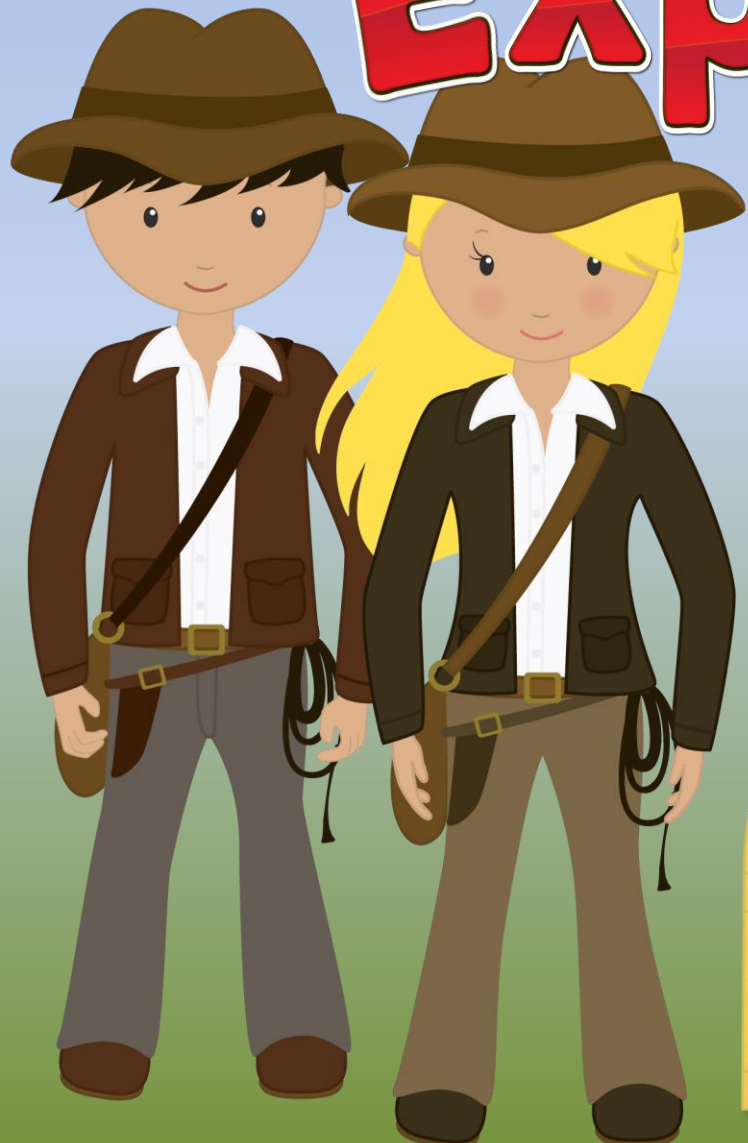


The Helpful Counselor

Feelings Exploration

Learn to Identify
and
Manage Feelings

K-5th Grade



Angry

Worried

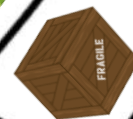
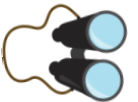
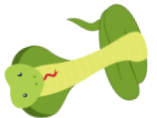
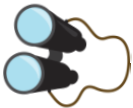
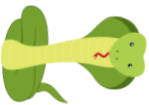
Feelings Exploration

