

I FEEL _____ When... Directions:

For each feeling (happy, sad, mad, frustrated, scared, silly, and excited), there are two sheets.

Sheet One contains the lead sentence: I FEEL _____ WHEN:

Sheet Two contains 8 situations plus one blank situation for the child to brainstorm a time/activity where they have had that feeling.

Preparation:

After printing out each sheet, laminate them (card stock is more heavy-duty if available to you).

On Sheet One, put some soft Velcro strips. Then cut out each situation on Sheet Two and put hard Velcro on the back of each situation.

Match Sheet Two situations to appropriate Sheet One Feelings. Put in a folder or large envelope for storage.

Activities:

(A) Remove all situations and put in a pile. Student picks a situation and sorts onto appropriate Feeling Sheets. If a child has the appropriate skills, ask them to explain why/how they know where each feeling belongs.

(B) Teacher picks a situation that can be “reversed” (e.g. if card says, “I DIDN’T do it...”, teacher says, “I DID do it; if card says, “I CAN do it, teacher says, “I CAN’T do it..., etc.).

-First, teacher (or child, if he/she is old enough to read) reads ACTUAL card and child must decide where card actually belongs.

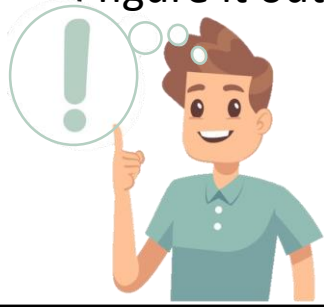
-Then, teacher states the “reversed” situation and child must brainstorm where the new card would go (e.g., If changed from “I don’t remember” [put on the Frustrated feeling sheet] to “I DO remember,” child states would go on [Happy feeling sheet].

I feel excited



when....

I figure it out!



I'm going to a party



It's my birthday



I get a present



I go on vacation



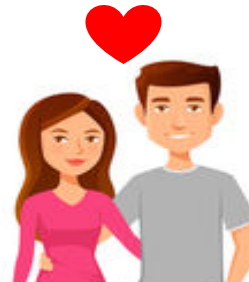
it's the holidays



I play on the playground



My parents love me










Now you think of one...

I feel **EXCITED** when...

I feel frustrated



when....

<p>I can't remember the answer</p> 	<p>I can't decide</p> 	<p>I HAVE TO have help</p> 
<p>People won't leave me alone</p> 	<p>I HAVE TO wait</p> 	<p>I CAN'T keep playing</p> 
<p>I HAVE TO do something that I don't want to</p> 	<p>I can't fix a problem</p> 	<p>Now you think of one...</p>

I feel FRUSTRATED when...

I feel happy



when....

People share with me



I see Mom and Dad



I am playing



It's my turn



I know the answer



I see my friends



I do a good job



I make a good choice



Now you think of one...

I feel HAPPY when...

I feel mad



when....

Someone takes my toy



I make a mistake



People ignore me



I HAVE to be all done



I HAVE to clean up



I don't know the answer



I get pushed



My teacher says, "no!"









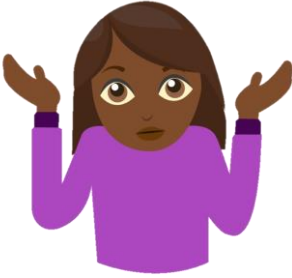

Now you think of one...

I feel MAD when...

I feel sad



when....

<p>I get hurt</p> 	<p>I don't feel well</p> 	<p>I feel lonely</p> 
<p>People are mean to me</p> 	<p>No one will share with me</p> 	<p>No one will listen</p> 
<p>I don't know the answer</p> 	<p>An adult is mad at me (parent/teacher)</p> 	<p>Now you think of one...</p>

I feel SAD when...

I feel scared



when....

I'm lost



I'm alone



I have a bad dream



I hear a loud noise



I see a monster



Someone bothers me



I see a scary movie



I'm not sure



Now you think of one...

I feel SCARED when...

I feel silly



when....

I get tickled



I hear a joke



I'm happy and excited



For no reason; just because



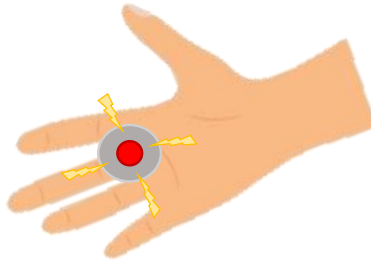
I made a silly mistake



I watch a funny show



I get tricked



Someone plays a joke on me



Now you think of one...

I feel SILLY when...