

## April 2020 Social Emotional Virtual Learning

# ECSE/Program Identify Feelings

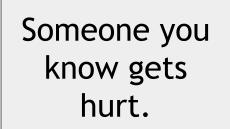
Learning Target: Students will identify feelings. We can feel things like sadness, joy, fear, and anger. Sometimes it all happens inside. Other times we can see it from the outside.

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



#### **Sadness**

#### You might feel sadness when...



Someone hurts your feelings on purpose.



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

A pet that you love dies.

#### <u>Joy</u> You might feel joy when...



#### 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.

#### <u>Anger</u>

#### 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?