Start







Learn to Identify and Manage Feelings

Scared


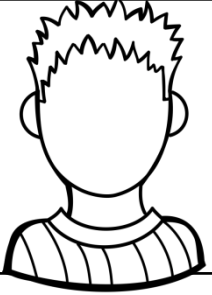




Sad



Feeling: _____

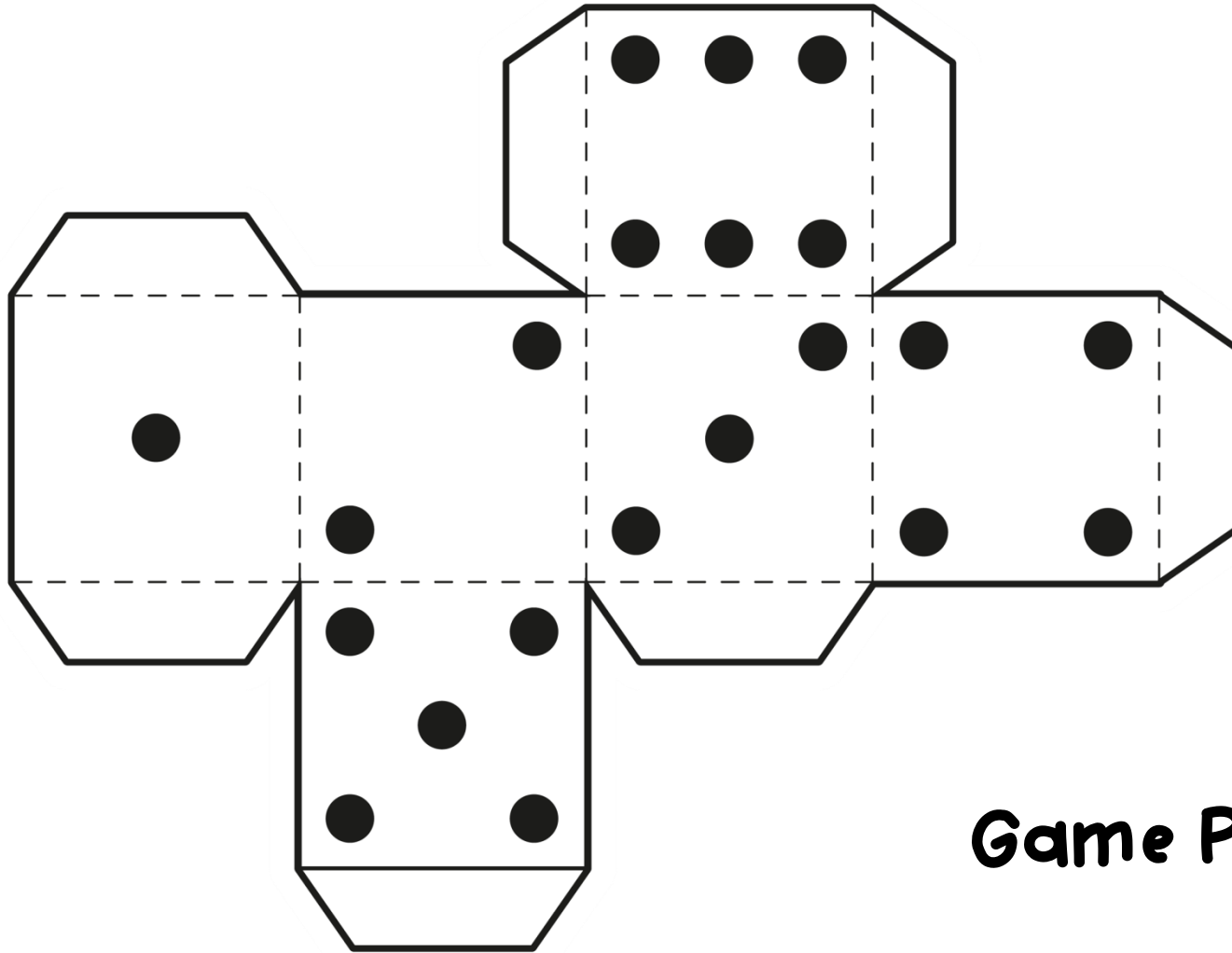
	Draw a picture of how someone looks when they feel this way,	
	How do people act when they feel this way.	
	Give an example of a time you felt this way.	
	How do you know when you are headed towards this feeling.	
	What can you do when this feeling becomes too strong.	

Feeling: _____

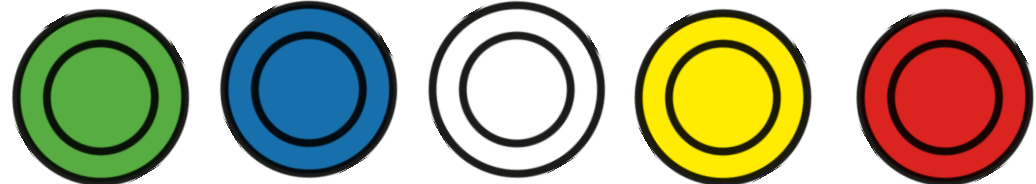
	Draw a picture of how someone looks when they feel this way,	
	How do people act when they feel this way.	
	Give an example of a time you felt this way.	
	How do you know when you are headed towards this feeling.	
	What can you do when this feeling becomes too strong.	

Dice Assembly:

Cut along the outside of the di. Fold the tabs away from the numbered side. Fold along the remaining dotted lines to form the sides of the di. Glue the tabs to the inside of the di. Allow to dry.



