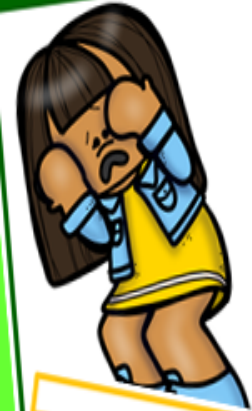


scared



happy



worried



mad



sad



FEELINGS

& Emotions

How do
you
feel?

POSTERS,

ACTIVITIES, &

PHOTOGRAPHS

POCKET OF PRESCHOOL

FREEBIE

You may also like...

Just click on the cover to check it out!

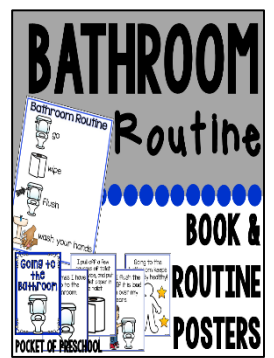
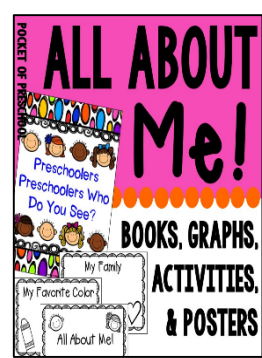
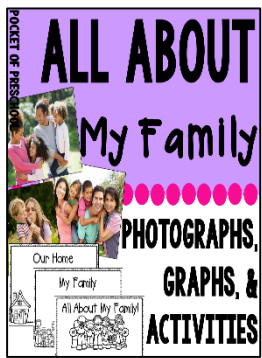
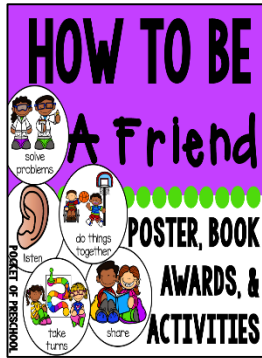
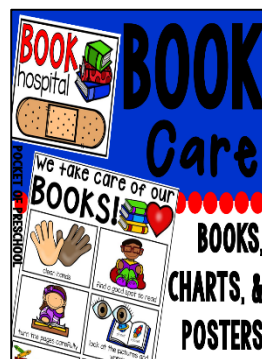
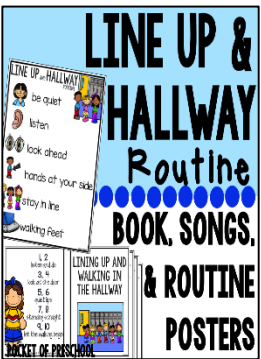
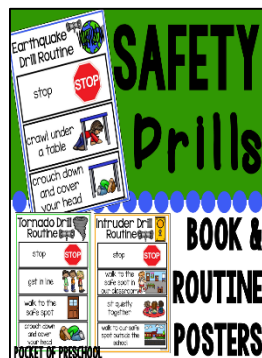
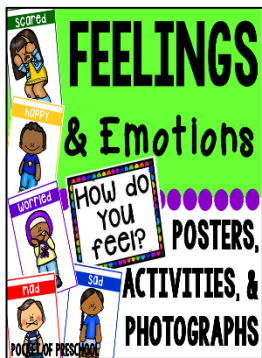
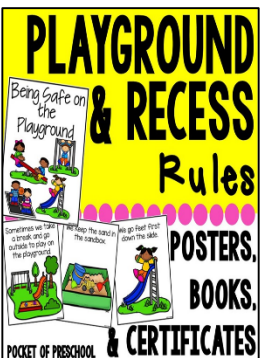
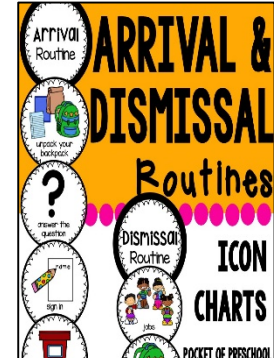
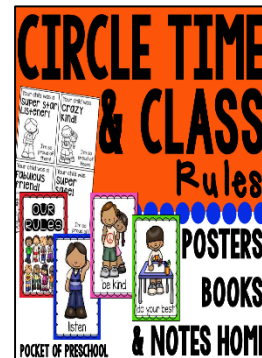
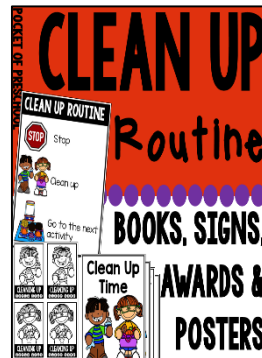
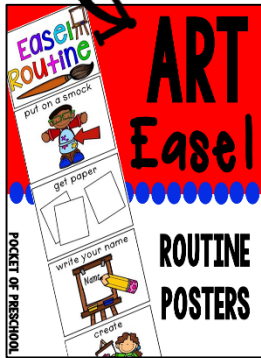


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Just a note: The clip art was updated in this set to be more diverse. The classroom photographs of the unit in action are of the older version of this product.

WANT TO PRINT IT SMALLER OR LARGER?

Print something smaller to save ink and save paper. Print it bigger to make it poster size.

Make sure you have the latest edition of Adobe Reader, and that your computer is opening this file in Adobe (not your computer's default reader or online).

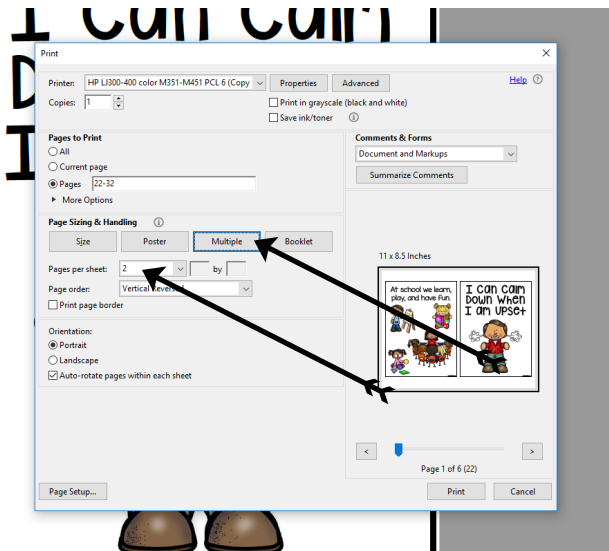
Print SMALLER Directions: To print it smaller in size

- Select File then Print or select the Print icon
- Select Multiple
- Click on the Pages per sheet and choose the number 2, 4, 6, 9, 16, or custom.

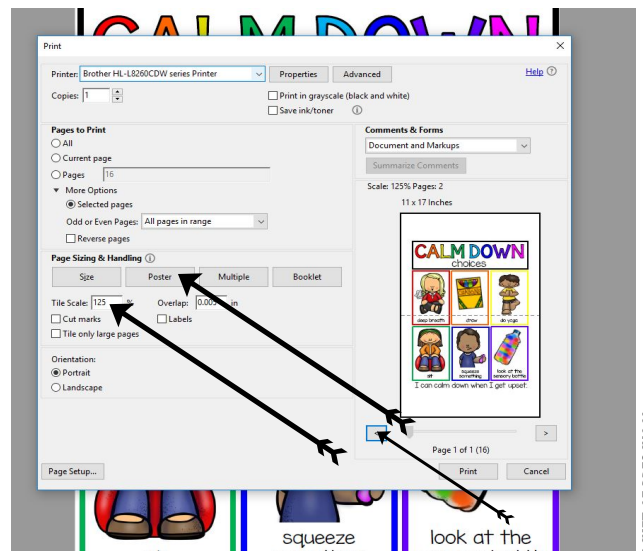
Print BIGGER Directions: To print it larger in size

- Select File then Print or select the Print icon
- Select Poster
- In the Tile Scale box, choose the percentage you want it to print
- Click the arrow to check how it will print and piece together.

Print SMALLER



Print BIGGER



UTILIZING CLASS MEETINGS

Class Meetings are a great way to introduce and review feeling vocabulary. Use feeling posters as a visual. Practice or act out what feelings look and feel like, talk/reflect about how your face and body look. Read books about feelings or situations.

Most important.....celebrate students' successes!

Talk about how your/someone's body looks when you feel _____. For example, when someone is mad, their body is tense/tight, their arms are crossed.

WHY? You want students to start to recognize how they are feeling and how others are feeling.

Talk about various situations and how to express feelings appropriately. You can act out situations with puppets or role play. Be careful. You don't want students to practice inappropriate behaviors. YOU act out the unwanted/inappropriate behaviors and have students act out the appropriate behaviors.

Use props (mirrors, puppets), add visuals (feeling posters, charts, photographs), play games, and do fun activities to make your class meetings engaging!

Class meetings are a fabulous way to build a classroom community!



FEELING VOCABULARY

Students are building an emotional literacy (ability to identify, understand, and express emotions appropriately). Developing a strong feeling vocabulary is important.

Start with basic feeling words then slowly add more complex feeling words.

Basic Feeling Words

happy, mad, sad, silly, scared

Complex Feeling Words

Amazing	Disappointed	Hopeful	Proud
Annoyed	Distracted	Hostile	Relaxed
Anxious	Eager	Ignored	Reluctant
Awful	Ecstatic	Impatient	Safe
Bored	Elated	Inspired	Satisfied
Brave	Embarrassed	Irritated	Serious
Calm	Fearful	Jealous	Shy
Caring	Frightened	Lonely	Stressed
Cheerful	Frustrated	Loving	Surprised
Confused	Glad	Misunderstood	Thankful
Creative	Generous	Nervous	Unsafe
Cruel	Helpless	Overwhelmed	Unsure
Curious	Hesitant	Peaceful	Worried

TALKING ABOUT FEELINGS

We know it is important to talk about how someone looks when they feel a certain way. Often, we focus on their mouth. When someone is happy, they have a smile. Don't forget to talk about the rest of the body and tone of voice! When someone is sad, their eyes are droopy, their eyebrows go down, their head hangs down, and their body is limp. It is SO important to help students begin to look at (interpret) others' body language. See the chart below for ideas on how you can describe how feelings look and feel.

Look Closely: Use mirrors or have students sit face-to-face with someone. Students need to be able to see all the details in someone's face and body.

Act It Out: Have students stand up and act out various feelings using their entire body. I like to do this when students are standing in a circle so they can see their peers.

	Eyes & Eyebrows	Mouth	Arms	Body	Tone of Voice
Happy	relaxed	smile	by their side	relaxed	normal
Sad	tears, eyes looking at the ground	frown	hang	limp, head hangs down	quiet, mumbling as they cry
Mad	squinted, eyebrows straight across	scrunched up	arms straight down, hands in fists	tight, stomping feet	loud
Scared	eyes looking all around	straight across	elbows in, hands in fists	tight, shaking	quiet
Surprised	wide open	stretched out straight	up or out with open hands	jumping or frozen	loud or no noise

FEELING SONG

Sing the song "If You're Happy And You Know" using feeling words.

Song:

If you're happy and you know it clap your hands. (clap hands)
If you're happy and you know it clap your hands. (clap hands)
If you're happy and you know then your face will surely show it.
If you're happy and you know it clap your hands. (clap hands)

Sing it again but replace the word *happy* with...

- Sad: wipe your eyes
- Excited: jump up and down
- Mad: stomp your feet
- Thankful: give a hug
- Scared: hide your eyes
- Surprised: say ohh my (hold your hand by your face with an open palm)
- Frustrated: fold your arms
- Proud: shout hooray (arms in the air)



USING CHILDREN'S LITERATURE



Books usually have characters and a problem. Use this as an opportunity to talk about and label how the character is feeling, what it looks like, and how the character could express their feelings more appropriately. Students will be able to relate to the characters in the book. It gives them examples of what to do or what not to do.

Before, during and after you read, talk about how the character(s) is feeling and how he or she could express their feelings appropriately. It may be the focus of your lesson or you may just touch on it for a few minutes. Use those teachable moments that come up as you are reading!

If a character is NOT expressing his or her feelings appropriately, talk about what they could do instead!

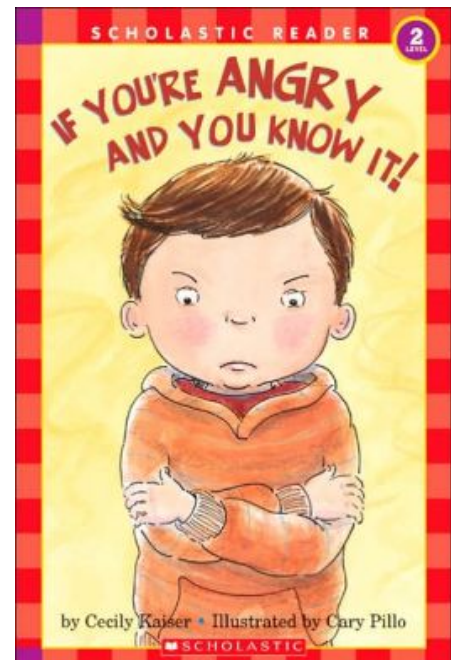
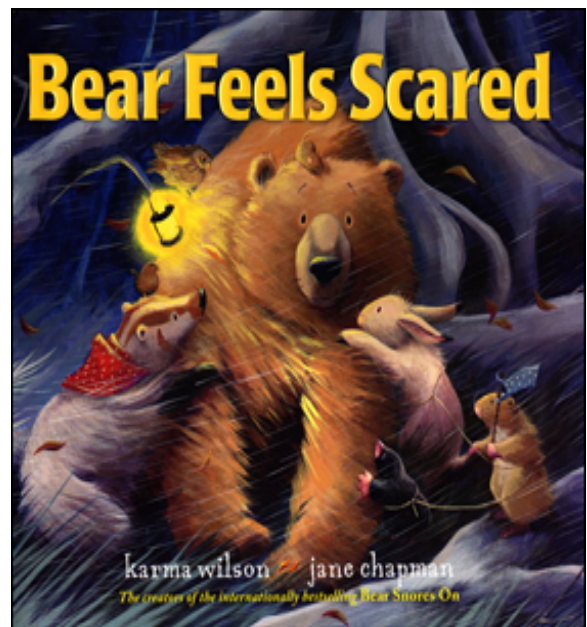
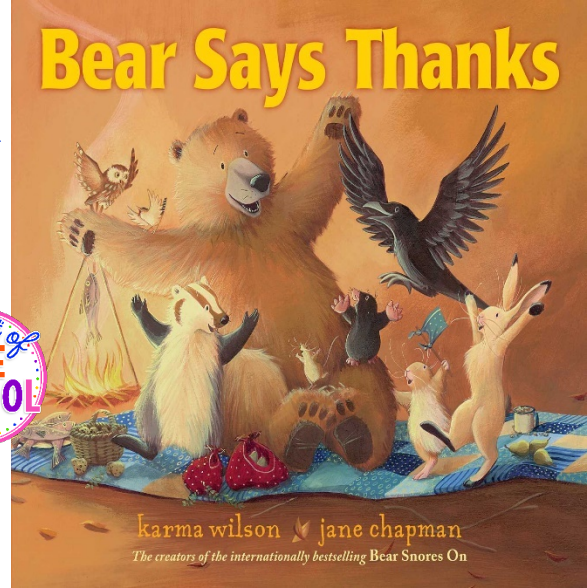
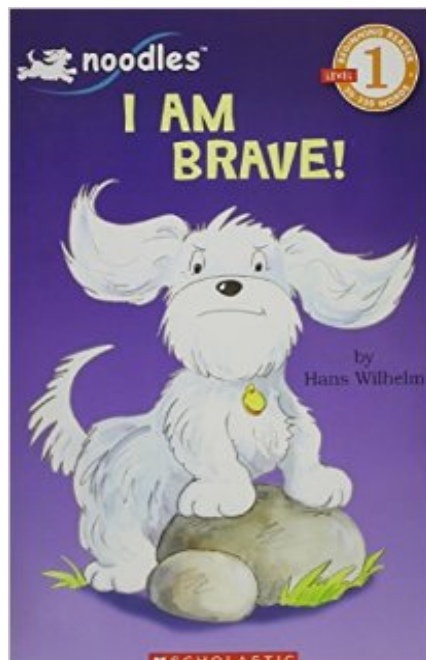
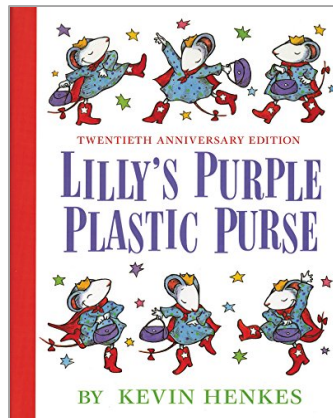
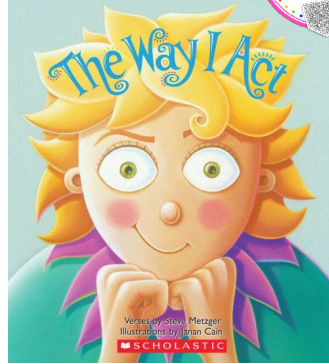
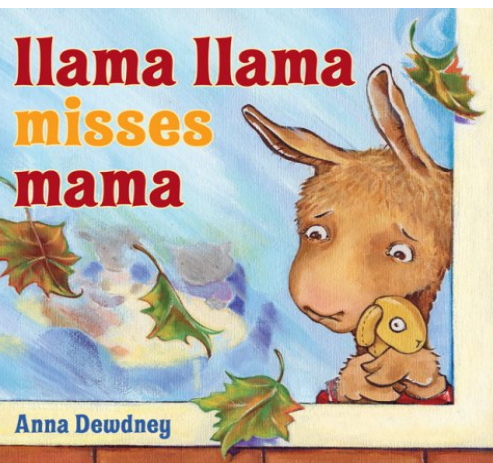
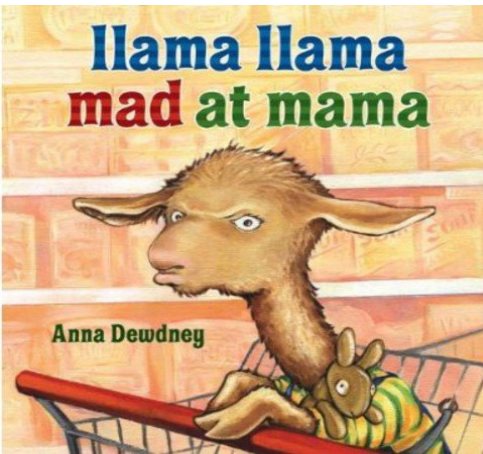
Students LOVE telling you what someone is doing wrong so use it as a teaching strategy when you read.

