**CLASS MEETINGS--WEEK 2**

**FEELINGS**

These next several class meetings will focus on identifying and talking about feelings. For these next several meetings, you can use a feelings poster. (You can find a variety online.) This will allow you to teach the children a basic feelings vocabulary. Each day you will focus on a different feeling. When it comes time to share the body posture and facial expression that goes with each feeling, it is important that you participate, too.

When it comes time to share a time when you experienced the feeling, you will share first. Teach the children how to respond to the sharing. If a student shares something personal and looks sad, angry, etc., teach them Kyle Schwartz’s response from her book, *I Wish my Teacher Knew…)*:

Teacher says, “That’s tough, but no matter what…”

Class says,: we’ve got your back.”

Also, talk about what this phrase means, such as we understand and we are here for you, etc.

YouTube resource: Feelings Song for Children: [https://www.youtube.com/watch?lv=ca8SUuG8vdA](https://www.youtube.com/watch?v=ca8SUuG8vdA)

**MONDAY: HAPPY**

1. Explain that today you are going to talk about feeling happy.

2. What does it mean to feel happy?

3. How do you know when you feel happy?

4. How do you know when other people feel happy?

5. Everyone shows a happy face/body.

6. Each person shares one time that they felt happy.

**TUESDAY: SAD**

1. Explain that today you are going to talk about feeling sad.

2. What does it mean to feel sad?

3. How do you know when you feel sad?

4. How do you know when other people feel sad?

5. Everyone show a sad face/body?

6. Each person shares one time that you felt sad.

**WEDNESDAY: PROUD**

1. Explain that today you are going to talk about feeling proud.

2. What does it mean to feel proud?

3. How do you know when you feel proud?

4. How do you know when other people feel proud?

5. Everyone show a proud face/body?

6. Each person shares a time when you feel proud?

**THURSDAY: AFRAID**

1. Explain that today you are going to talk about feeling afraid.

2. What does it mean to feel afraid?

3. How do you know when you feel afraid?

4. How do you know when other people feel afraid?

5. Everyone show an afraid face/body?

6. Each person shares a time when you feel afraid?

**FRIDAY: SURPRISED**

1. Explain that today you are going to talk about feeling surprised.

2. What does it mean to feel surprised?

3. How do you know when you feel surprised?

4. How do you know when other people feel surprised?

5. Everyone show a surprised face/body?

6. Each person shares a time when you feel surprised?