

Educator guide: Book of feelings game

Recommended for grades:

Kindergarten

Time:

7 minutes

Learning objectives:

After completing this lesson students will be able to:

1. Recognize basic emotions and feelings.

Activity description:

In this game students will match a feeling with a facial expression and body language. They will receive a sticker that represents the feeling for each match that they get correct. The goal is to collect the stickers for all eight feelings.

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Book of feelings game. You may choose to use this list in any way that fits your needs.

- Angry – feeling mad or upset
- Calm – feeling peaceful and relaxed
- Disappointed – feeling upset when you wanted something to happen and it didn't end up happening
- Excited – feeling like you are looking forward to something
- Feelings – how we react to things that happen in our lives
- Frustrated – feeling like you want something to happen that isn't happening
- Happy – feeling good and content
- Sad – feeling unhappy
- Scared – feeling worried about something or frightened by something

Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Recommended reading list

These books can be read aloud to help students relate to characters dealing with different mental and emotional health concerns. You may encourage students to check out one of these from the school library to bring home and read with their families.

“B is for Breathe” by Dr. Melissa Munro Boyd (2019, Ages: 4-10)

“Everyone” by Christopher Silas Neal (2016, Ages: 4-6)

“Frog Slime: A Child’s Guide to Calming Down” by Dr. Amanda DeSua (2017, Ages: 0-6)

“Grumpy Monkey” by Suzanne Lang (2018, Ages: 3-7)

“Listening to My Body” by Gabi Garcia (2019, Ages: 4-10)

“My Body Sends a Signal: Helping Kids Recognize Emotions and Express Feelings” by Natalia Maguire (2020, Ages: 3-9)

“Ruby Finds a Worry” by Tom Percival (2019, Ages: 3-6)

“Taking a Bath with the Dog and Other Things That Make Me Happy” by Scott Menchin (2013, Ages: 4-8)

“The Color Monster” by Anna Llenas (2018, Ages: 4-8)

“Visiting Feelings” by Lauren Rubenstein (2013, Ages: 4-8)

“When I Feel Angry” by Cornelia Maude Spelman (2000, Ages: 4-8)

Resources for families and educators

- Centers for Disease Control and Prevention (CDC), cdc.gov/childrensmentalhealth/
- Children's Wisconsin, childrenswi.org
- KidsHealth, kidshealth.org
- Mental Health America, mhanational.org
- National Alliance on Mental Illness (NAMI), nami.org
- National Institute of Mental Health (NIMH), nimh.nih.gov
- PBS Kids for Parents: Emotions and Self-Awareness, pbs.org/parents/learn-grow/all-ages/emotions-self-awareness
- Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), dpi.wi.gov/sspw



Transcript

Introduction

A good way to be aware of your feelings is to pay attention to your body. Help me figure out which face and body positions match each feeling, and collect stickers for each one. Click the play button to get started.

Angry

Angry

Frustrated

Frustrated

Sad

Sad

Excited

Excited

Happy

Happy

Calm

Calm

Disappointed

Disappointed

Scared

Scared

Angry definition

When you feel angry, you likely feel mad because you think that something isn't fair. You might want to yell or scream.

Frustrated definition

When you feel frustrated, you may feel like you want something to happen that isn't happening. You might even feel annoyed!

Sad definition

When you feel sad, you probably feel unhappy. You may frown when you feel sad, and you may feel like crying.

Excited definition

When you feel excited, you are really looking forward to something. You might feel a lot of energy!

Happy definition

When you are happy, you feel good. You might smile or even laugh!

Calm definition

When you feel calm, you feel peaceful and relaxed. You might breathe deeply and smile.

Disappointed definition

When you feel disappointed, you may have wanted to do something that didn't end up happening.



Scared definition

When you feel scared, you feel worried about something. Your heart might beat fast and you might breathe fast.

Instructions

Choose the body that matches this feeling. Choose the face that matches this feeling. When you're done, click this button to see if you're right.

Correction no body

Choose a body that you think matches this feeling.

Correction no face

Choose a face that you think matches this feeling.

Correction no body or face

Choose a body and face that you think match this feeling.

Correction body Miguel angry

Not quite. Miguel's body doesn't look angry. Try a different body.

Correction body Devonte frustrated

That's not it. Devonte's body doesn't look frustrated. Try a different body.

Correction body Zoe sad

Not quite. Zoe's body doesn't look sad. Try a different body.



Correction body Quinn excited

That's not it. Quinn's body doesn't look excited. Try a different body.

Correction body Miguel happy

That's pretty close, but Miguel's body doesn't look happy. Try a different body.

Correction body Quinn calm

That's not it. Quinn's body doesn't look calm. Try a different body.

Correction body Devonte disappointed

Not quite. Devonte's body doesn't look disappointed. Try a different body.

Correction body Zoe scared

That's pretty close, but Zoe's body doesn't look scared. Try a different body.

Correction face Miguel angry

That's pretty close, but Miguel's face doesn't look angry. Try a different face.

Correction face Devonte frustrated

That's pretty close, but Devonte's face doesn't look frustrated. Try a different face.

Correction face Zoe sad

That's not it. Zoe's face doesn't look sad. Try a different face.

Correction face Quinn excited

Not quite. Quinn's face doesn't look excited. Try a different face.



Correction face Miguel happy

That's pretty close, but Miguel's face doesn't look happy. Try a different face.

Correction face Quinn calm

That's not it. Quinn's face doesn't look calm. Try a different face.

Correction face Devonte disappointed

Not quite. Devonte's face doesn't look disappointed. Try a different face.

Correction face Zoe scared

That's pretty close, but Zoe's face doesn't look scared. Try a different face.

Correction body and face

Hmm ... that doesn't look right. Try a different body and face.

Correct Miguel angry

That's right! This is what Miguel would look like if he was feeling angry.

Correct Devonte frustrated

Correct! This is what Devonte would look like if he was feeling frustrated.

Correct Zoe sad

You got it! This is what Zoe would look like if she was feeling sad.

Correct Quinn excited

That's right! This is what Quinn would look like if she was feeling excited.



Correct Miguel happy

Correct! This is what Miguel would look like if he was feeling happy.

Correct Zoe scared

You got it! This is what Zoe would look like if she was feeling scared.

Correct Quinn calm

That's right! This is what Quinn would look like if she was feeling calm.

Correct Devonte disappointed

Correct! This is what Devonte would look like if he was feeling disappointed.

Click arrow direction

Click the arrow button to place the sticker in your book.

Place sticker direction

Place the sticker wherever you'd like in the sticker book.

Continue direction

Click the arrow button to continue.

Win

Great job! You've collected all eight stickers!



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