If you practice this often, students will begin to think about how characters feel on their own while they are listening to you read! They will shout out if a character is not expressing their feelings appropriately and tell you what they could do instead without prompting!



feelings & emotions

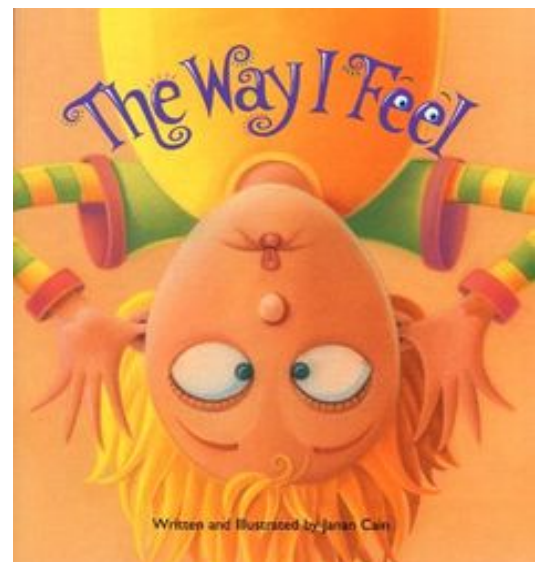
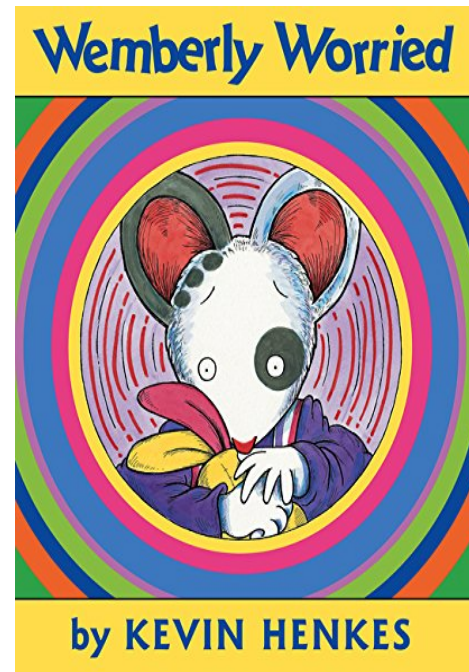
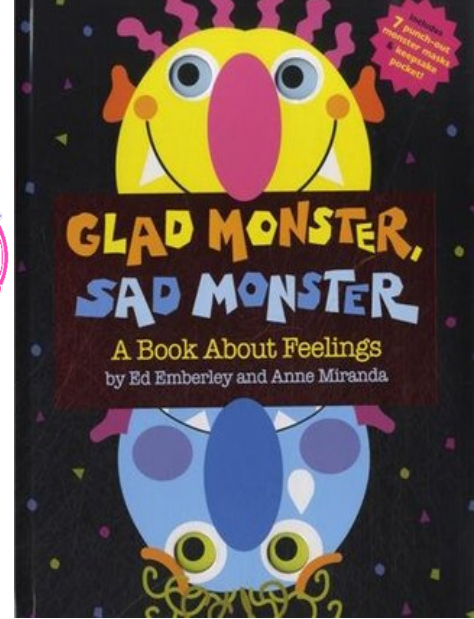
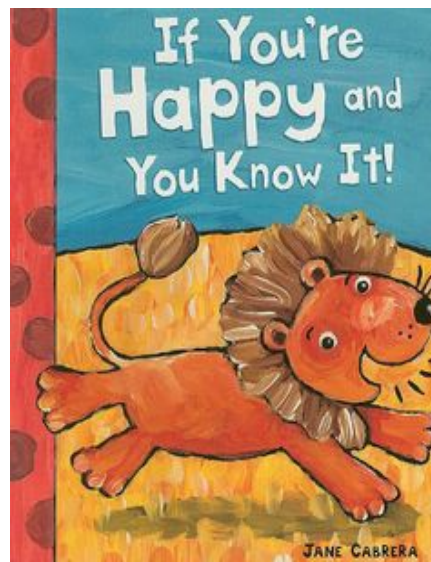
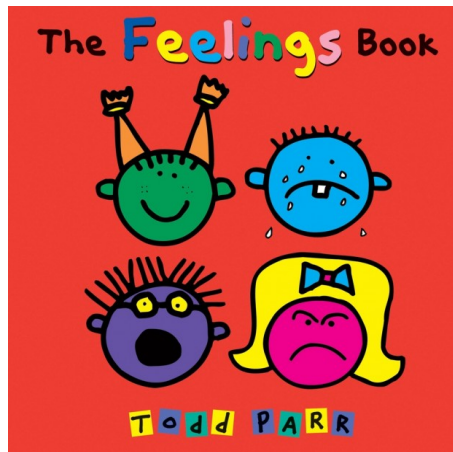
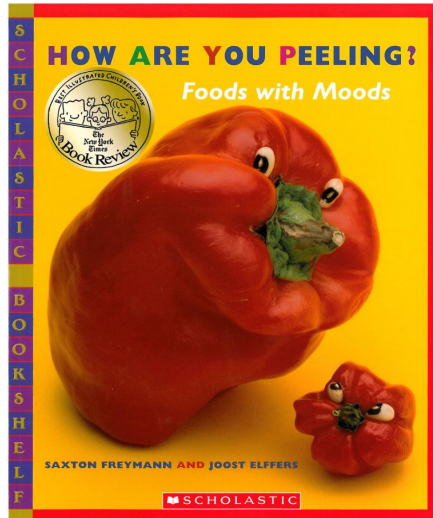
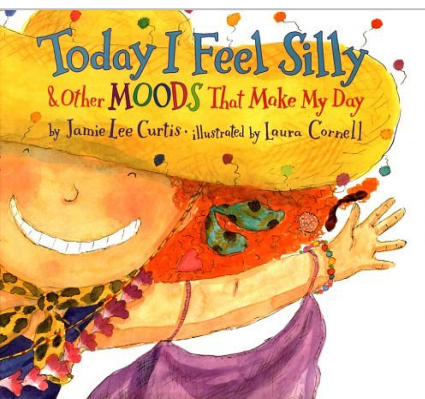
book list



feelings & emotions



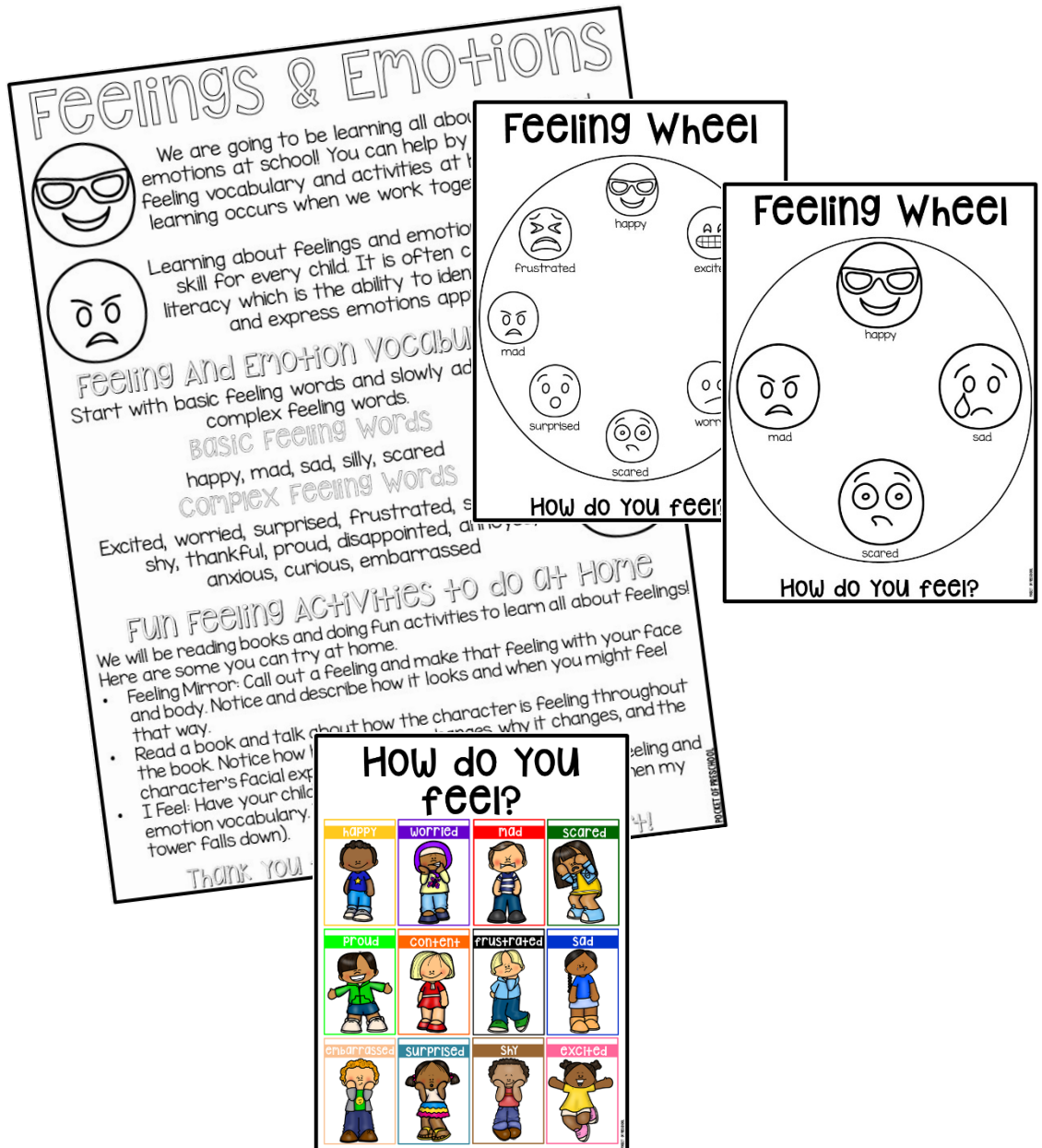
book list



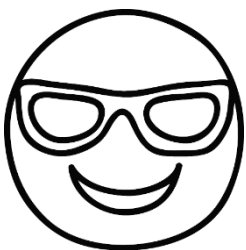
PARENT LETTER

Send home the *Feelings & Emotions* parent letter to build a connection between home and school.

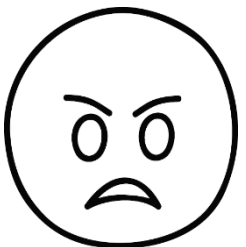
For added support, send home a Feeling Wheel or Feeling Poster with the parent letter.



Feelings & Emotions



We are going to be learning all about feeling and emotions at school! You can help by using the same feeling vocabulary and activities at home. The most learning occurs when we work together as a team!



Learning about feelings and emotions is an important skill for every child. It is often called *emotional literacy* which is the ability to identify, understand, and express emotions appropriately.

Feeling And Emotion Vocabulary

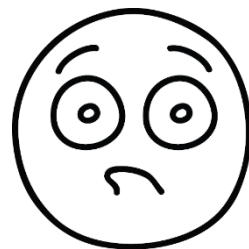
Start with basic feeling words and slowly add more complex feeling words.

BASIC Feeling Words

happy, mad, sad, silly, scared

Complex Feeling Words

excited, worried, surprised, frustrated, stressed,
shy, thankful, proud, disappointed, annoyed,
anxious, curious, embarrassed



Fun Feeling Activities to do at Home

We will be reading books and doing fun activities to learn all about feelings! Here are some you can try at home.

- Feeling Mirror: Call out a feeling and make that feeling with your face and body. Notice and describe how it looks and when you might feel that way.
- Read a book and talk about how the character is feeling throughout the book. Pay attention to the text and illustrations. Notice how his/her feeling changes, why it changes, and the character's facial expressions and body language.
- I Feel: Have your child complete the sentence using various feeling and emotion vocabulary. I feel ____ when _____. (ex: I feel mad when my tower falls down).

Thank you for all your help and support!

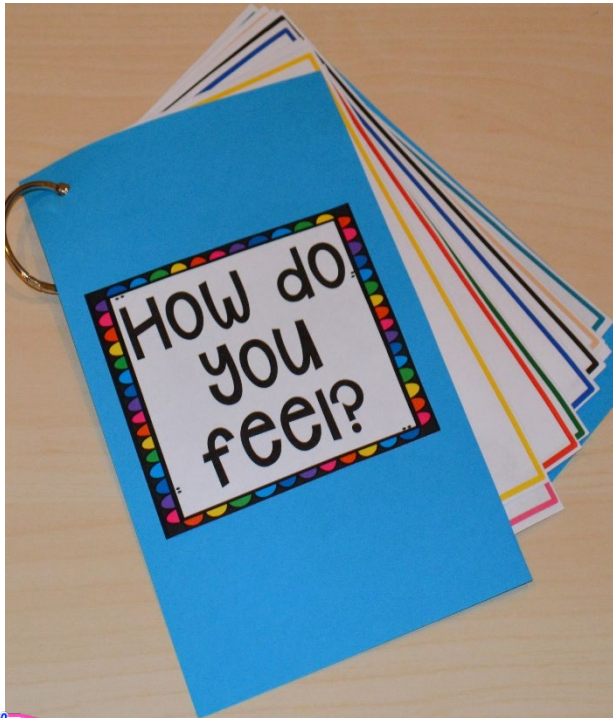
WHAT CAN YOU DO WITH FEELING POSTERS?



LARGE feelings poster



Individual feelings chart



Feelings Book



Magazine Collage Book

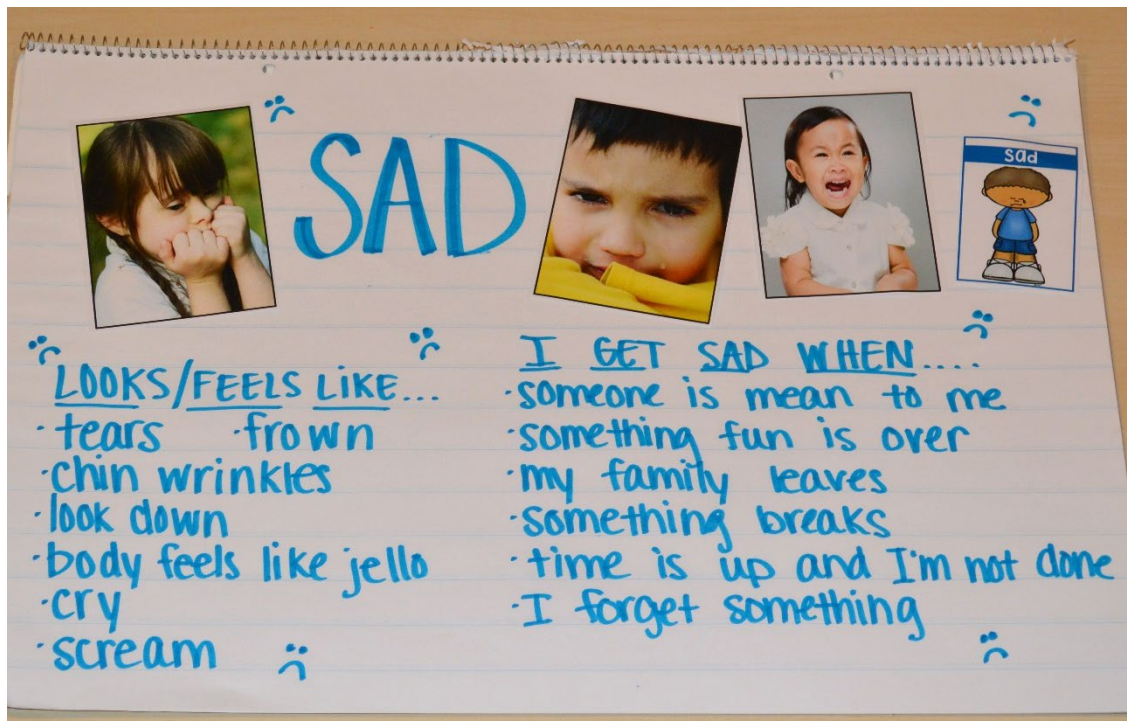
WHAT CAN YOU DO WITH FEELING POSTERS?



Feelings Write the room



Feelings Writing center



Feeling poster

(can make one for each feeling during class meetings)

WHAT CAN YOU DO WITH FEELING POSTERS?



Feelings ring



Feelings Bulletin Board

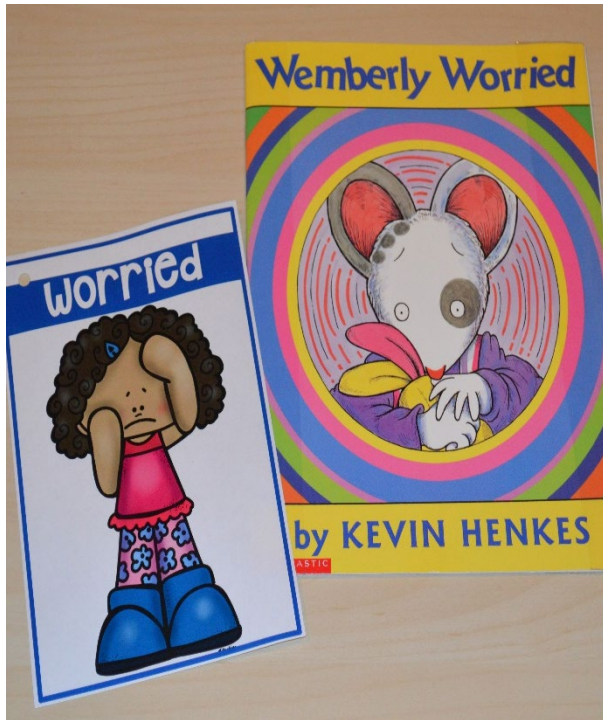


Add to your safe place



Feelings sort

WHAT CAN YOU DO WITH FEELING POSTERS?



