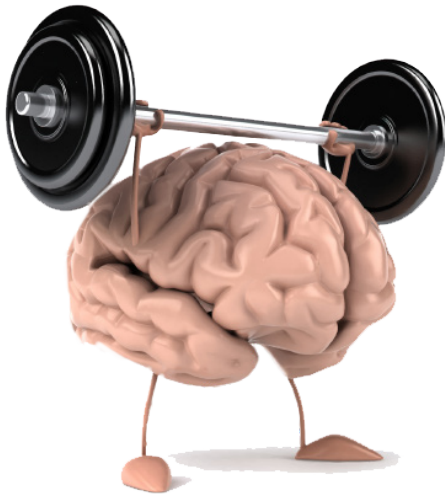


My Feelings Activity Guide Grade K-2



Know Your *Neuro*



Video Quiz Questions

1. What does the brain do? Ask students what they remember from the video "My Feelings" about what the brain does. **Answer:** Thinking, making choices, and understanding your feelings.
2. What are feelings? **Answer:** Feelings are sensations inside the body.
3. How do different feelings feel? **Answer:** Some feelings are warm and calming. Others make you feel like there are butterflies in your tummy. Some feelings make your heart beat faster. Ask students for other examples of how feelings feel.
4. What are the two steps that help you practice listening and understanding what your feelings mean? **Answer:**
Step One: Identify the name of the feeling.
Step Two: Find out what information the feeling is giving you. Is the feeling telling you that you need or want something? If so, what?

Long-Term Learning

Feeling Pairs

Pair students facing each other. Each student takes a turn being the leader. The leader makes different faces representing different feelings. The other copies the leader's expressions, acting like a mirror, and guesses what feeling the leader is demonstrating.

Feelings Freeze Dance

Assign a feeling to each student before playing music. Freeze the song and when the music stops, ask students to show how that feeling 'looks'. Encourage them to use more than just their face to express the feelings.

'If You're Happy' Action Song

As a class, perform the feelings song 'If You're Happy and You Know It'. Use accompany actions to demonstrate the sensations that each feeling generates:

*If you're happy and you know it, show a smile...(make smiley face) repeat
If you _____ and you know and you really want to show it, if you
are _____ and you know it _____.*

Add on...

*If you're angry and you know it, clench your fists...(clench fists)
If you're sad and you know it, wipe your tears...(wipe away tears)
If you're excited and you know it, wiggle, wiggle...(wiggle in seat)*

How Do You Feel When...?

Read the following scenarios and ask students to show you, with facial expressions and body language, how they would feel and what their feelings are telling them they need or want if:

1. You open a birthday present and it is a toy that you really want.
2. You fall off your bike and cut your knee.
3. You see another student being mean to someone.
4. A dog growls at you.
5. You are arguing with your cousin over a toy.
6. You score the winning goal.
7. You see another student feeling lonely.
8. You help your Mom take out the stinky trash.



Fairy Tale Feelings

Using well-known fair tales, recap the stories and identify how the different characters might have felt throughout the story. Example: Jack & the Beanstalk - How is Jack feeling when...

1. his Mom says that they have no money for food?
2. his Mom gets angry for selling the cow for beans?
3. he wakes to see a beanstalk outside of his window?
4. he gets chased by the giant.