

Educator Directions: The Feelings Song

Materials:

- Feelings Video (insert link)
- Role playing cards for students: print and cut appropriate number of copies based on class or group size.
- Optional: Reflection worksheet for each student

Prompt: “Today we’re going to be talking about emotions. Sometimes when we feel different emotions, we feel changes that happen with our bodies. For example, when you’re sad, your eyes may fill up with tears and you cry. Sometimes when you’re really excited, you can’t sit still - you just want to jump and down. These are examples of how our body reacts to our feelings.

What are some other examples you can think of?”

* Allow time for group discussion *

Prompt: “Next, we’re going to listen to a song about our feelings”.

** play video **

Prompt: “That fun video showed us how our body reacts to emotions! Do any of those things ever happen to you?”

* Give time for group discussion *

Prompt: “We’re going to do a fun activity where we get to act out these emotions and guess what emotion we think the person is acting out.”

Customize this for either working in pairs, small groups or as a whole class where 1 person acts and the whole class will guess, it’s up to you!)

* Hand out role playing cards to the people that will be “acting” first , be sure to only give them half of the cards and save the other half of the cards for when they switch *

Prompt: “The person that will be acting, these directions are for you. Turn over your first card and look at the picture and then the emotion that’s written on the card. Think about how you can act that out and then give it a try..

If you are guessing the emotion, these directions are for you. Quietly observe the person acting out the emotion, give them time to finish, and then give your best guess on what emotion they are acting out.”

Repeat until you get through the cards given. And switch so someone else gets to act out.

* Leave time for class discussion *

Optional Prompt: “Terrific work acting out how emotions might make our bodies react. Let’s take a few minutes to write about it.

* Hand out reflection worksheet *

On the worksheet I’d like you to pick one emotion and then draw a picture about how you react when you feel that way. You can also use the space to write about it.”

Additional resources:

Books:

Listening to My Body by Gabi Garcia

Visiting Feelings by Lauren J. Rubenstein JD PsyD