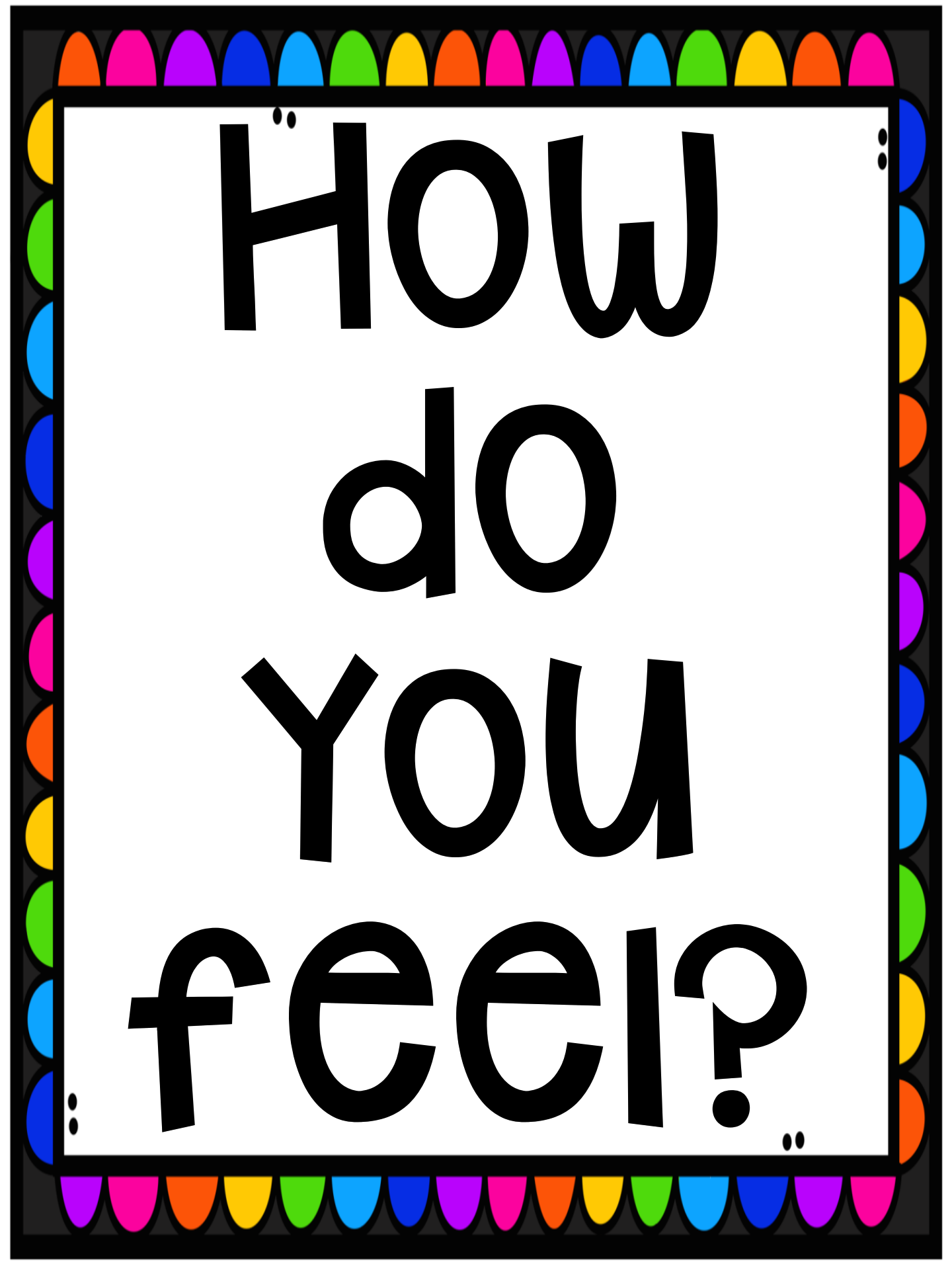
Use as a visual when
you read



Cut into pieces to
create feeling puzzles

Your ideas go here...





How
do
you
feel?



How do
YOU
feel?

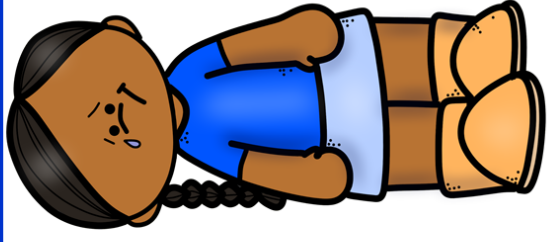


How do
YOU feel?

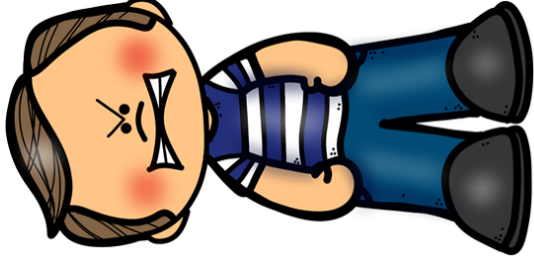
scared



sad



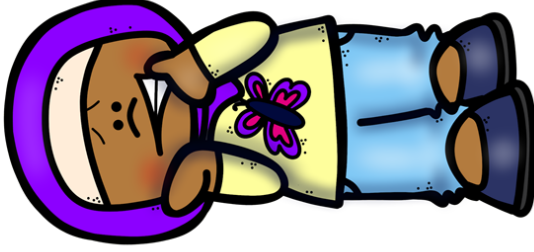
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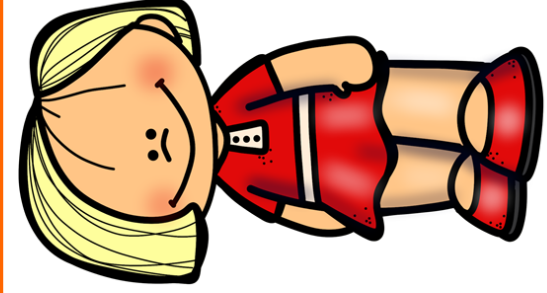
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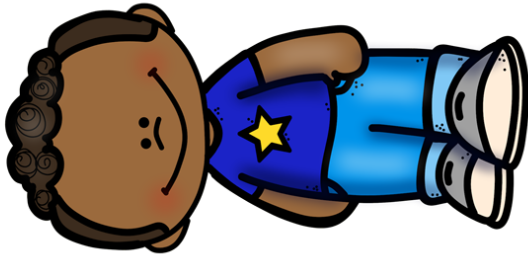
worried



content



happy

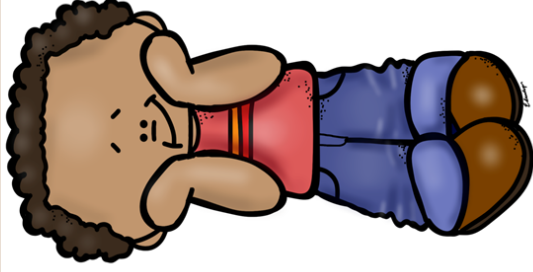


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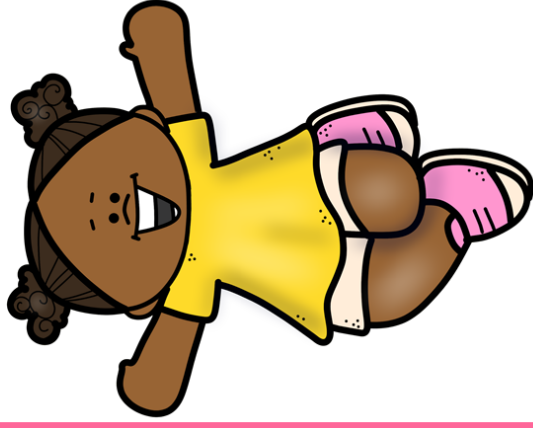


How do
you
feel?

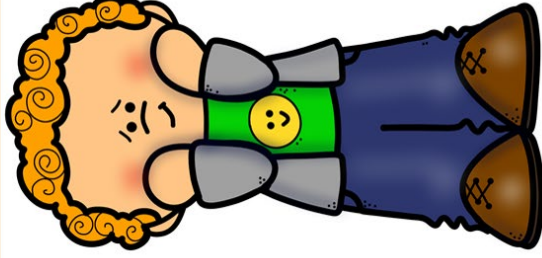
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excited



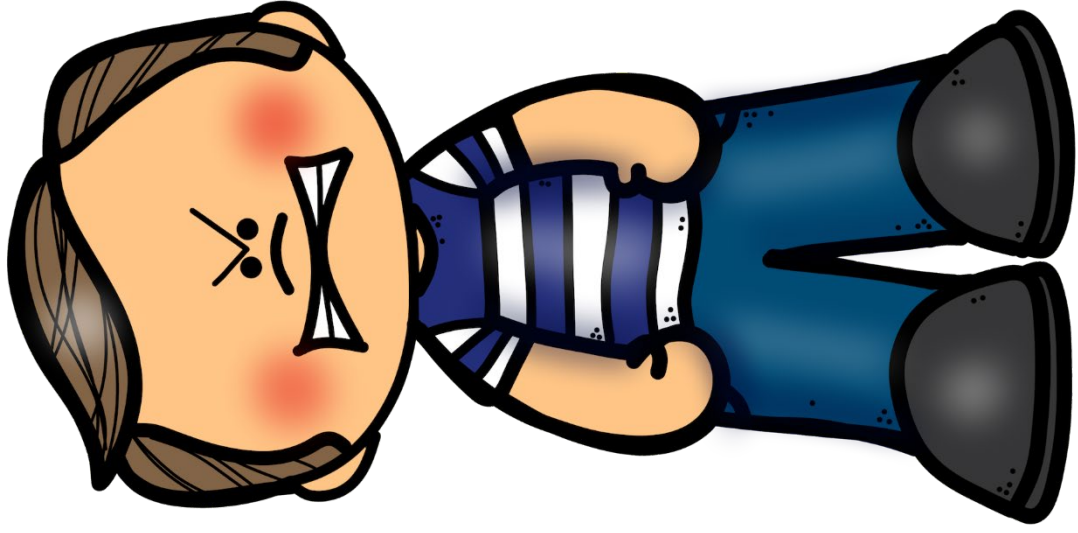
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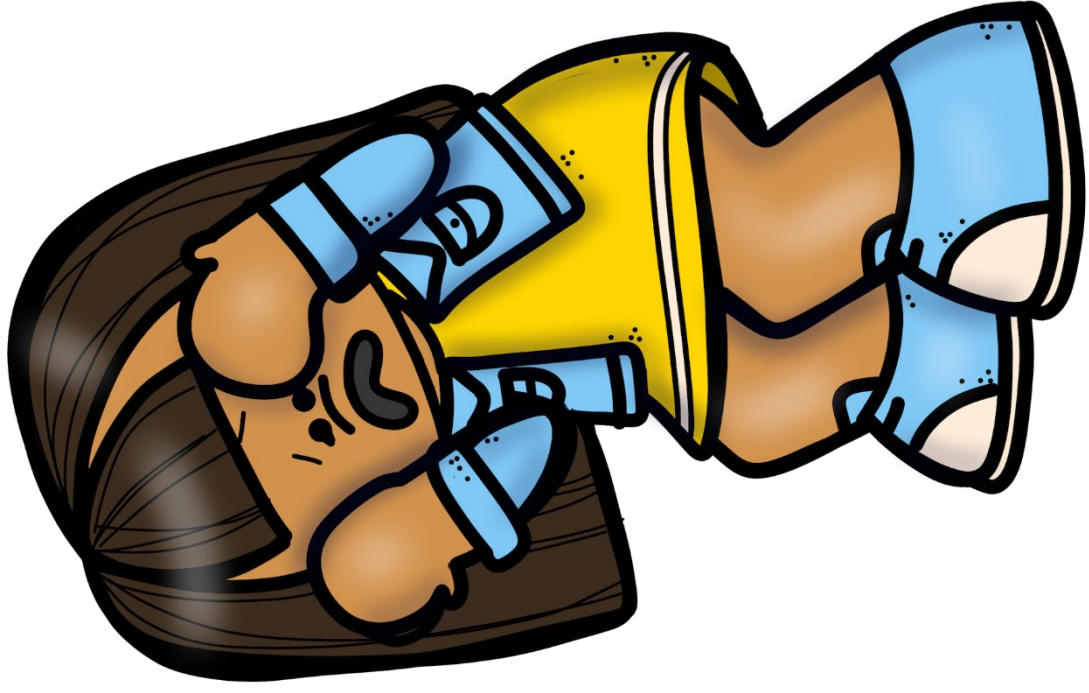
surprised



