

# IDENTIFYING

# FEELINGS

★ POWERPOINT STORY & ACTIVITIES ★

PREVIEW



# Teacher Note:



This resource is part of a bundle focusing on Identifying Feelings and Emotions. I created it because helping children label and identify feelings and emotions is a vital first step.

Children who learn how to identify feelings are better able to regulate their own responses to strong emotions.

Our main focus is for our children to be able to identify and label their feelings. What does it feel like? What does it look like?

The bundle includes Identifying Feelings Worksheets, Calm Down Techniques, Gratitude Activities, Inference Pictures, Social Scenario Problem Solving Task Cards, Posters, Gratitude Jar, Identifying Feelings of Sadness Story & Activities.

They intentionally have the **CASEL SEL COMPETENCIES** in mind. "Self-Awareness - accurately recognizing one's own emotions, thoughts, and values and how they influence behavior." ([www.casel.org](http://www.casel.org))

These resources are intended for group time with our young learners. This allows for us to talk to each other, share our thoughts and experiences and most importantly makes sure that we are all on the same page.

This resource, Identifying Feelings - PowerPoint & Activities could be used during whole group time as an opportunity to :

- \* Identify & Label Different Feelings
- \* Identify how do our bodies feel and what we look like.

# Teacher Note:

I hope this resource is helpful to you and your young learners and encourages more self awareness & helps children better self-regulate in your classroom! 😊

I would love to connect and hear about your experience using this resource.  
You are doing a great job! Keep doing what you are doing!



♡  
Sara

CLICK ON THE LINKS







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DON'T FORGET FOLLOW ME ★

Come check out more Social-Emotional Learning Resources at my store:



CLICK ON THE PICTURES TO FIND OUT MORE

**ALL ABOUT Friendships**  
By: Sara-Jane Lai

**BUNDLE**

<b>friendship Activities</b> Ways to be a good friend	<b>friendship Activities</b> More than One Friend	<b>Kindness Activities</b>	<b>CLASSROOM POSITIVES</b> Friendship
<b>TEAMWORK Activities</b> THE DREAM	<b>CONFLICT Resolution Activities</b>	<b>ACTIVITIES for Empathy</b>	<b>friendship Scenario Cards</b>

**BUNDLE**

**IDENTIFYING Feelings**  
\*FEELING MONSTERS EDITION\*

<b>IDENTIFYING feelings</b> 4 FUN GAMES	<b>IDENTIFYING FEELINGS</b> POWERPOINT STORY & ACTIVITIES
<b>INFERENCE PICTURES</b> 14 PICTURES	<b>FEELING MONSTERS</b>

**BUNDLE**

**SILLY SCENE PICTURES**  
\*POWERPOINT VERSION\*

<b>SILLY SCENES PICTURES #2</b> WHAT'S WRONG WITH THIS PICTURE? 20 Silly Scenes (8.5x11)	<b>SILLY PICTURES</b> WHAT'S WRONG WITH THESE PICTURES? 20 PICTURES (8.5x11)
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**BUNDLE**

**ACTIVITIES on Empathy**  
By: Sara-Jane Lai

<b>DEVELOPING Empathy</b> Lesson Plan, PowerPoint Story, Game & Display	<b>DEVELOPING Empathy</b> Sorting Activity	<b>DEVELOPING Empathy</b> Task Cards
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**BUNDLE**

# DETAILED PRODUCT DESCRIPTION WITH SUGGESTED USE

INCLUDED IS A DETAILED PRODUCT DESCRIPTION WITH PICTURES AND INSTRUCTIONS FOR SUGGESTED USE.

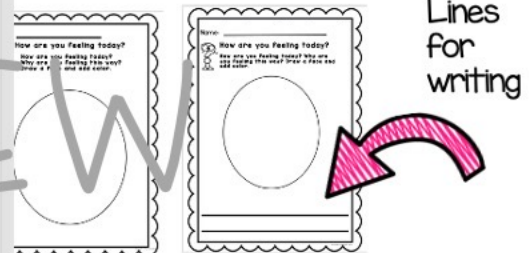
## Identifying Feelings

### My Many Feelings Description Cards:

These cards are displayed in the classroom to reinforce children of the different characters.

