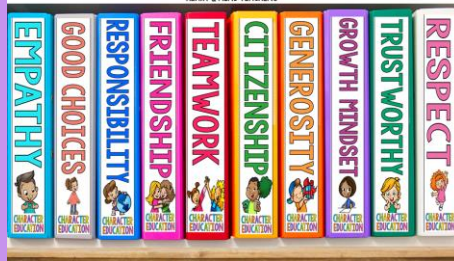


## COPING SKILLS COOKIES



## VOLUME 2 CHARACTER EDUCATION BUNDLE

HEART & MIND TEACHING



## PLAY-DOUGH EMOTIONS MATS



## COUNSELOR COLLAB MEMBERSHIP

The Must-have resource membership:

[www.counselorcollab.com](http://www.counselorcollab.com)

## WANT A PEEK INTO MY CLASSROOM?

Check out my website:

[www.heartandmindteaching.com](http://www.heartandmindteaching.com)





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