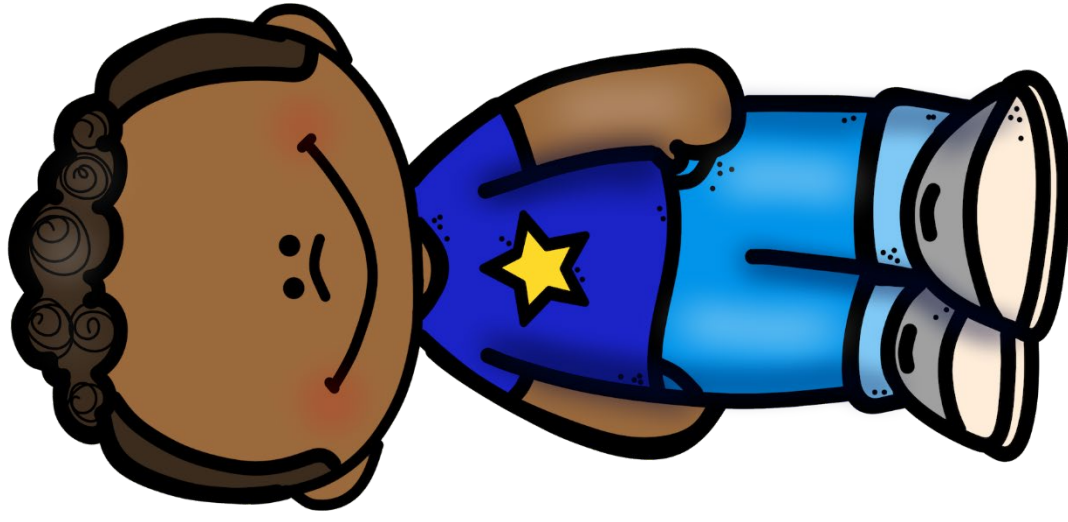
mad



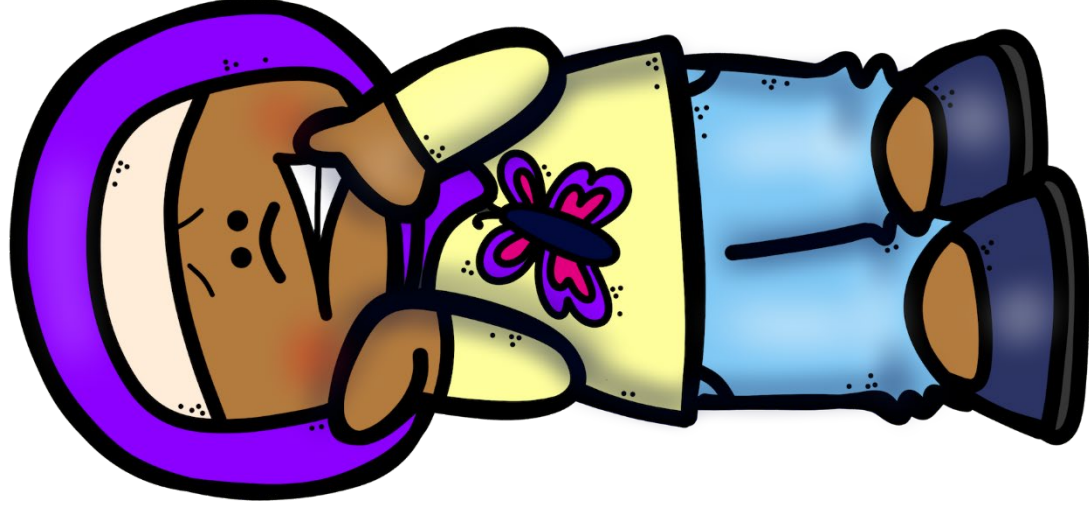
scared



happy



worried



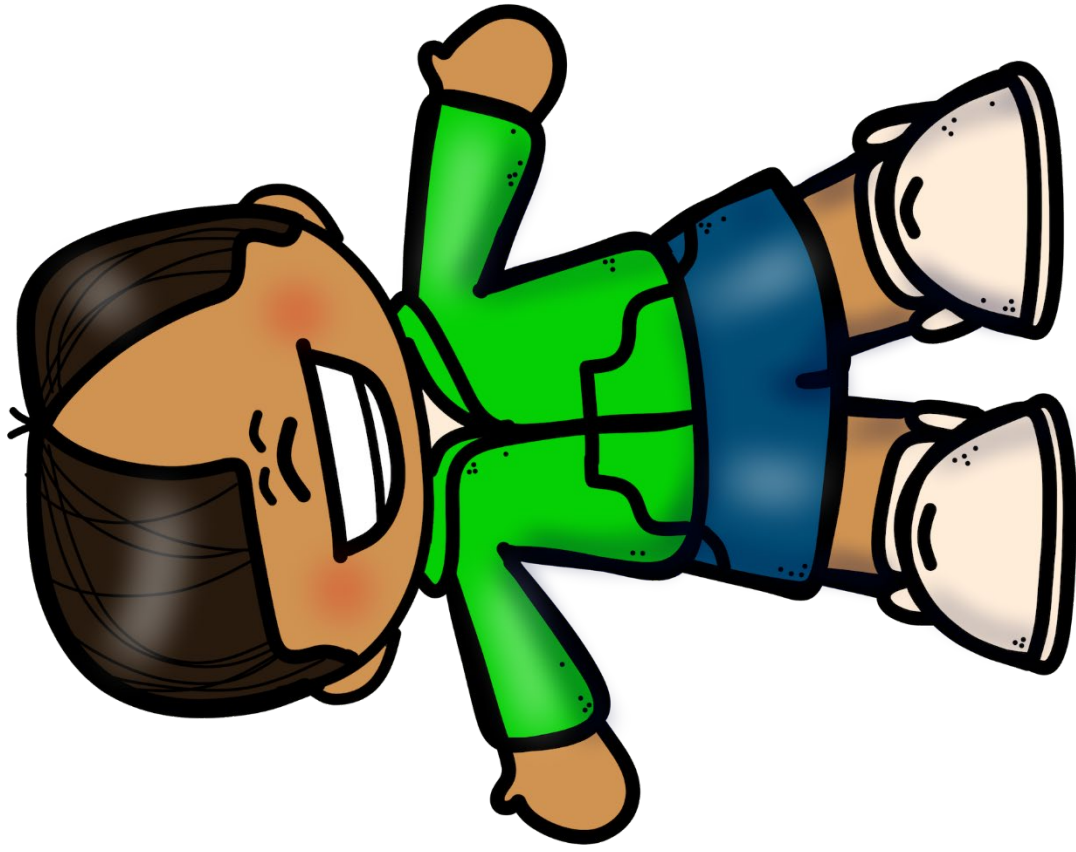
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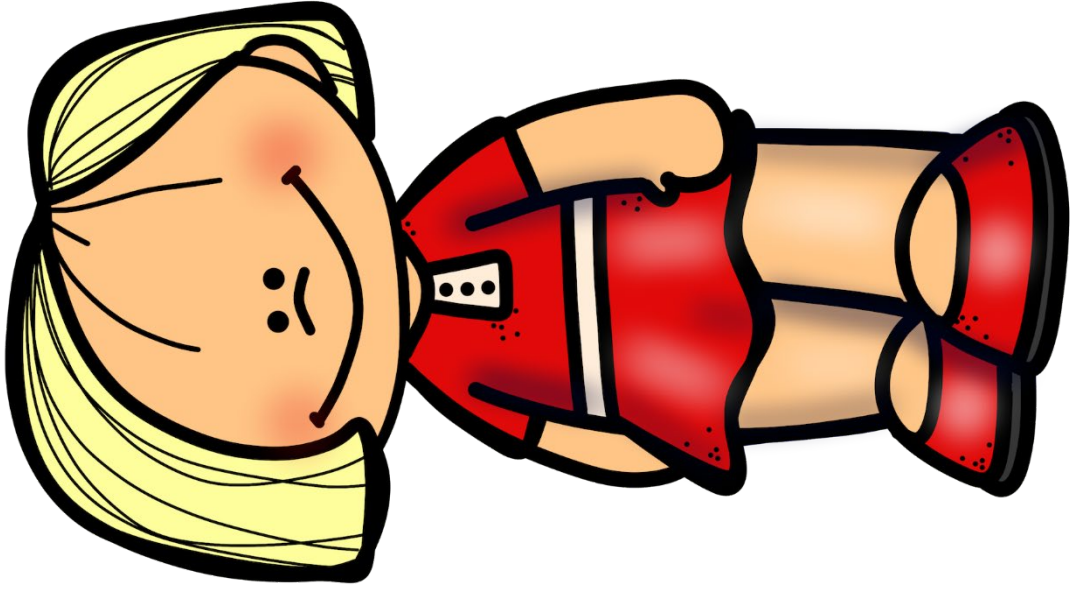
sad



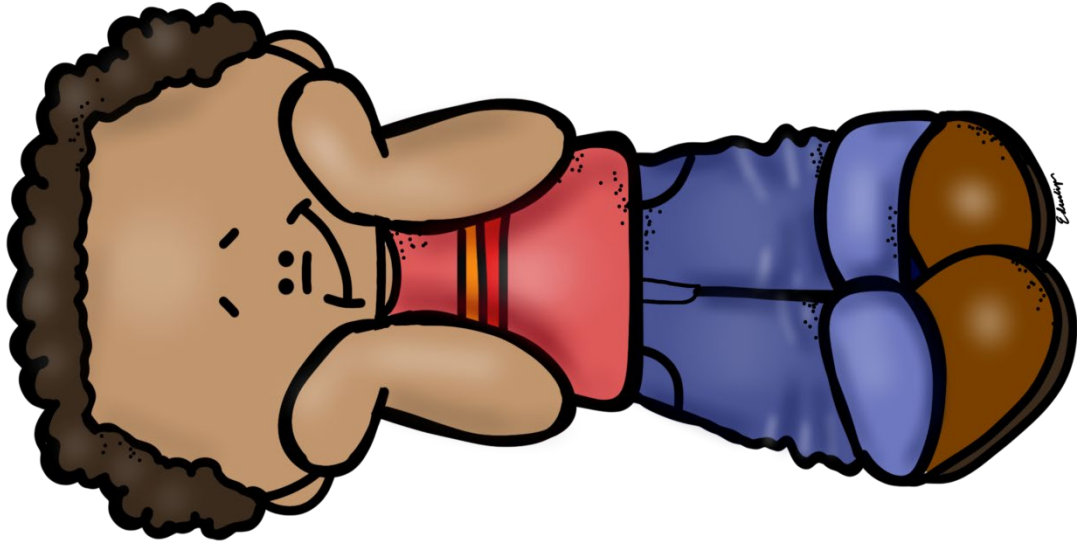
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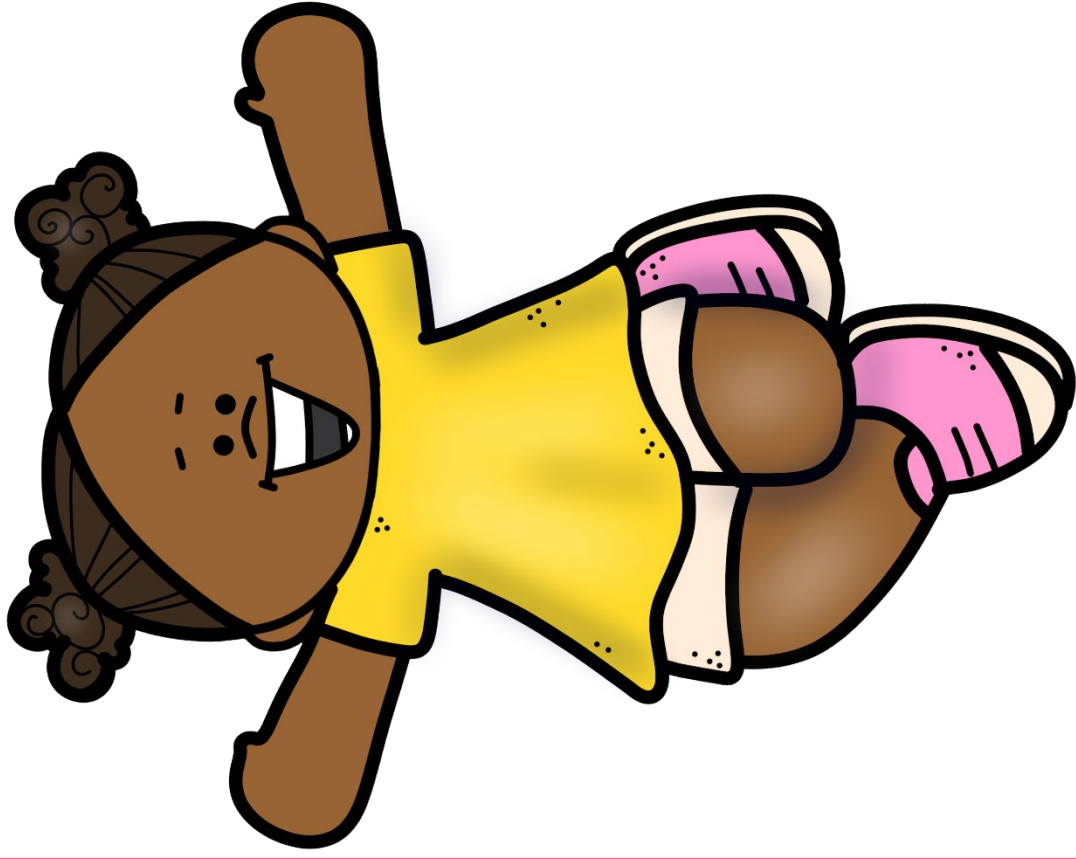
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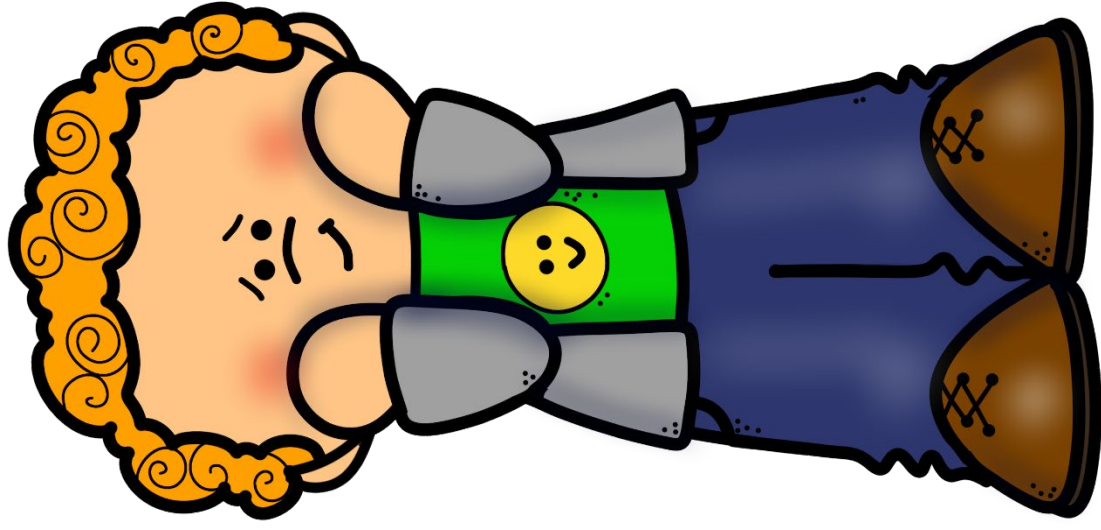
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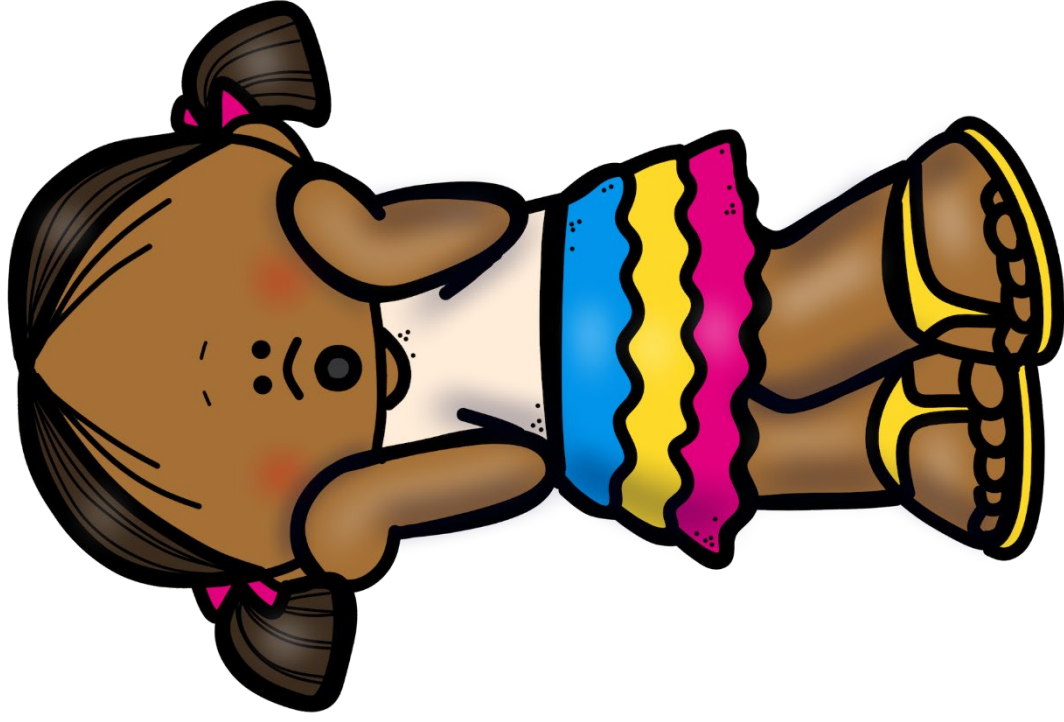
excited



embarrassed



surprised



How do YOU feel?

happy



worried



mad



scared



embarrassed



surprised



frustrated



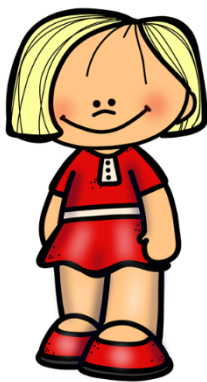
sad



proud



content



shy



excited



HOW DO YOU FEEL GRAPH

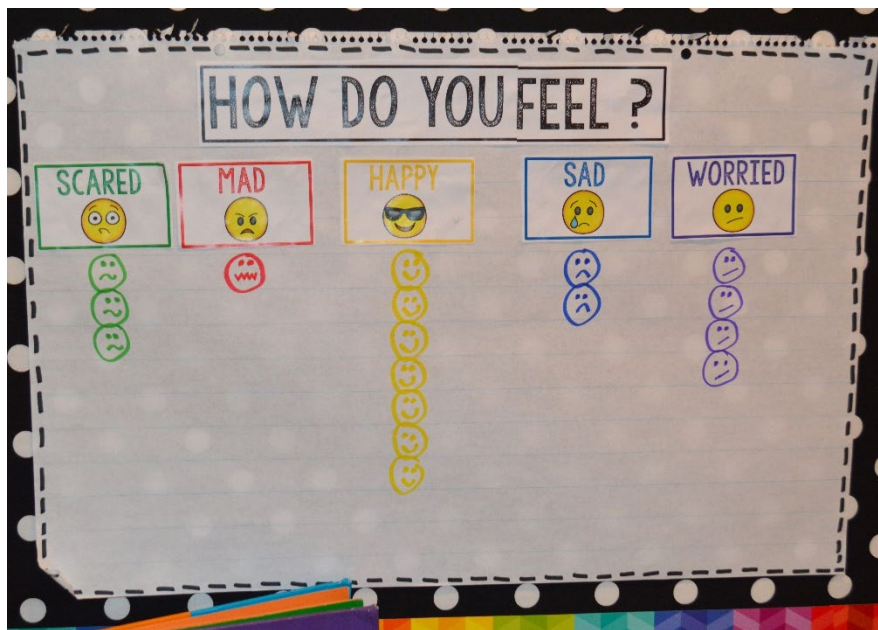
Feeling graphs are a fun way for students to get to know how others are feeling.

You may want to have mirrors out for students to use as they look at their own face.

Talking about, sharing why, and understanding how others feel is important. This graph activity gives your students an opportunity to label and discuss their feelings together as a classroom community.

Ways to Show Data/Votes:

- Cut small colored squares/circles
- Use pictures of students
- Mark "X" for each vote on the graph
- Use Post-Its notes to graph votes
- Use dot markers
- Make a pictograph using picture of objects/faces



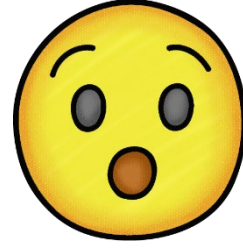
HOW DO YOU

FEEL?

