Feelings Grid

HOW DO YOU FEEL?
FEELINGS GRID

KINDERGARTEN—GRADE 2

1. Gather the kids. **We're going to play a game called Feelings Grid.** Show the image on the front of this card and point to the spaces you labeled for the game. I'm going to read some stories. **You'll think about how you would feel in the story, and find out how others might feel, too. People have different reactions to the same situation!**

2. When I'm done, you'll go stand in the space that matches your feeling. When you get there use your **Feelings Gauge:** Hold up one, two, or three fingers to show whether your feeling is small, medium, or big.

   - Remind kids that different feelings are okay.

3. **Ready to play?** Read the first scenario (see page 11) or make up your own. Have kids walk to the area that matches their feeling. Remind them to use the **Feelings Gauge** to show the intensity of their feeling.

4. For each scenario, have kids use a talking piece to discuss: **Why did you choose that feeling?** (I love reptiles! Lizards are scary. I don't like chocolate.) **Different people have different feelings about the same thing.**

   - DIAL UP: Increase the difficulty by marking off six spaces: sad, mad, worried, happy, excited, and nothing.

**DAILY REINFORCEMENT**

When kids appear to be having strong feelings, ask them to use the **Feelings Gauge** to describe how strong.

**WHAT YOU DO**

A game: Kids show their feelings, and recognize others' feelings, in different scenarios.

**YOU HELP KIDS LEARN**

- To recognize how different situations might make them feel
- That their feelings can be different from others' feelings, or similar but a different intensity
- That all feelings are natural

**WHAT YOU NEED**

- Cut out 4 faces from pg. 12.
- Masking tape
- 4 chairs or cones
- Talking piece

**HOW YOU PREPARE**

- Use masking tape to mark four separate spaces with enough room for several kids to stand. Label each space with a picture of a face taped to a chair or cone.
- Add more relevant scenarios for your kids to page 11.
FEELINGS GRID SCENARIOS

1. Someone at the zoo asks if you will hold a scaly green lizard.

2. Tomorrow is the first day of school.

3. It’s raining at recess, so you stay in and watch a movie.

4. You see a strange bug on the sidewalk.

5. Tomorrow is the first day of school.

6. You’re in line for a roller coaster that goes really fast and high.

7. Lunch at school is spaghetti. You had spaghetti for dinner last night.

8. It’s time to go get new books at the library.

9. There are chocolate cupcakes at your friend’s birthday party.

10. You’re playing a video game by yourself, and an adult says your cousin has to join you.
FEELINGS GRID FACES:

DIAL UP FACES: