How Are You Feeling?

TEACHER GUIDE | K-3 | 5 minutes | No book needed

Purpose

Practice naming feelings and choosing a way to express them. There is no right feeling to choose.



Materials

Print one student page per child. Pencils or crayons; optional paper for drawing.

Try it together

1. Read the feeling words aloud. Explain that people can feel more than one thing at once.

2. Let children point, circle, draw, tell you privately, or pass. Sharing with the class is optional.

3. Invite children to choose something that might help. Ask before offering help; a feeling does not need to disappear to be accepted.

Choose a student page

K-1: Read aloud; children may draw or dictate a response.

Grades 2-3: Children can name several feelings and write a support request.

Teacher tip: Do not guess a child's feeling from their face or behavior. Keep responses private unless the child chooses to share.

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My Feelings Today

STUDENT PAGE | K-1 | Point, circle, draw, or pass

Name (optional): _____ Date: _____

How do you feel right now? You can choose more than one.

Happy	Sad
Worried	Excited
Frustrated	Calm
Something else	I choose to pass

Draw a feeling with a face, shape, or color.

What might help? Point or circle.

A trusted grown-up / A quiet moment / Drawing
Something else / I am okay right now / I choose to pass

A Little Feelings Check-In

STUDENT PAGE | Grades 2-3 | Write, draw, or pass

Name (optional): _____ Date: _____

Feelings can change. You can have more than one.

Word ideas: happy, sad, worried, excited, frustrated, calm.
You may use your own words or leave a response blank.

Right now, I feel...

If I want to share, something on my mind is...

One thing that might help me is...

I would like: a private check-in / a quiet moment / help with a task /
something else / no help right now / to pass.