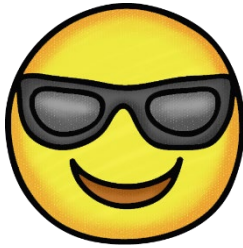
MAD



SURPRISED



HAPPY



SCARED



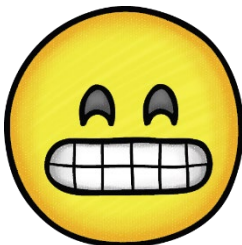
SAD



WORRIED



EXCITED



FRUSTRATED



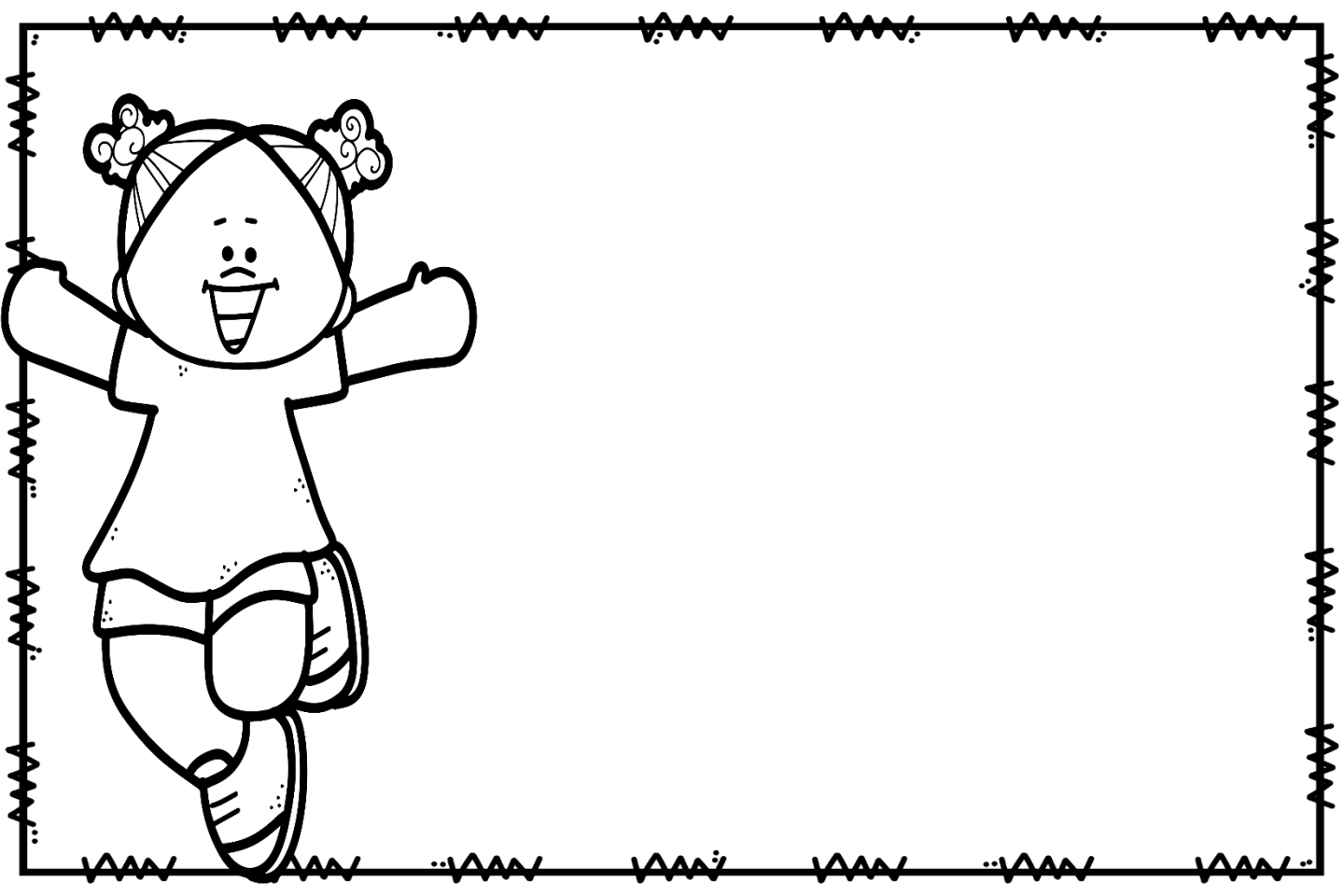
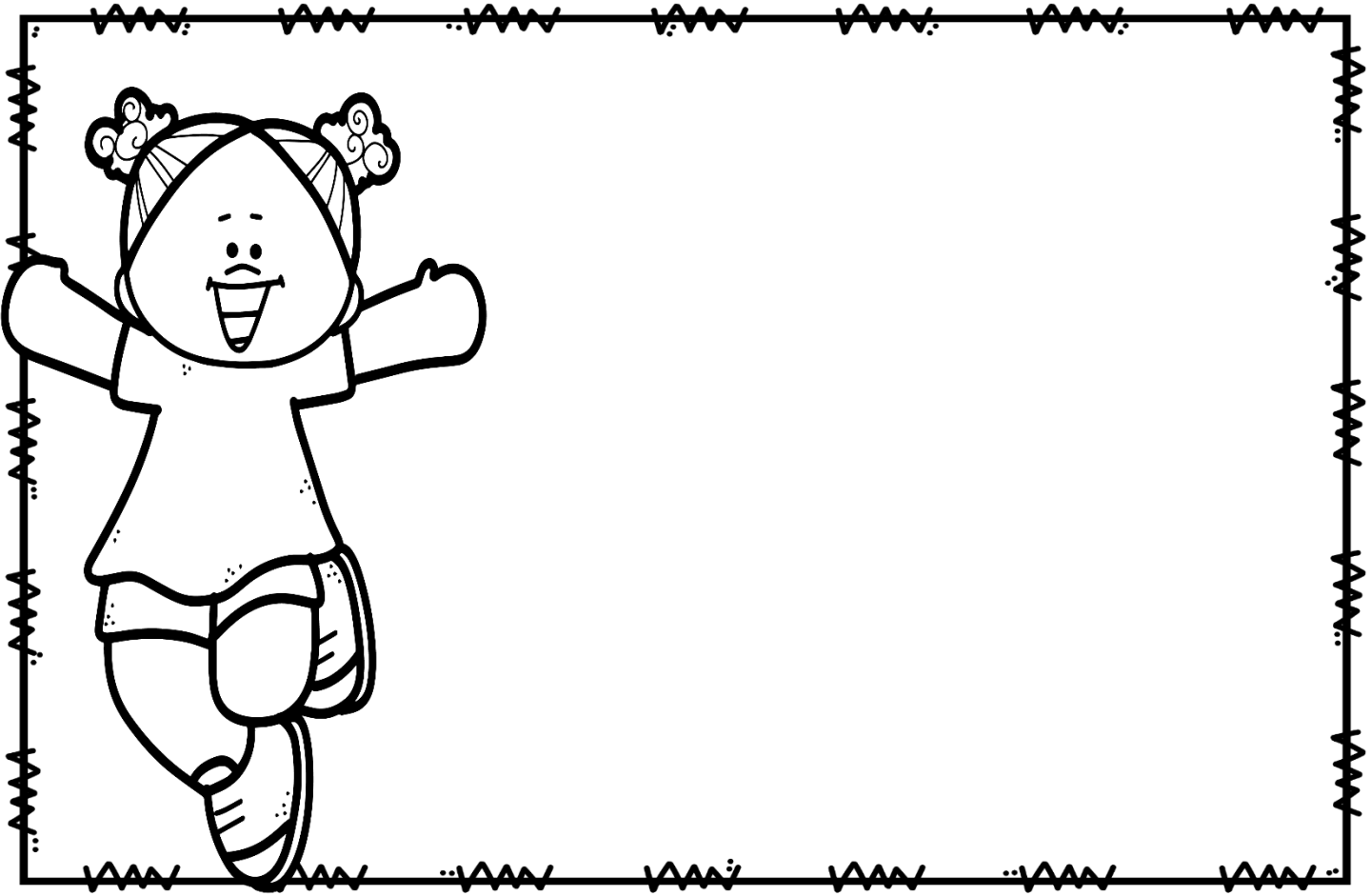
FEELING WRITING PAPER

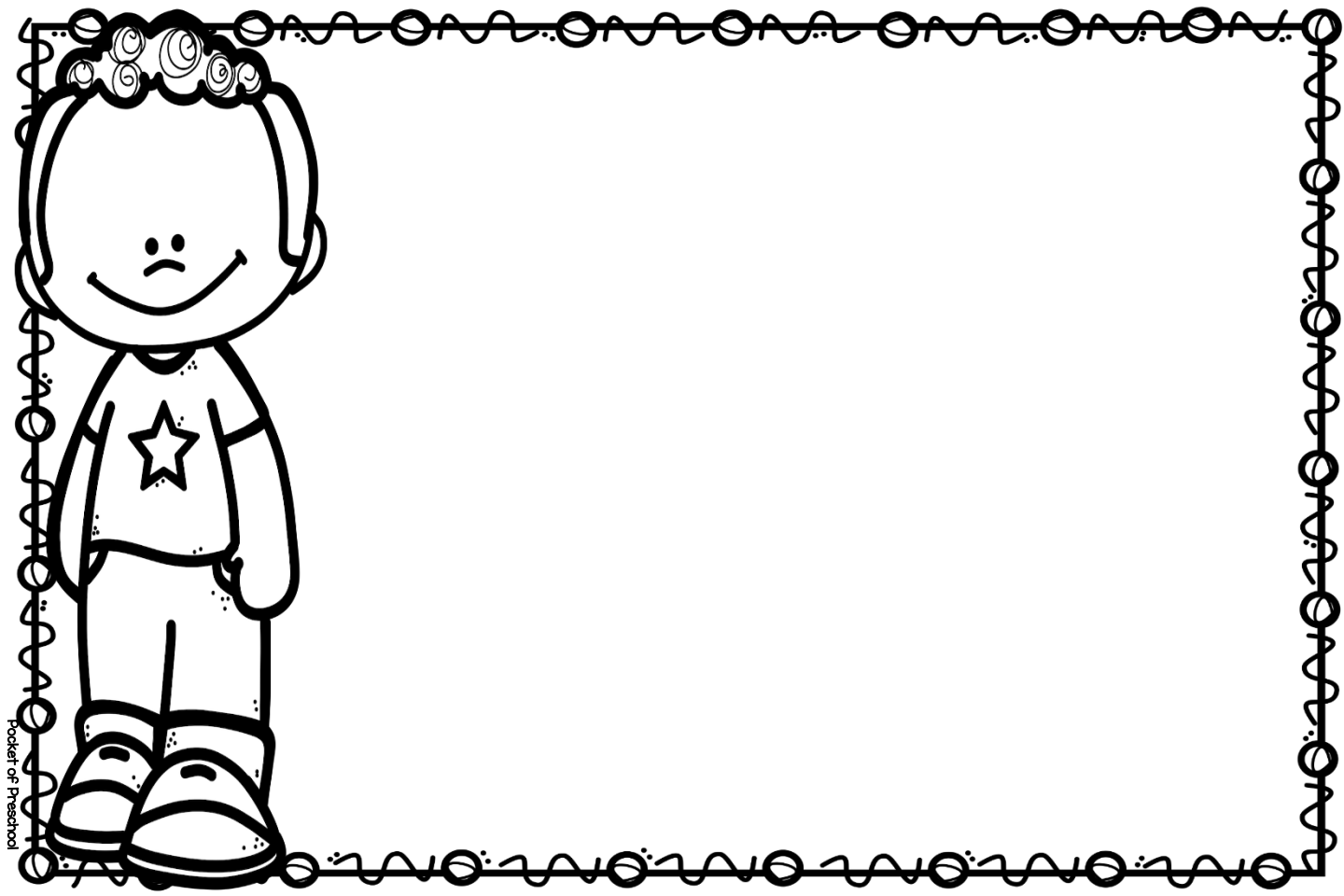
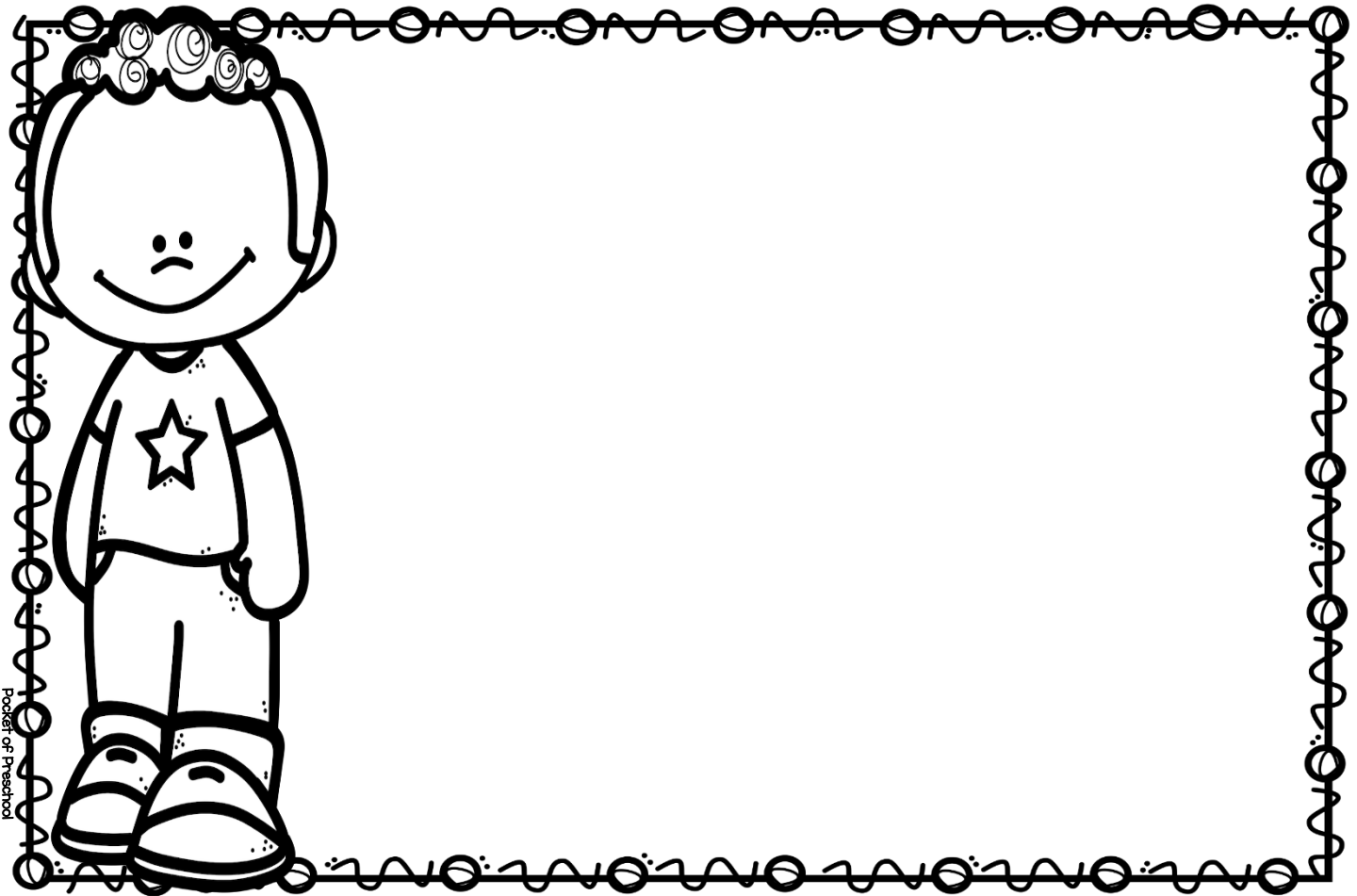
Place the writing paper in your library, writing, journal, or word work center.

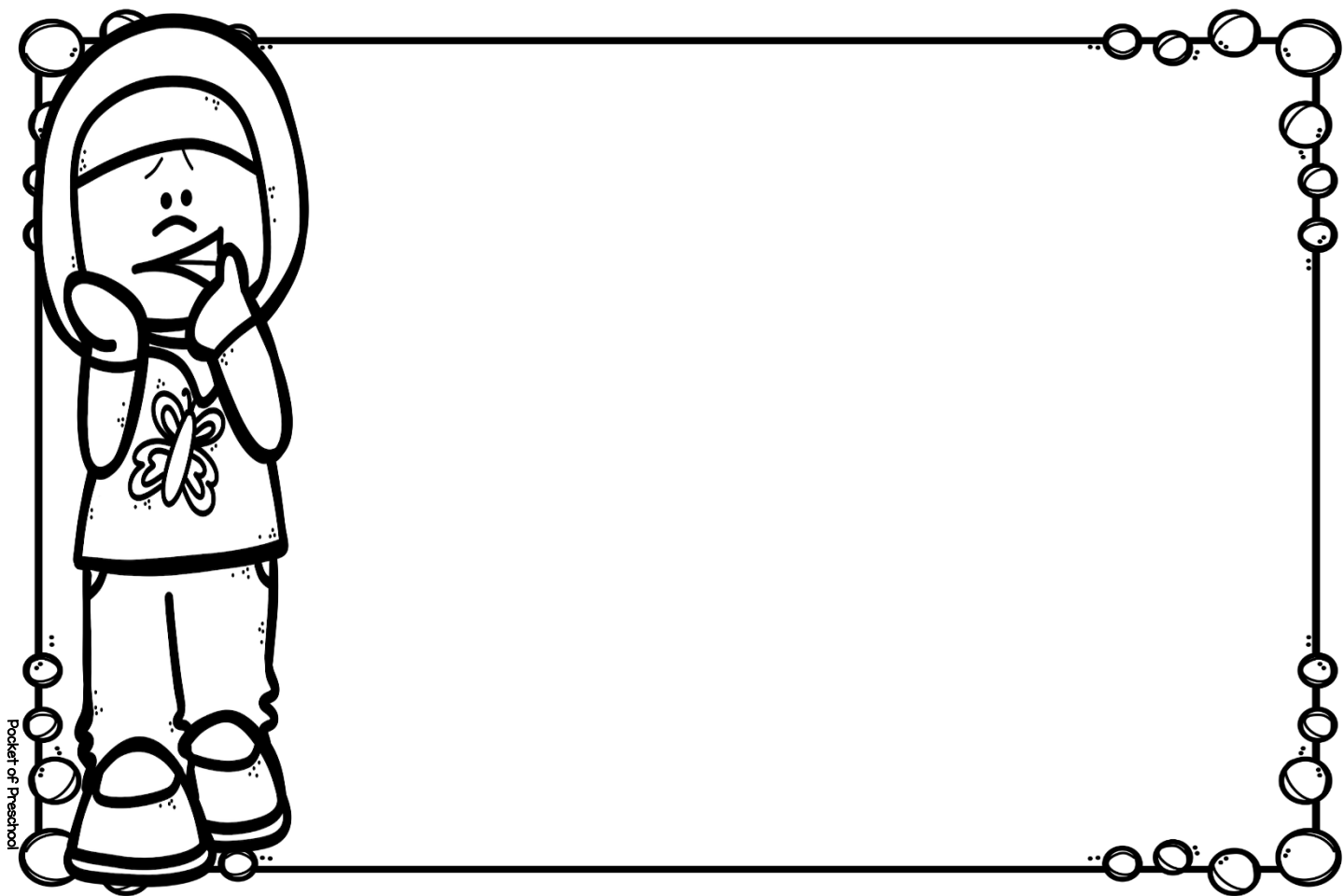
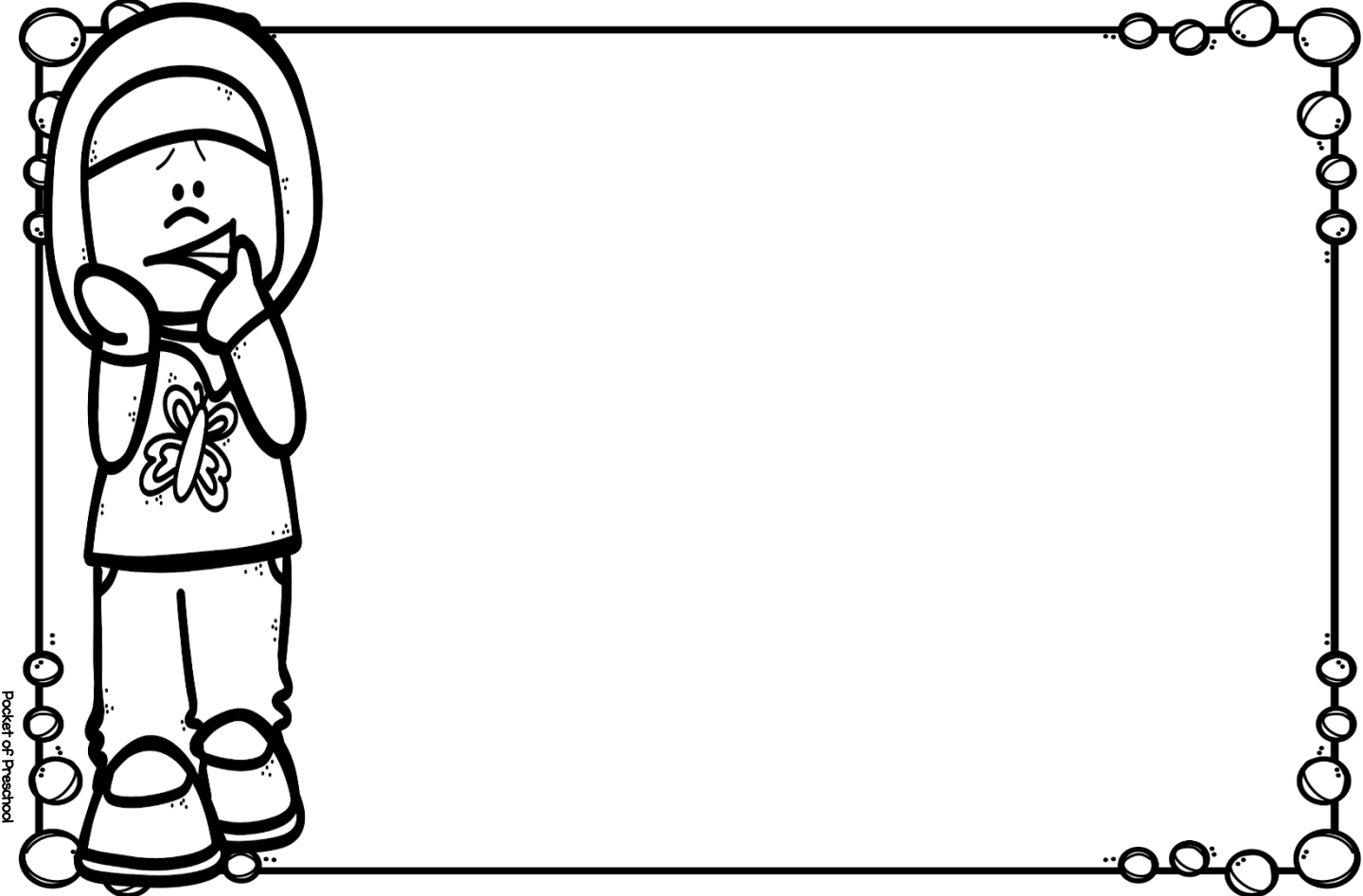
There are pages that are blank and some with lines.
The pages that are blank can be cut in half if you would like to have half sheet writing pages.
For added fun, print them on colored paper!

