

RECOGNIZING EMOTIONS

1. FEELING WORDS WALL



Goal: Build emotional awareness

Practices:

- Make a list for reference
- Post visible for children etc.
- Ask daily questions

2. MY BODY TALKS - SENSATION CHECK-IN



Goal: Link body sensations to emotion

Practices:

- Ask “what is your body telling you?”
- Give examples

3. DRAW THE FEELING



Goal: Identify how emotions look and feel

Practices:

- Draw/print outline
- Color feelings
- Ask about colors and parts of the body
- LABEL the color, i.e., “ANGER”

4. “I-FEEL” STATEMENTS



I FEEL [].
BECAUSE [].
I NEED [].

“I feel frustrated because I can’t figure out this math problem. I need help please.”

Goal: Teach advocacy for needs

Practices:

- Practice in real-time