



# April 2020 Social Emotional Virtual Learning

**ECSE/Program**

## **Identify Feelings**

**Learning Target:**  
Students will identify feelings.

We can feel things like sadness, joy, fear, and anger. Sometimes it all happens inside. Other times we can see it from the outside.

How do we know what to call the things we feel?



# Sadness

You might feel sadness when...

Someone you  
know gets  
hurt.



You have to stay  
home when you  
want to go  
outside.

Someone hurts  
your feelings  
on purpose.

A pet that you  
love dies.

## Joy

You might feel joy when...

You win a  
game.

Someone gives  
you a  
compliment.



You get first  
place.

Your family  
gets a new  
pet.

# Fear

You might feel fear when...

You get hurt  
playing a  
game.

You fall off  
the  
playground.



You see a scary  
character in a  
movie or TV  
show.

You hear a loud  
noise.

## Anger

You might feel anger when...

Someone takes something away from you.

Someone hurts your feelings on purpose.



You have to stop watching TV and you aren't ready.

You feel like something isn't fair.

ALL feelings are important!  
How you would feel if....

You got  
picked last  
for a game.

Your teacher  
said they are  
proud of you.

While you  
were riding  
your bike, you  
fell down.

You can't get  
the new toy  
you want.



Something that makes you  
sad might make someone  
else angry and that is  
OKAY.



[Watch and listen](#) to this story  
(In My Heart by Jo Witek)

How does your heart feel today?