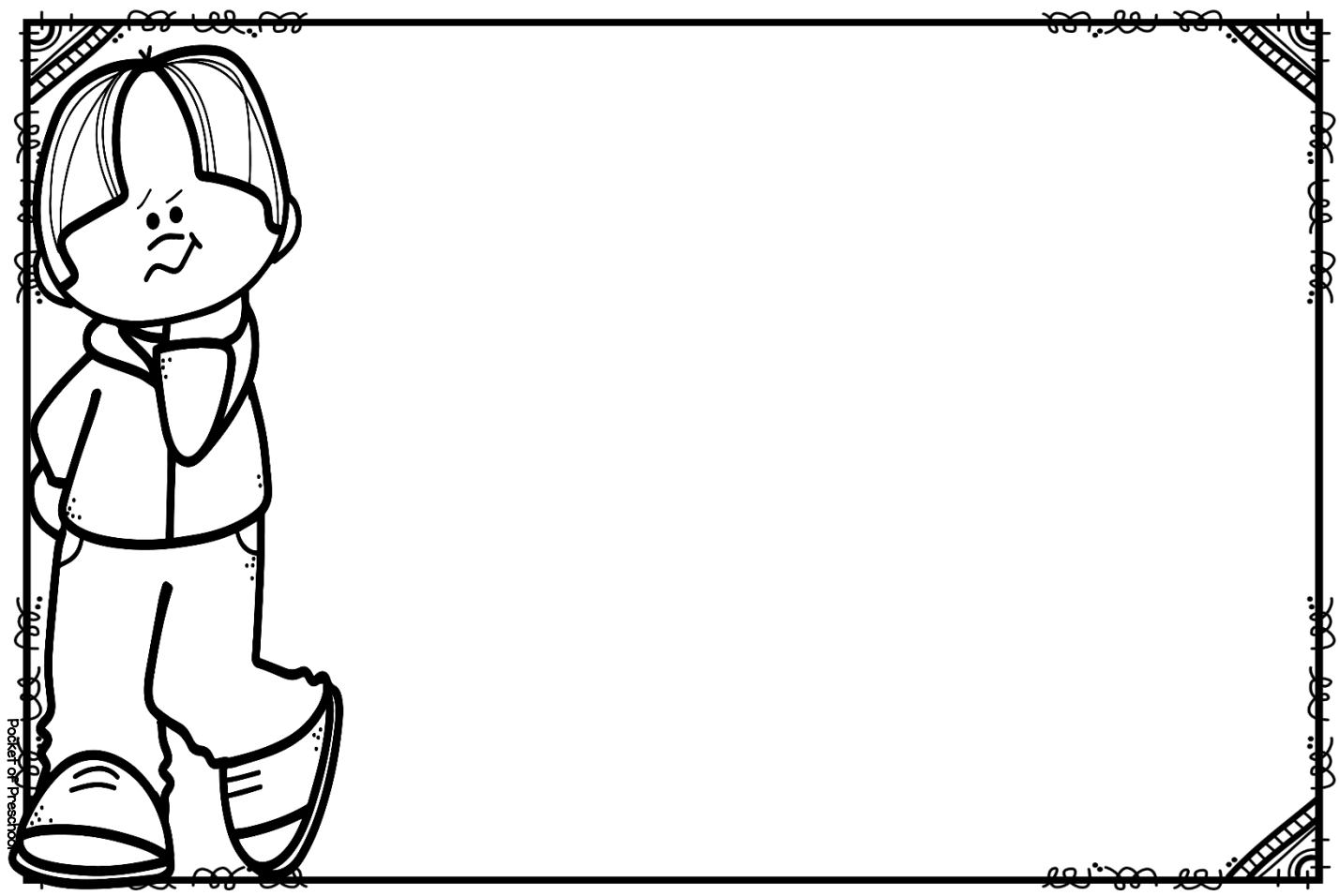
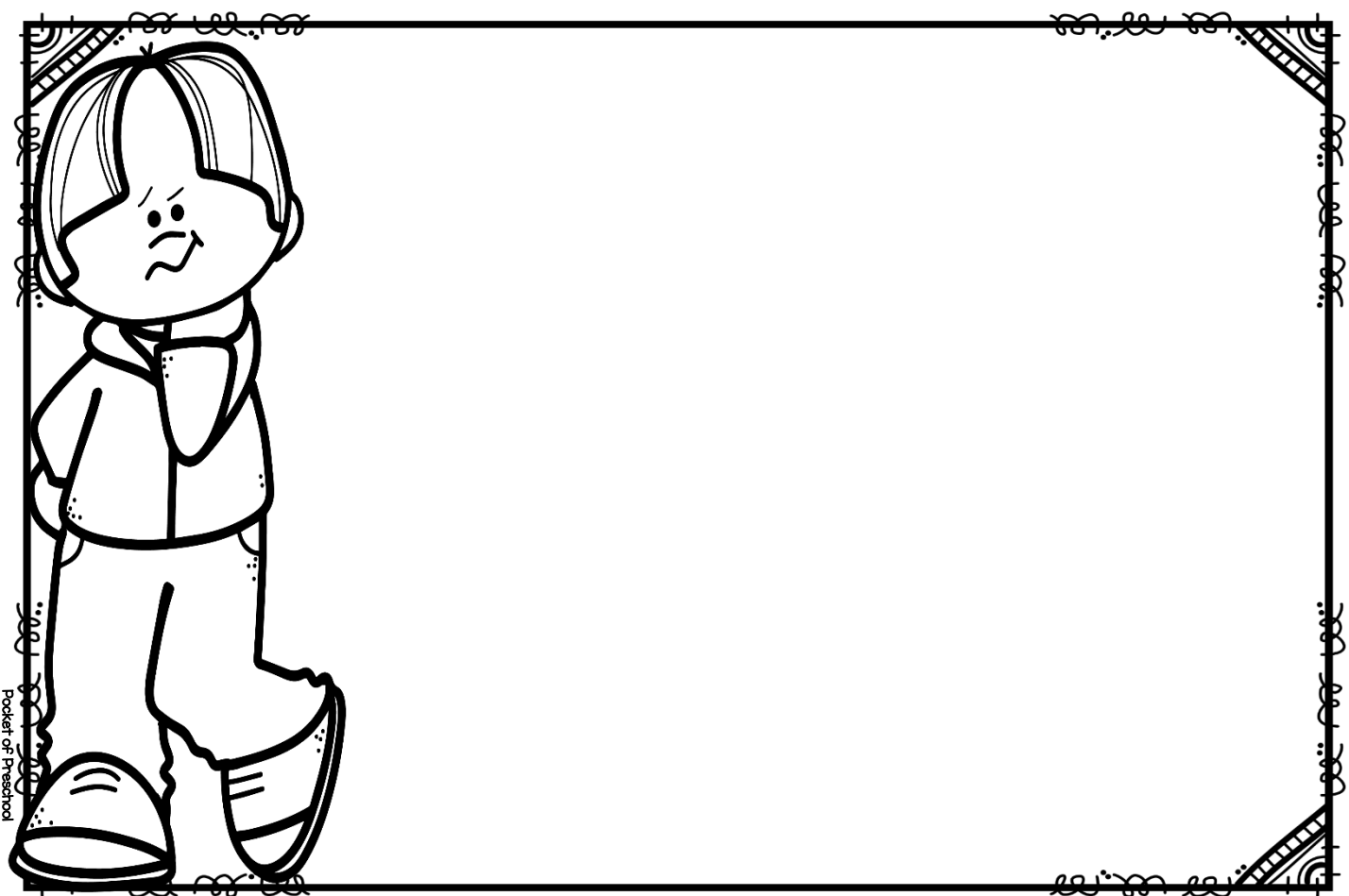
Place small feeling cards out with the paper for students to use in their writing.

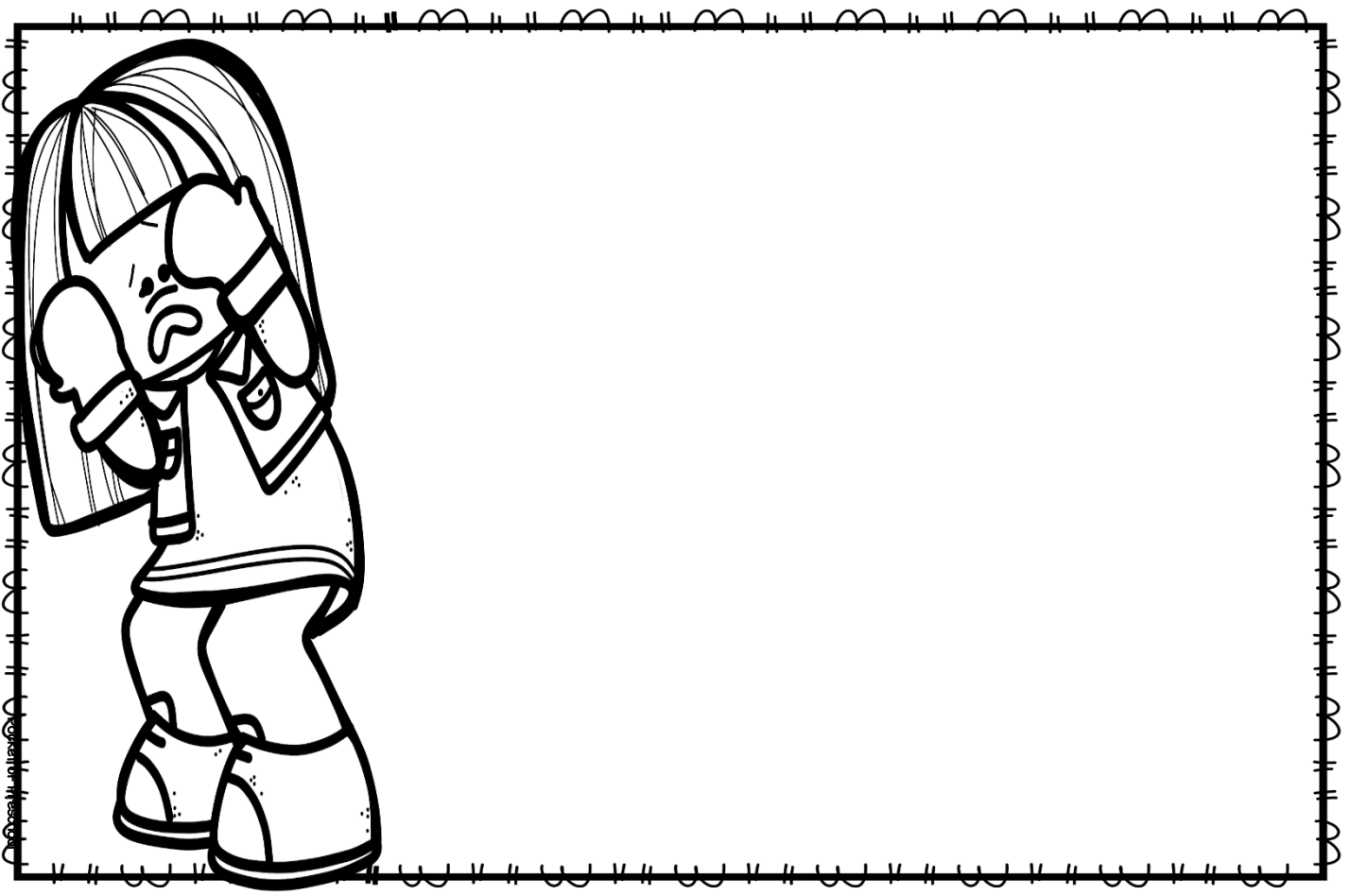
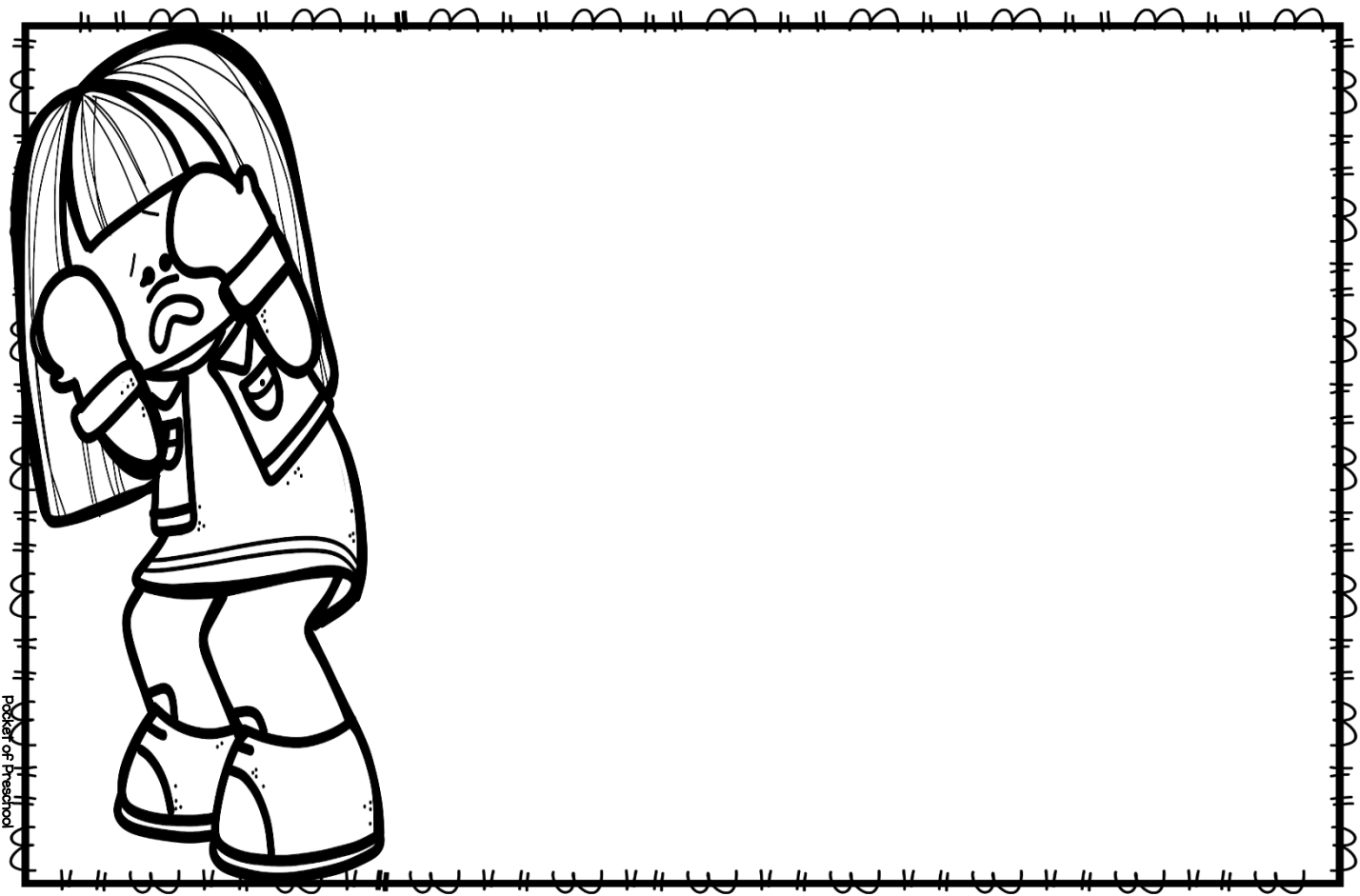