Recording Sheet: (2 Versions - one with lines and one without)

How are you feeling today? Why are you feeling this way? Color:



### All About My Many Feelings:

Create a take home book about our many feelings for your children to fill in and take home.

★Cover page & 12 Feelings pages included★

## Identifying Feelings:

### Product Description & Suggested Use

#### My Many Feelings Power Point Story:

A PowerPoint Presentation to introduce the different feelings we may have. This will help children with identifying feelings by linking the feelings to a facial expression, a physical feeling and a scenario to illustrate it.

Each Feelings page also asks children to make connections to their own feelings.

- ❖ Have you ever felt like this?
- ❖ What does your body feel like?
- ❖ What can we do when we feel this way?

#### The Feelings represented are:

- ❖ Frustrated
- ❖ Confused
- ❖ Scared
- ❖ Nervous
- ❖ Happy
- ❖ Sad
- ❖ Proud
- ❖ Excited
- ❖ Silly
- ❖ Surprised
- ❖ Shy
- ❖ Tired



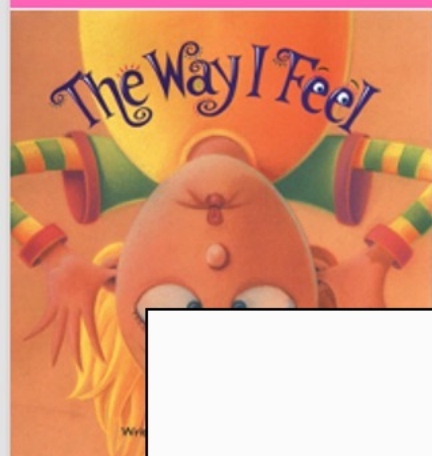
Sami is scared  
"I don't like spiders! Get me out of here!"  
Sami's heart is beating so fast. His mouth is dry. He feels like running away.

HOW DO YOU FEEL? SCARED  
HOW DO YOU FEEL? SCARED

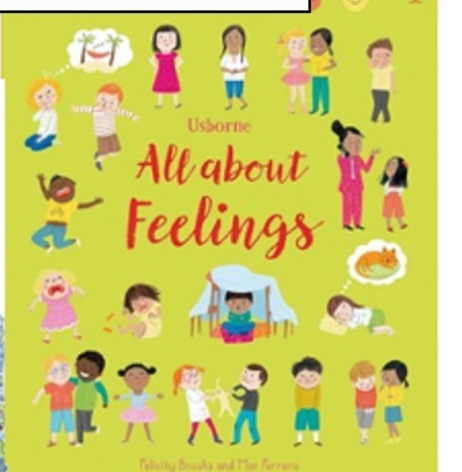
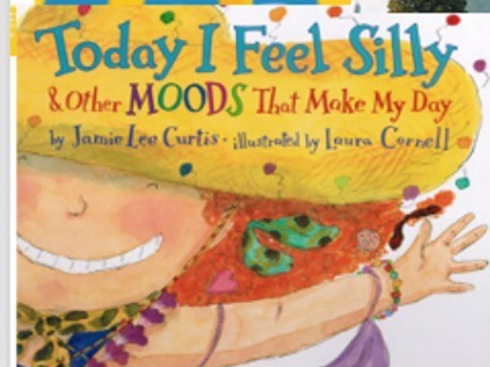
Use questions to guide discussions



# IDENTIFYING FEELINGS PICTURE BOOKS



I INCLUDED ARE BOOK  
SUGGESTIONS TO ADD TO  
YOUR LESSONS.



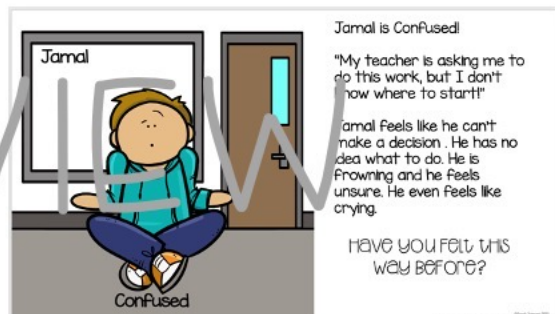
# POWERPOINT PRESENTATION

The PowerPoint Presentation introduces the different Feelings we may have. This will help children with identifying feelings by linking the feelings to a facial expression, a physical feeling and a scenario to illustrate it.

