

Teacher Lesson and Activity Ideas for Feelings

- Have students go through newspapers and magazines to find various faces to create a feelings collage. (*cut and paste*)
- Each day have 3 individuals begin the day with one positive feeling or happening. (*Today I'm looking forward to playing with _____, last night my mom took us to the park...*)
- Keep a gratitude jar in the classroom. At any time have students put in a slip to acknowledge something they're grateful for. Have a celebration when there are 100 or 200 gratitude notes.
- For journal entries, once a week have students write 2 positive events that happened through the week or write about what they're grateful for.
- When you read a story, stop to ask students how the character must be feeling and why.
- Have a jar full of the feeling words. When you pull a feeling word out of the jar, students have to tell or write about a time when they were feeling: *brave, gracious, grateful, stubborn, worried, silly, relieved, confused, shy, curious, bored, important, jealous, relieved etc.*
- Divide all the feeling words into positive and negative feelings.
- Brainstorm all the reasons it is important to turn negative feelings around.
- Discuss the quote "A bad attitude is like a flat tire, it doesn't get you anywhere".
- Guess the feeling/emotion—a child demonstrates a feeling with facial expressions and body language, students try to guess the feeling (*frustrated, loving, perplexed etc.*) the child who guesses demonstrates the next feeling.
- Play Simon Says using feeling words: Simon says 'Look Happy', Simon says 'Look Frustrated, Simon says 'Look Proud, 'Look Bored'....
- Discuss the following statement: Anger is a reaction feeling. *Can you have anger for no reason? Think about the times you've been angry, what action caused your anger?*
- Thoughts will often cause reactions, discuss this.
- Why is point of view important to understanding the feelings of others?
- Discuss how our feelings/emotions affect our behaviors.
- Discuss how feelings/emotions affect friendships.
- It has been said that there are 6 basic emotions: *happiness, surprise, fear, anger, sadness and disgust.* Brainstorm feeling words or use those provided and have students put them into the categories.
- *Emotions and Moods differ but both involve feelings, moods last longer than emotions.* Have students brainstorm the difference between moods and emotions and have them identify examples of both.