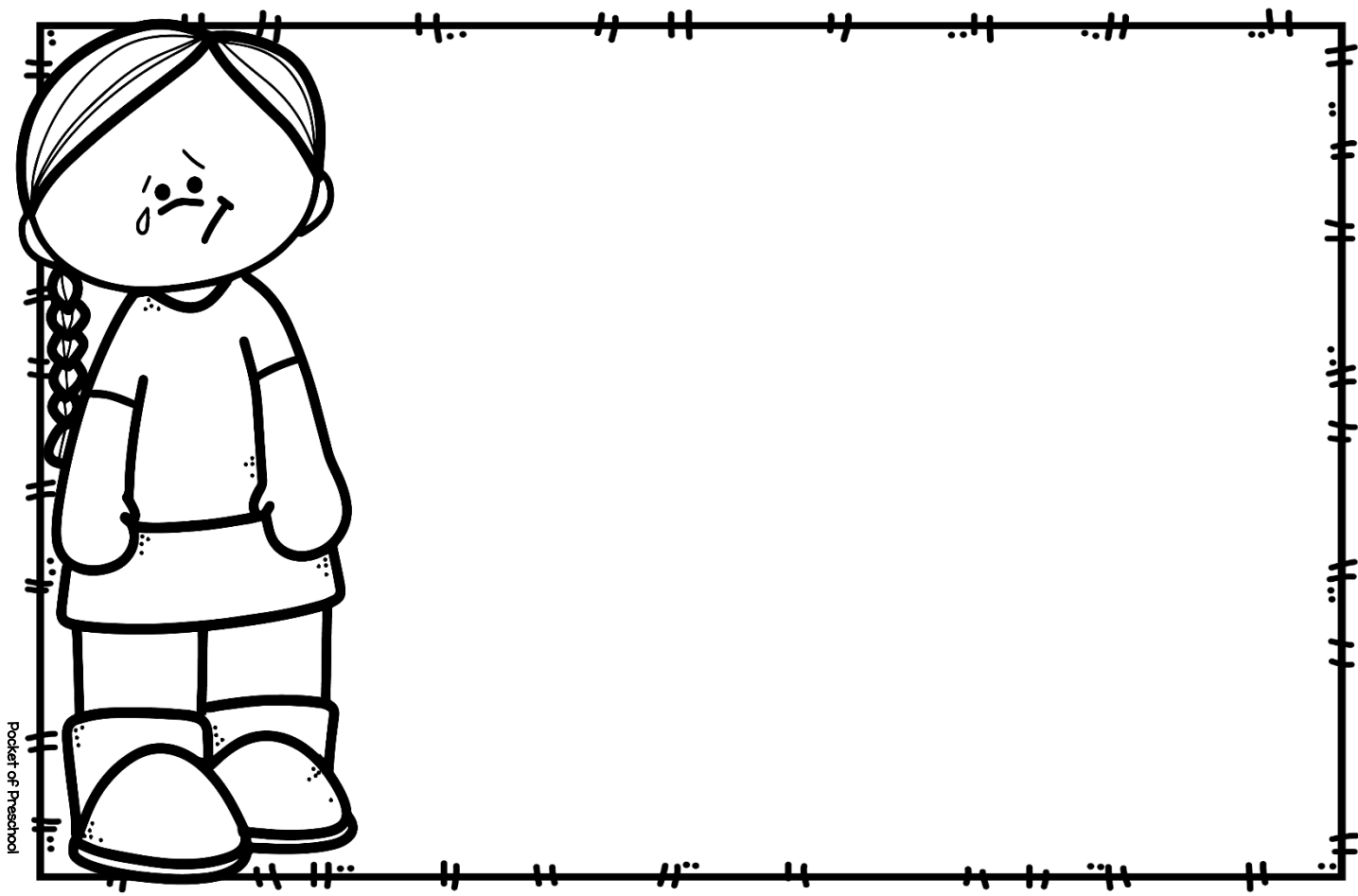
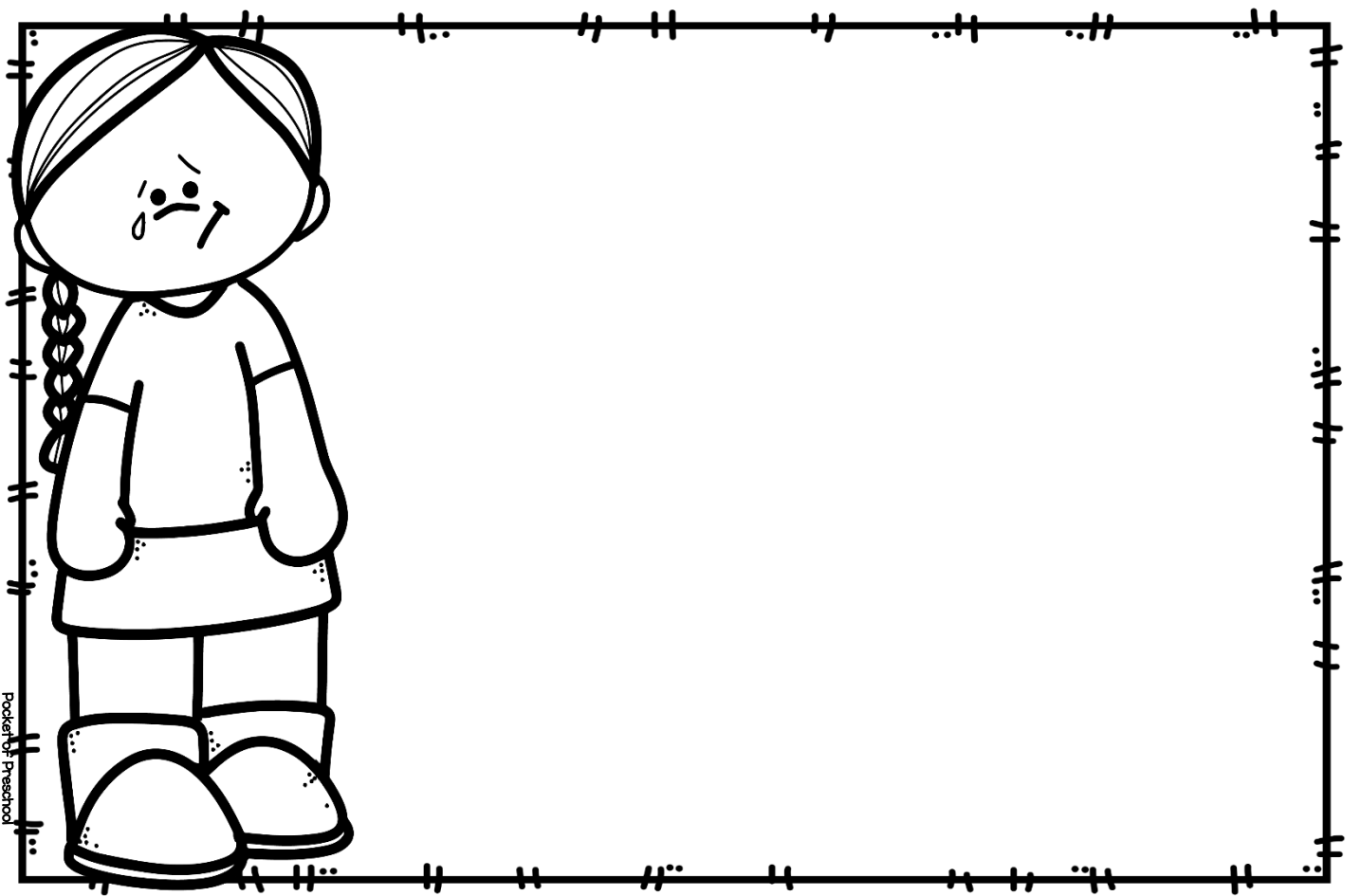


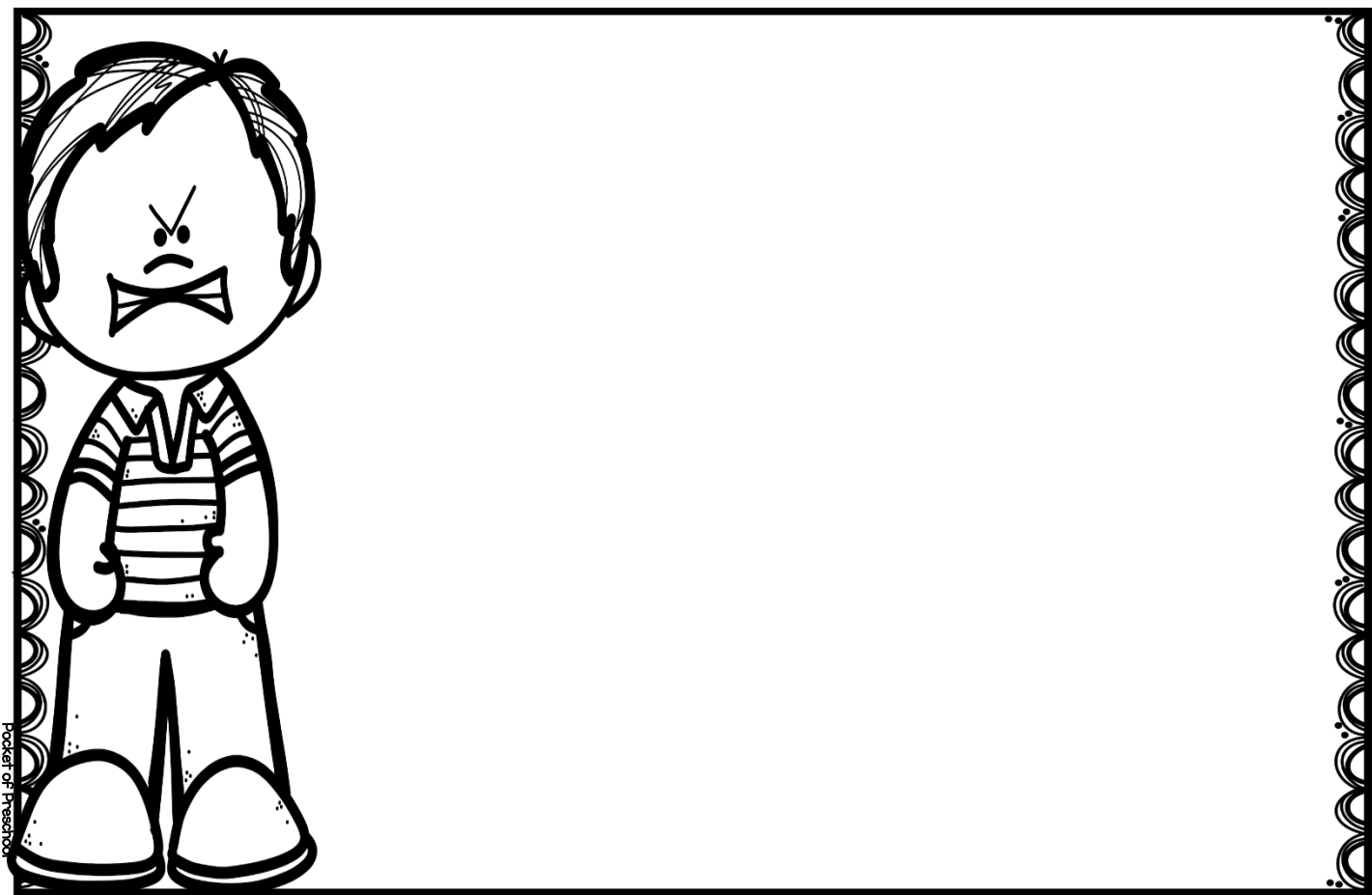
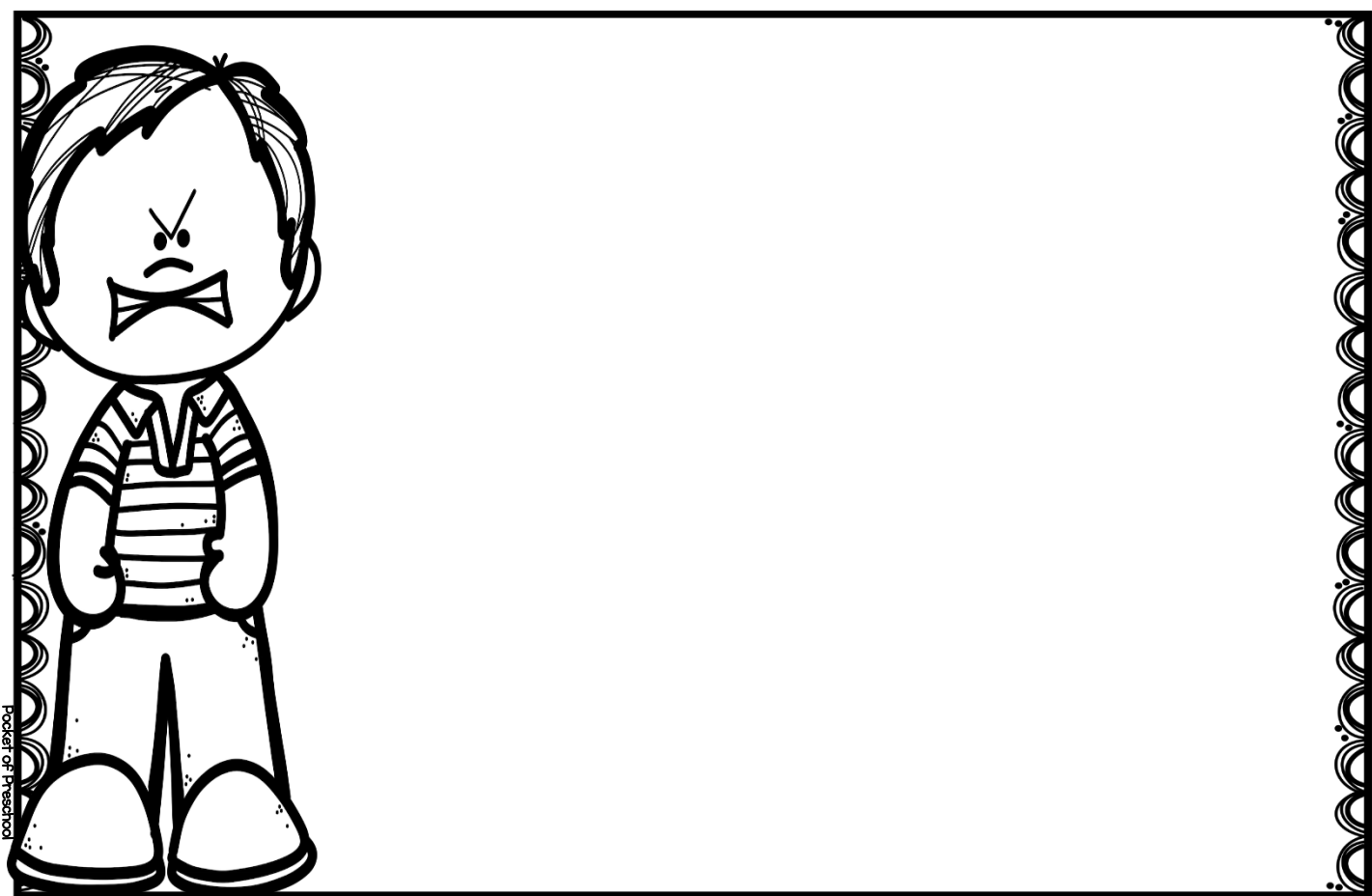


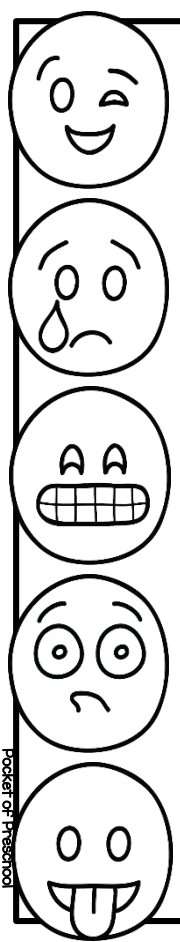
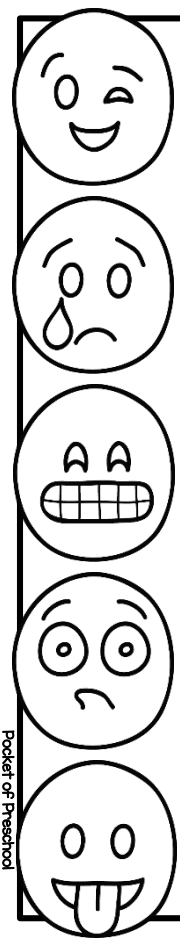




