

sad

happy

excited

bored

shy

proud

nervous

mad

quiet

worried

angry

jumpy

scared

brave

ecstatic

loving

grateful

embarrassed

furious

silly

lazy

relaxed

confused

ashamed

big

jealous

mean

surprised

calm

small

kind

adventurous

Activities for “Feeling Cards”

- After cutting out Feeling Cards, have students choose a card or cards and draw the emotion in a simple round face that matches the feeling. Take turns sharing what each emotion feels like, why the student chose to portray it like that, then share a story about the last time the student felt that particular emotion.
- Bookmaking: After reading LOOKING FOR SMILE, talk about how Bear and Smile were happy together, then how Bear and his world changed when Smile disappeared, then how everything changed again in the end when Smile returned. Have students choose a feeling card and think of its opposite. (ie: sad/happy, scared/brave, mean/kind) Ask the student to choose a color that expresses their feeling. There is no right answer here— one person might find the color “yellow” to feel happy and another person finds “yellow” angry. Both are welcome feelings. Next fold two pieces of Xerox paper in half and staple them in the centerfold to create a six page book. On the first two pages or double-page spread, write the word from the Feeling Card, then draw a picture using only the color associated with that feeling. On the next two pages, or double-page spread, write the opposite word and draw a picture using only the color associated with the opposite feeling. Then on the final two pages, return to the first feeling— draw a picture that shows how that feeling was felt again, using the color associated with that first feeling.
- Movement and Dance Circle Exercise: In a large circle, have each student draw a feeling card and show a movement that represents that feeling for them. Have the rest of the class repeat the word and movement as a call and response. Depending on the class size, you can try stringing together all of the movement feelings to create a whole “choreographed” dance.
- Backwards Storytelling Dance Exercise: Draw 3 or 4 feeling cards and lay them out in the order they were drawn. As a class, create a movement or two for each card and transition from one emotion-movement to the next in the card order. Rehearse this dance together, then come up with a story based on the movements and feelings. You can write this story down on the board, rehearse it with the dance, and even draw pictures to go with the story afterwards.