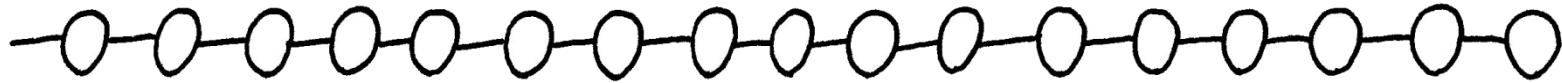
Game Pieces



Game Assembly:

Print the game board, di, and game pieces. Laminate for durability. Assemble the di and cut out the game pieces.

Copy as many game cards as needed.



Game Play:

Decide how many game cards each player will complete. The game can be played with 1-4 game cards. Younger children should work on completing one game card at a time, while older children may enjoy the challenge of completing multiple cards at once.

Players start in the middle of the game board. Roll the di to see who goes first. The person with the highest number will start the game.

Goal – Players roll the di to move around the board. When a player lands on a feeling word, they write the feeling on the top of their game card. Players then fill out their game card(s) as they land on the coordinating picture.

Use the picture prompts to reinforce the concepts.

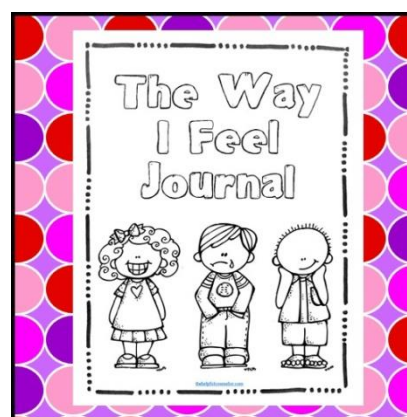
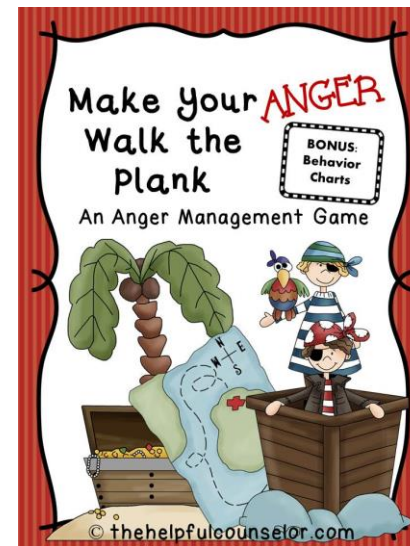
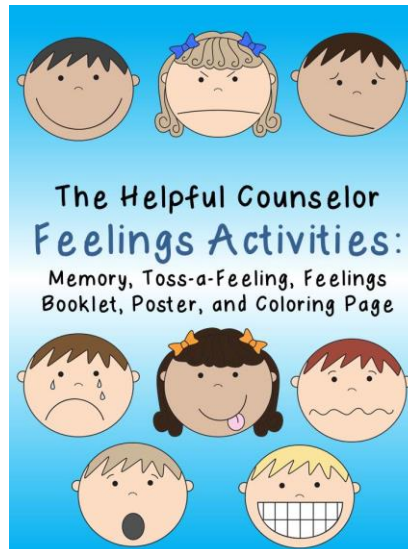
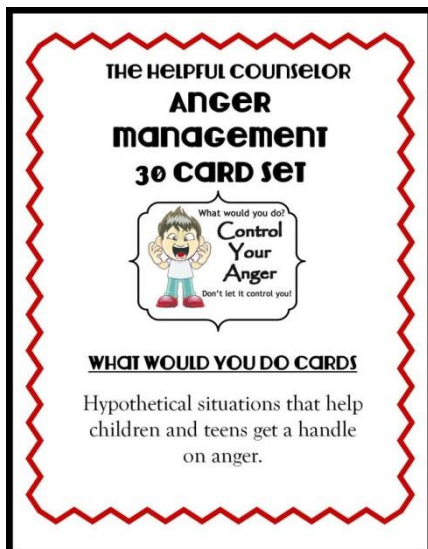
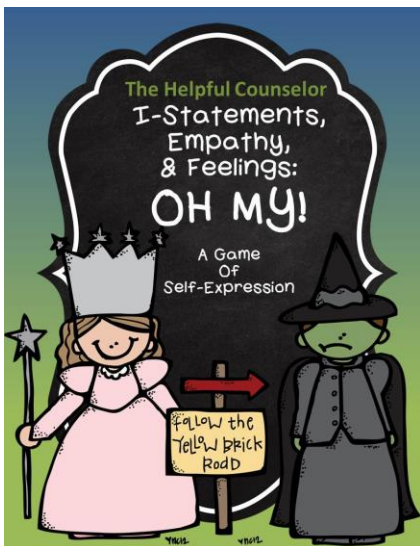
The player who finishes their card(s) first is the winner.