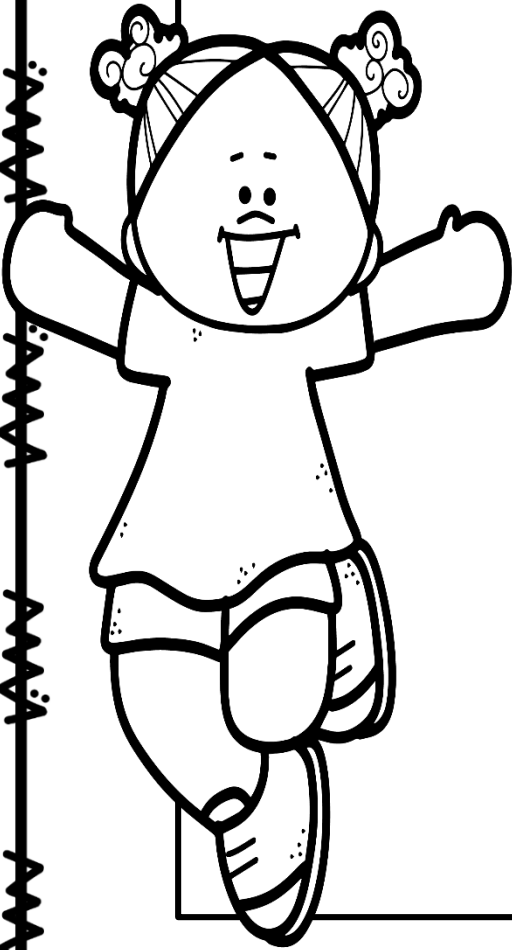








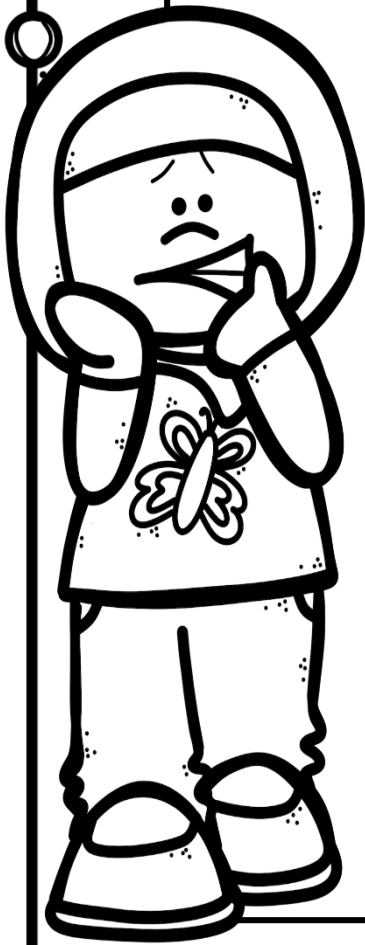
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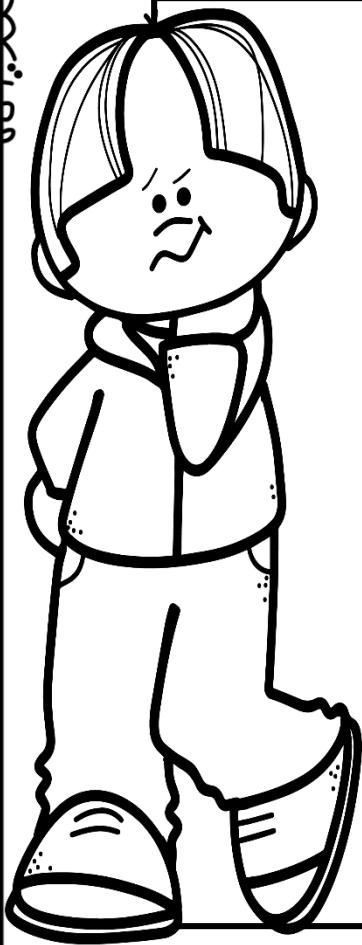
Name: _____



Name: _____



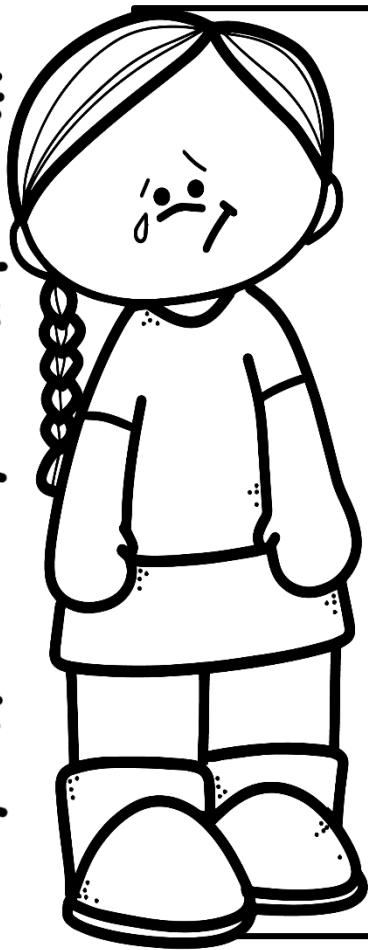
Name: _____



Name: _____

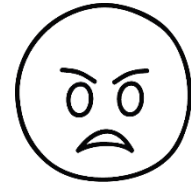
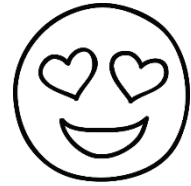
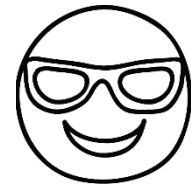
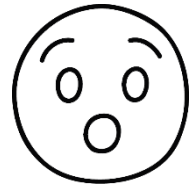
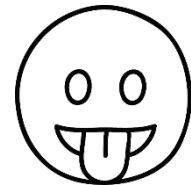
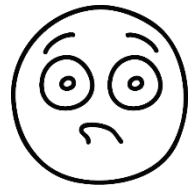
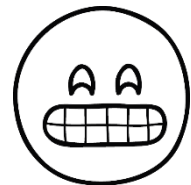
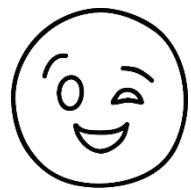


Name: _____



Name: _____





Name: _____

Feelings Write the Room

Answer key:

(feeling cards NOT used: embarrassed, content, proud, surprised)



sad



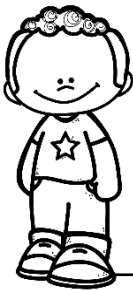
mad



excited



shy



happy



worried



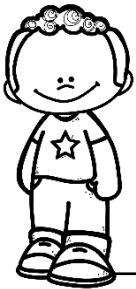
frustrated



scared

Feelings Write the Room

Name: _____



FEELING MAGAZINE COLLAGE OR BOOK

Make a feeling book for your safe place or classroom library.

Print the medium-sized feeling posters. You pick how many feelings you want to have in your book. Glue one to the top of each page. To make a cover for your book, print the poster header "How do you feel?" and glue it to the front of a piece of paper. I used metal rings to bind my book.

Students cut out pictures of kids from magazines and sort them by feeling. Glue the pictures to the page, laminate, and bind. Now you have real photos of kids feeling many different ways.



SAFE PLACE

Post the feelings posters in your classroom all year long. Put them in a place where students can use them as a tool when they need to label how they are feeling. Print the large posters, header, and glue to chart paper or poster board. YOU PICK how many feelings to put on the chart.

My safe place is a small spot in my classroom students can go to when they are upset, need to calm down, want to be alone, or have a problem (pictured below). The feelings poster is in my safe place ALL YEAR LONG for students to use when they are struggling to solve a problem.

Other items in my safe place: mirror, [Calm Down Poster](#), sensory bottles, [Problem Solving Poster](#), bean bag, sand timer (for turn taking), and a stuffed animal. Other things you may add: stress balls, [deep breath count down](#), tissues, lotion, pillow, tent, playdoh, puppets, feeling books, fidget spinners, or a plant (non-toxic).

The safe place is NOT time out. You want it to be a positive place in your classroom. A place where students feel safe and understood.



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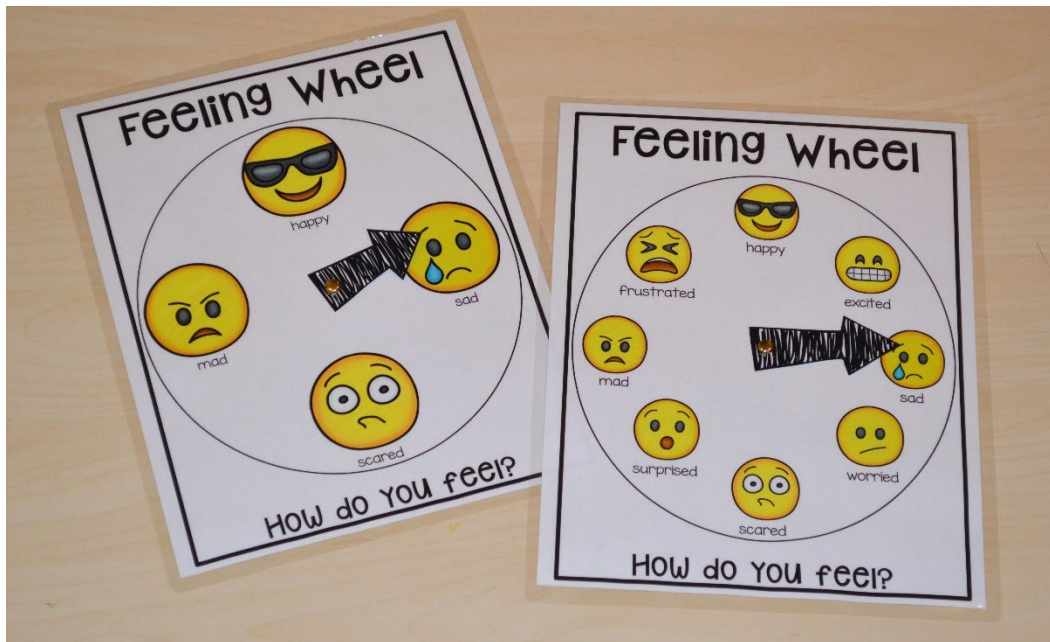
r

FEELING WHEEL

Make a feeling wheel for an individual child, for your safe place, or for your classroom.

Print one of the feeling wheels and arrows. You have four options. If you have younger students who are building the basic feeling vocabulary, use the feeling wheel with four feelings (happy, mad, scared, sad). If you have students who are building a more complex feeling vocabulary, use the feeling wheel with eight feelings (happy, excited, sad, worried, scared, surprised, mad, frustrated). Laminate for durability. Attach the arrow with a brad. Keep the extra arrow for backups.

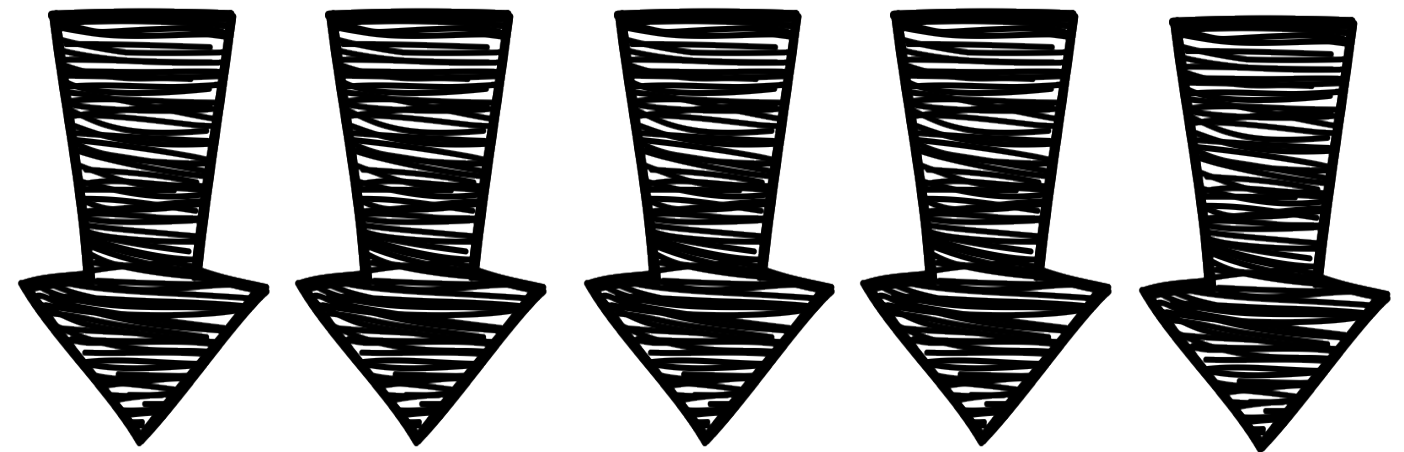
Kids sometimes rip the arrows off if they get upset.



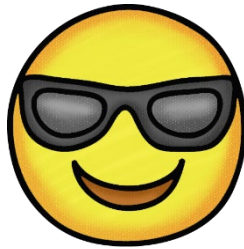
Feeling Wheel with 8 Feelings



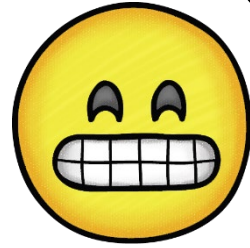
Feeling Wheel with 4 Feelings



Feeling Wheel



happy



excited



sad



worried



scared



surprised



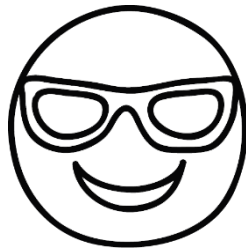
mad



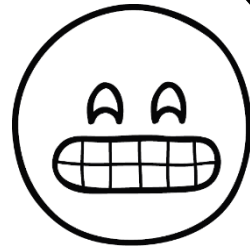
frustrated

How do YOU feel?

Feeling Wheel



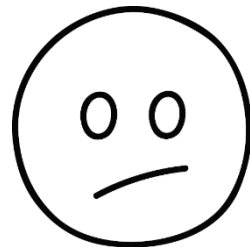
happy



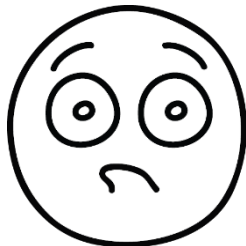
excited



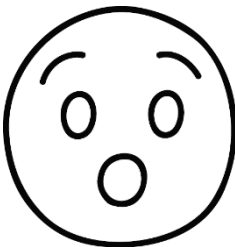
sad



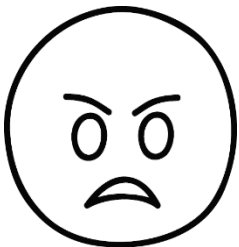
worried



scared



surprised



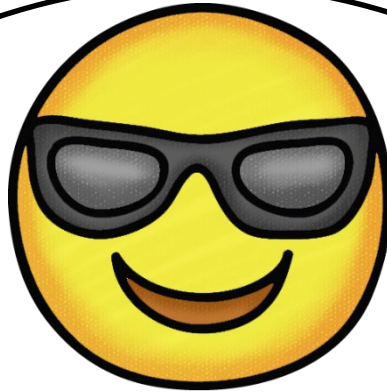
mad



frustrated

How do YOU feel?

Feeling Wheel



happy



mad



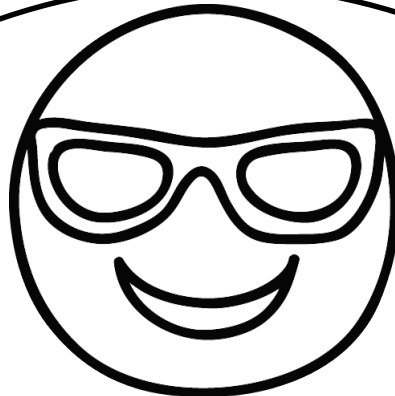
sad



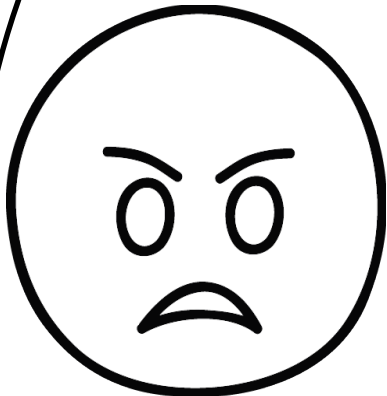
scared

How do YOU feel?

Feeling Wheel



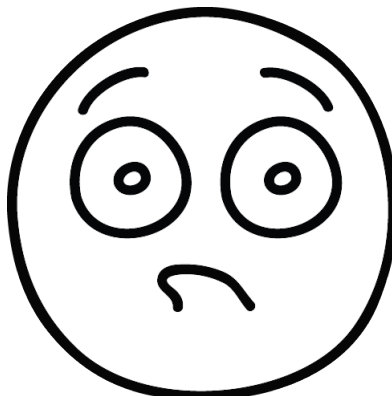
happy



mad



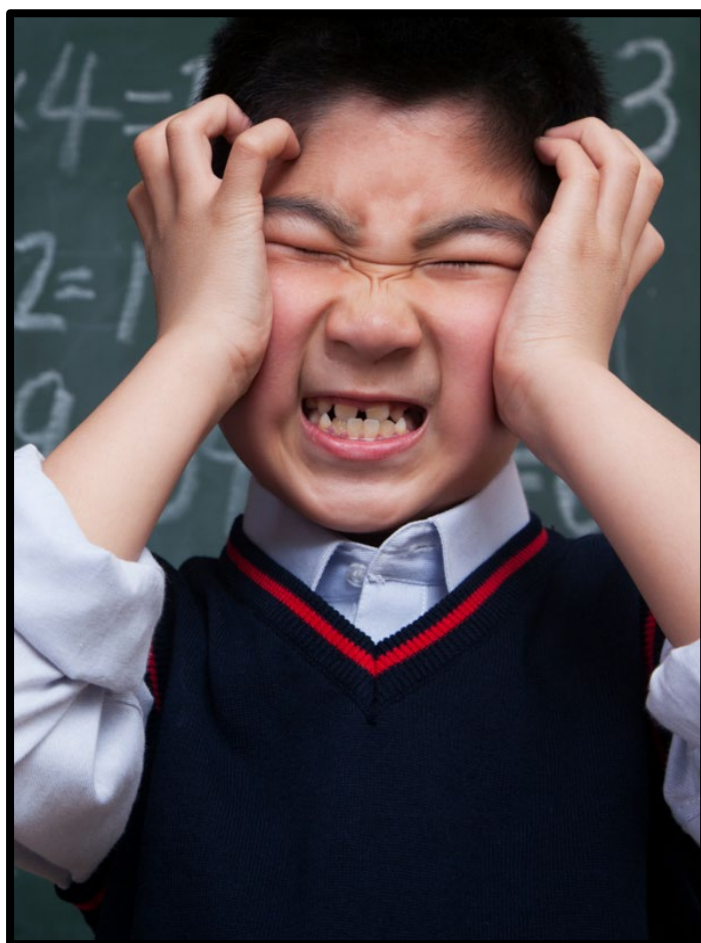
sad



scared

How do YOU feel?













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