



Feelings and Faces

Objectives:

Students will:

- Define these feelings: angry, embarrassed, worried, excited, surprised, sad
- Identify and discuss how they'd feel if they were involved in a variety of scenarios provided by the teacher
- Demonstrate the ability to listen to and appreciate other kids' opinions and feelings

Materials:

- Feelings and Faces (available at: KidsHealth.org/classroom/prekto2/personal/feelings/handout2.pdf)
- Tape and index cards (one for each child with his/her name on it)

Class Time:

45 minutes

Activity:

Look at these six faces. What feeling do you think each of these faces is showing? They are angry, embarrassed, worried, excited, surprised, and sad. Have you ever felt any of these feelings before? If so, when? Today, I'm going to share some short stories with you and you're going to think about how you'd feel if you were in each story. After you decide how you'd feel, you'll come up to the board and tape your name card under the face that shows how you'd feel. After reading each scenario, ask the following questions: Why would you feel that way in that story? Do you think it's OK for other people to feel different than you would? Why or why not? Continue reading as many of the short scenarios as your class time allows.

Extensions:

1. Kids can make up other scenarios and share them with the class.
2. Kids can work in small groups to role-play each of the scenarios.

Reproducible Materials

Handout: Good Feelings Journal

KidsHealth.org/classroom/prekto2/personal/growing/feelings_handout1.pdf

Handout: Feelings and Faces

KidsHealth.org/classroom/prekto2/personal/growing/feelings_handout2.pdf

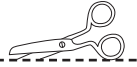


Name: _____

Date: _____

Good Feelings Journal

Instructions: Draw a picture of something that makes you feel good, then write a sentence at the bottom of the page describing your picture or tell your teacher what to write for you. You and your classmates can put all the pages together to create a Good Feelings Journal for the class.



A large dashed rectangular box for drawing. At the bottom of the box, there are four horizontal lines for writing. Below the lines is a row of 15 smiley face icons.



Feelings and Faces

Teacher's note: Give each student a card or piece of paper with his or her name on it. Tape the six faces in this handout to a wall. Then read each of these situations to your students. After reading each situation, let the students tape their name card under the face that describes their feelings related to each situation. Ask the kids to explain why they feel that way.

Situation 1

It's time for recess! You're planning to play on the swings, but when you get to the playground, all the swings are being used.

How do you feel?

Situation 2

It's the end of the school day. Parents have already picked up all your classmates, but your mom or dad isn't there yet.

How do you feel?

Situation 3

You and your friends are playing a board game. All of a sudden your dog runs through the living room and over your game. Game pieces go flying and you lose your spot on the board.

How do you feel?

Situation 4

You're at an amusement park, next in line to get an autographed picture with your favorite superhero or princess.

How do you feel?

Situation 5

You're at an amusement park waiting in line to go on a new roller coaster that goes really fast and high.

How do you feel?

Situation 6

Your parents are going to go out to dinner and a babysitter is coming to watch you while your parents are gone.

How do you feel?

Situation 7

You painted a really pretty picture in art class and the teacher holds it up to show everyone.

How do you feel?

Situation 8

Your best friend invited you to a play date Saturday. But that morning, your friend's mother calls to say that your friend is sick and the play date is canceled.

How do you feel?