

Social Emotional Learning

Lesson 6: Feelings Supplementary Activities



Pre-school

Drawing Activity

Draw a picture of something that makes you feel 'Happy'



Age 4-7

Share your Feelings – Sweet Game

Materials: Skittles or M&Ms

Process: Have everyone in your household pick one sweet and depending on the colour, share one thing that makes them feel that that emotion. Keep eating and sharing your feelings!!

(Of course, you can always create a healthy alternative with fruit! You can also make up your own feeling questions.)

THE  FEELINGS GAME		
FOR EVERY		SHARE
Red		<i>One thing that makes you HAPPY.</i>
Orange		<i>One thing that makes you SAD.</i>
Green		<i>One thing that makes you ANGRY.</i>
Yellow		<i>One thing that makes you EXCITED.</i>
Purple		<i>One thing that makes you AFRAID.</i>



Age 7-11










Feelings Chart

Create your own 'Feelings chart.' See below for an example template - you can print this out or make your own with more or different feeling words.

Think about how you are feeling at different times of the day and tick that emotion on the chart. Remember, you can tick more than one feeling during the day. Our feelings can change throughout the day. It is important share your feelings with someone if they feel very uncomfortable.

Place your chart where others can see it.

Encourage other members of the family to create their own 'Feelings chart' too.

Tell me about your day									
	HAPPY	SAD	ANGRY	DISAPPOINTED	FRUSTRATED	PROUD	EXCITED	SCARED	NERVOUS
									
Mon.									
Tues.									
Wed.									
Thurs.									
Fri.									
Sat.									
Sun.									