

# Feelings

## Goals

- To understand everyone has a variety of feelings and they are all okay
- To understand that it's normal for feelings to change
- To develop strategies for dealing with negative feelings



Overview: Children complete a book on feelings with a page for each of the following: happy, sad, angry, scared. On the last page, they identify things they can do to help themselves when they are in a negative mood. Students complete a cover page and bind all the pages into a book.

## Materials

- Copies of “Feelings Pages” (five pages total), one set per student
- Copies of “Feelings Cover”

## Directions

1. Ask children how they are feeling. Then ask them to think about times when they feel happy. What makes them happy? How do they act when they're happy?
2. Give every child a copy of page 1 of “Feelings Pages”. Tell children to find all the faces that look happy and color them a happy color. Then ask them to complete the page by giving an example of when they feel happy and what they like to do when they're happy. Ask each child to draw a picture of himself or herself when happy.
3. On subsequent days, give children the other pages (sad, angry, mad) one by one. After discussion, have them complete each page in the same way. On the last day, talk about ways children can help themselves when they're feeling bad and have children complete page 5.

4. When children have finished all five pages, give them a copy of the “Feelings Cover” and let them color and fill in their name. Staple or bind all the pages to create a feelings book for each child. Encourage children to take their books home to share with family and friends.

#### Stationery Studio Extensions

- Let children choose a border or shape that reminds them of a happy experience. Ask them to write about that person, place, thing or experience and tell why it made them happy.
- Ask students to think of someone with whom they’ve been angry or unhappy. What would they like to tell that person? Suggest they write a letter to the person explaining their feelings. Let each student select a border and then go to Layout and choose the friendly letter format. Students need not send their letters.
- Have students work in teams to design motivational cards to remind them of ways to be their best or to cheer themselves up when they’re feeling down. Let them choose a border or shape and write short messages on each of four pages. Print 4-per-page on heavy stock and cut into cards. If you want, make a class set and encourage students to draw a card from the stack at appropriate times. See “Get Motivated!” in More Activities as an example.