Thank you for your purchase! Don't forget to rate my product on Teachers Pay Teachers for credits towards future purchases.

I strive for 100% satisfaction, please feel free to contact me anytime at thehelpfulcounselor@gmail.com.

Best Wishes Always,
Heather

Looking for more fun and engaging feelings activities? Click on the images below!



Catch Me on
the Web:

Visit My Blog:
thehelpfulcounselor.com

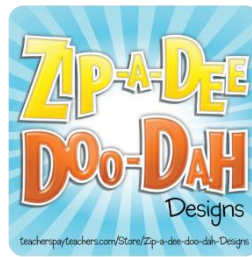


Credits

I had a lot of fun using the fabulous clip art created by the artists below!

[Lovin Lit](#)

[Pretty Grafic Designs](#)

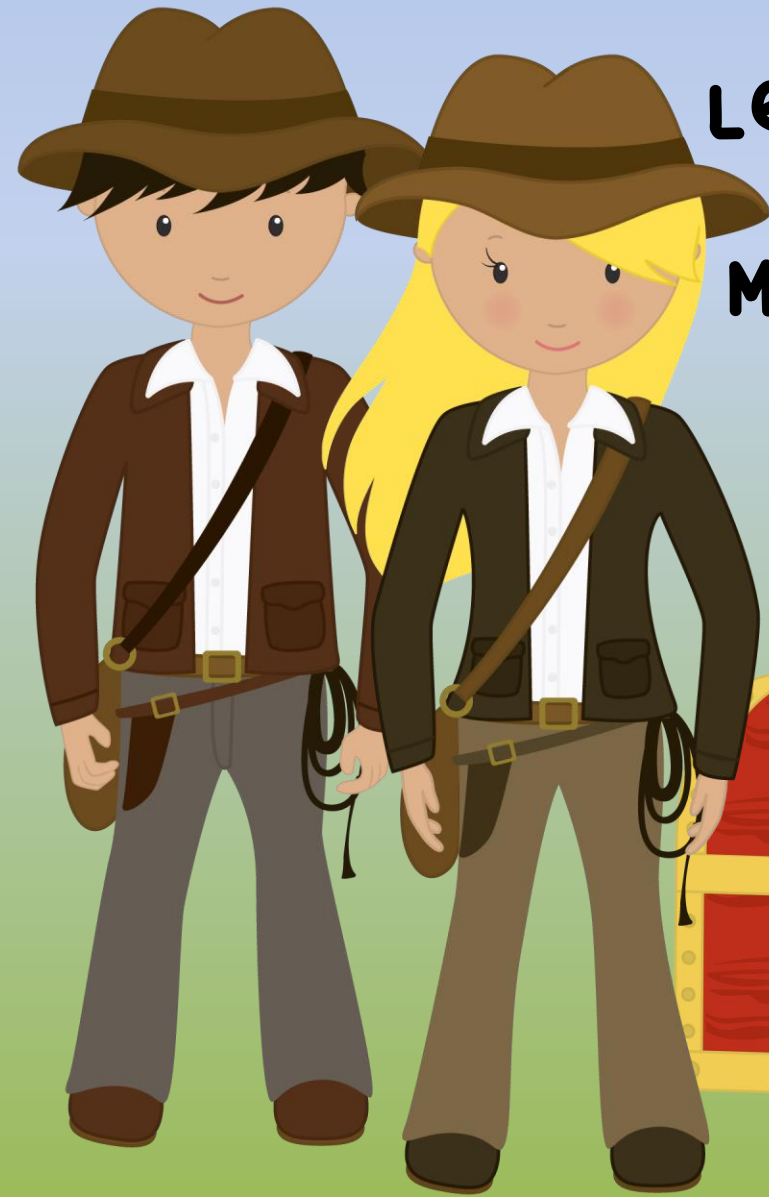


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Seeing Feelings

We can pick up clues to how people are feeling by looking at their facial expressions and watching their behavior.



Warning Signs for Strong Feelings

Some animals change the way they look and sound when they are upset.



Following Feelings

Sometimes we say or do things that can get us into trouble when we have strong feelings. We need to make good choices that will help us feel better and not lead us into trouble.



Value Our Experiences

Our experiences can teach us how to handle strong feelings in the future.



Treasure Resources

Focus on the positive things in your life when you have strong feelings. Friends, family, and favorite activities are priceless!