Each Feelings page also asks children to make connections to their own feelings.




The Feelings represented are:

- ❖ Frustrated
- ❖ Confused
- ❖ Scared
- ❖ Nervous
- ❖ Happy
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- ❖ Excited
- ❖ Silly
- ❖ Surprised
- ❖ Shy
- ❖ Tired

















# CLASSROOM DISPLAY

<p><b>My Many Feelings</b></p> <p><b>Frustrated</b></p> <p>Agatha</p>  <p>Agatha</p> <p>"I have to do this!"</p> <p>Agatha hands frown</p> <p>Agatha paper</p>	<p><b>My Many Feelings</b></p> <p><b>Scared</b></p> <p>Santi</p>  <p>Santi</p> <p>Santi is scared!</p> <p>"I don't like lizards! Get me out of here!"</p> <p>Santi's heart is beating so fast. His mouth is dry. He feels like running away.</p>
<p><b>My Many Feelings</b></p> <p><b>Confused</b></p> <p>Jamal</p>  <p>Jamal</p> <p>"My teacher says I should do this, but I don't know what to do!"</p> <p>Jamal makes a confused face. He is frowning and crying.</p>	<p><b>My Many Feelings</b></p> <p><b>Nervous</b></p> <p>Nala</p>  <p>Nala</p> <p>Nala is nervous!</p> <p>"Today, I am singing a song in front of all the parents!"</p> <p>Nala's tummy feels like it is in knots. Nala is sweating. Nala doesn't feel like going on stage.</p>

♥ PRINTABLE 12 MY MANY FEELINGS CARDS

♥ CHECK-IN DISPLAY POSTER (COLOR & B&W)

**How do you feel today?**

Proud	Tired	Excited
		
Silly	Nervous	Scared
		
Surprised	Sad	Frustrated
		
Shy	Happy	Confused
		

PREVIEW



# MY MANY FEELINGS BOOK 13 PAGES

FOR CHILDREN TO ILLUSTRATE & TO  
TAKE HOME TO READ WITH FAMILIES

MY MANY FEELINGS BOOK  
13 PAGES



# CHARACTER PUPPETS (COLOR)

These feeling stick puppets are a fun way to encourage our young learners to develop an understanding of feelings and emotions. How to use them?

Option 1:

Place them in your 'small world' set up where your children may use the puppets to role play different scenarios and explore each emotion.

Option 2:

Play a guessing game. Each child picks a person and acts out the emotion. The other children must guess what feeling it is.





# MY MANY FEELINGS GAME

4 x Game Boards  
Feeling Buttons

How to Play?

1. Play individually or against other players.
2. Flip a Feeling Button and cover all the same feeling on your board (sometimes there's more than one).
3. The game is over when all the faces are covered.



# CONNECTION TO FAMILIES

EXTEND LEARNING BY CONNECTING TO FAMILIES USING THE NOTE HOME TO FAMILIES.

EDITABLE

## IDENTIFYING FEELINGS

Dear Families,

We are beginning our next unit, Identifying Feelings and Emotions.

Helping children label and identify feelings and emotions is a vital first step. Children who learn how to identify feelings and emotions are better able to regulate their own responses to strong emotions.

Our main focus is for children to be able to identify and label their own feelings. What does it feel like? What does it look like?

To support our learning this week at home, try to help your child identify and label their feelings.

Say, "I see you're crying. You must be sad. Can you tell me what's happened?"

Let your child see how you cope with big feelings.

Say, "When I'm sad it helps to take a few deep breathes and when I'm calm, I talk to someone."



2 Versions: Editable Version & Ready to Email Version in separate file.

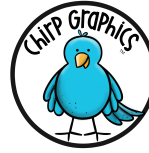




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