



Counseling Virtual Learning

Kindergarten Feelings

April 6-10, 2020



Kindergarten Counseling

Lesson: April 6 - April 10, 2020

Learning Target:

Students will be able to name their feelings.

Note:

This lesson works best using the Present mode.

Push this  button on the upper right corner.

Background: This is a review lesson from our classroom counseling lesson about feelings.

- Students learn to name the feeling they are having.
- Students learn to talk to grown ups about their feelings.

Let's Get Started:

Watch Videos:

1. [Bring It Down/GoNoodle on You Tube](#)
2. [The Color Monster \(a story about emotions\) on You Tube](#)

Practice #1:

How does Color Monster feel?

- Click on my feeling. Look at my face to help you decide.



happy

fear

sad

Oops!

[Click here to try again.](#)

Yes, Color Monster feels sad. Tell someone you live with what makes you feel sad.

[Click here to go on.](#)

Practice #2: How does Color Monster feel?

calm

love

anger



- Click on my Feeling. My face can help you decide.

Oops!

[Click here to try again.](#)

Yes, Color Monster feels calm. Tell someone you live with what makes you feel calm.

[Click here to go on.](#)

Practice #3:

How does Color Monster feel?

anger

happy

fear



- Click on my Feeling. My face can give you a clue.

Oops!

[Click here to try again.](#)

Yes, Color Monster feels fear.
Fear is the same thing as
afraid. Tell someone you live
with what makes you feel
afraid.

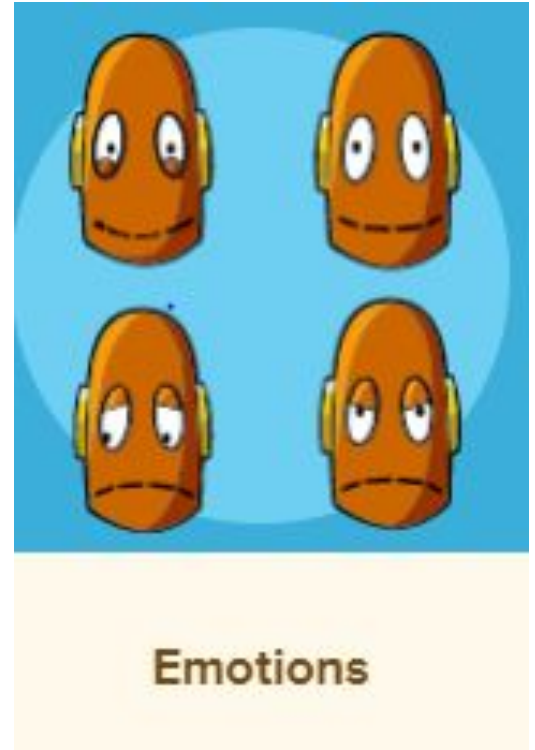
[Click here to go on.](#)

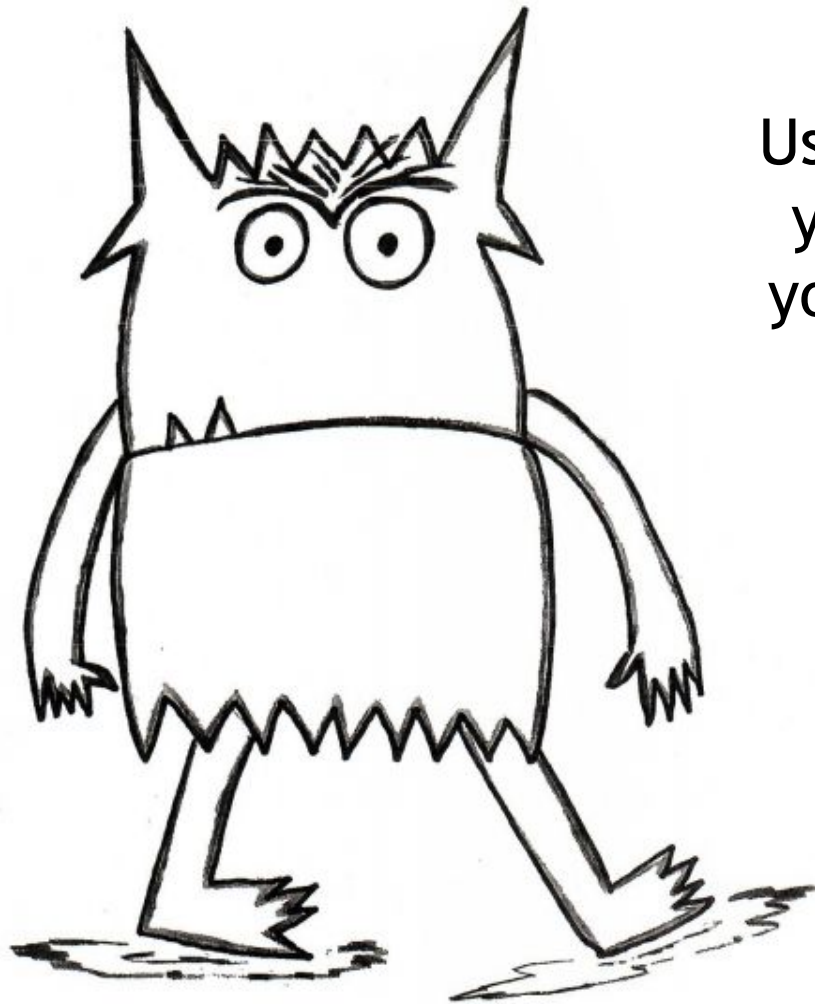
MORE Practice on your own:

Go to this website:

[BrainPop, Jr. Emotions](#)

1. Push Play and watch.
2. Take the quiz.





Practice:

Use this picture to help you draw your own Color Monster. Color your Color Monster how YOU are feeling right now.

[Click here to open the activity sheet if your parents want to print it off for you](#)

Self Check:

Go tell someone in your home your answers.



1. Was this lesson

easy

just right

hard

2. See if you can name your feeling tomorrow.