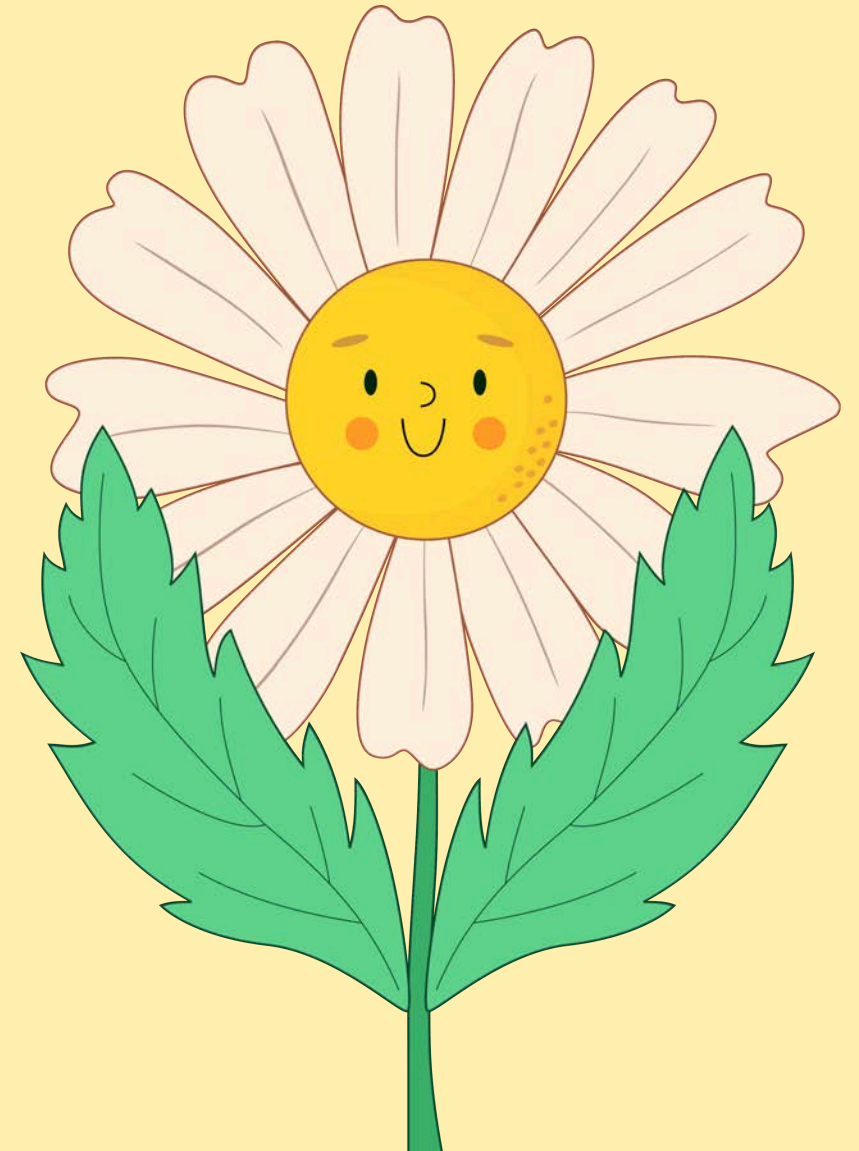


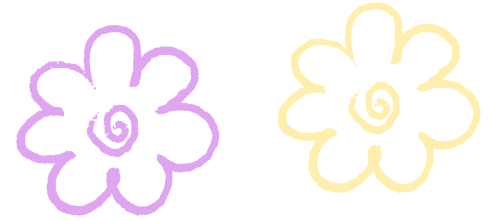
FEELINGS FLOWERS

SPRING SEL LESSON

Understanding and
identifying our emotions



What you'll love



Scaffolded lesson plan to teach, support, and practice.

Lesson slides with editable text so you can customize for your students.



Easy to adapt for whole group, small group, and individual students.

Minimal prep and low ink printing.

What's Included

5-step lesson plan

Scaffolded student activities

Lesson slides with editable text

Student visuals

Exit tickets

Extension worksheet



Detailed Guide

Structured 5-step lesson plan to guide instruction.

Uses scaffolded practice, modeling, and visuals.

Feeling Flowers - Self Awareness Lesson



YOU DO

Give students the **blank flower worksheet**. Have them write a feeling word on the stem. On the flower, describe a situation where

Feeling Flowers - Self Awareness Lesson



SEL STANDARD

Identifies emotions and the situations that cause them.

HOOK

2 minutes

Slide 3

Think Question Slips

Use the included **Think Question slips** or write the question on the board.

Close your eyes. Picture a time when you felt very happy. What made you feel that way?

Allow students a few minutes to jot down their thoughts. Ask students to share or collect the slips and read select ones out loud.

I DO

5 minutes

Slide 4 - 7

Emotion cards
Display flower with petals

Good morning, everyone! Today, we're going to plant a very special garden – a feelings garden! Like real flowers, feelings come in all different shapes, colors, and sizes. Let's start planting our feelings garden.

Pick one **emotion card** (e.g., "happy"). Put up the **stem and flower center** on the board.

Explain that each **petal** has a prompt about the feeling: what it looks like, other words for the feeling, and situations that might cause it. Write answers on the petals and attach them to the flower. You can take responses from students or have these done ahead of time.

WE DO

10 minutes

Slide 8

Stem with feeling and petals

Give each group a **stem with a feeling** and blank **petals**. Students come up with different ways to tell how someone feels by looking at them. What is their body doing? What is their face doing? What actions are they taking?

For example, when someone is angry, their face is red, their hands are in fists, their body is tight, they might kick something

The included feelings are Angry, Sad, Confused, Happy, Surprised, Scared, Proud, Nervous, and Curious, PLUS a blank stem.

nts two to four **blank flower worksheets**.
different emotions and cut them out.
e **flowerpots**, and they can add their
or a cute visual.

tudents' feelings flowers, or flowerpots for
board.

ther to reflect on the activity. Questions

activities make you feel a certain way?

seek to give yourself a positive feeling?

show exit ticket to gauge their

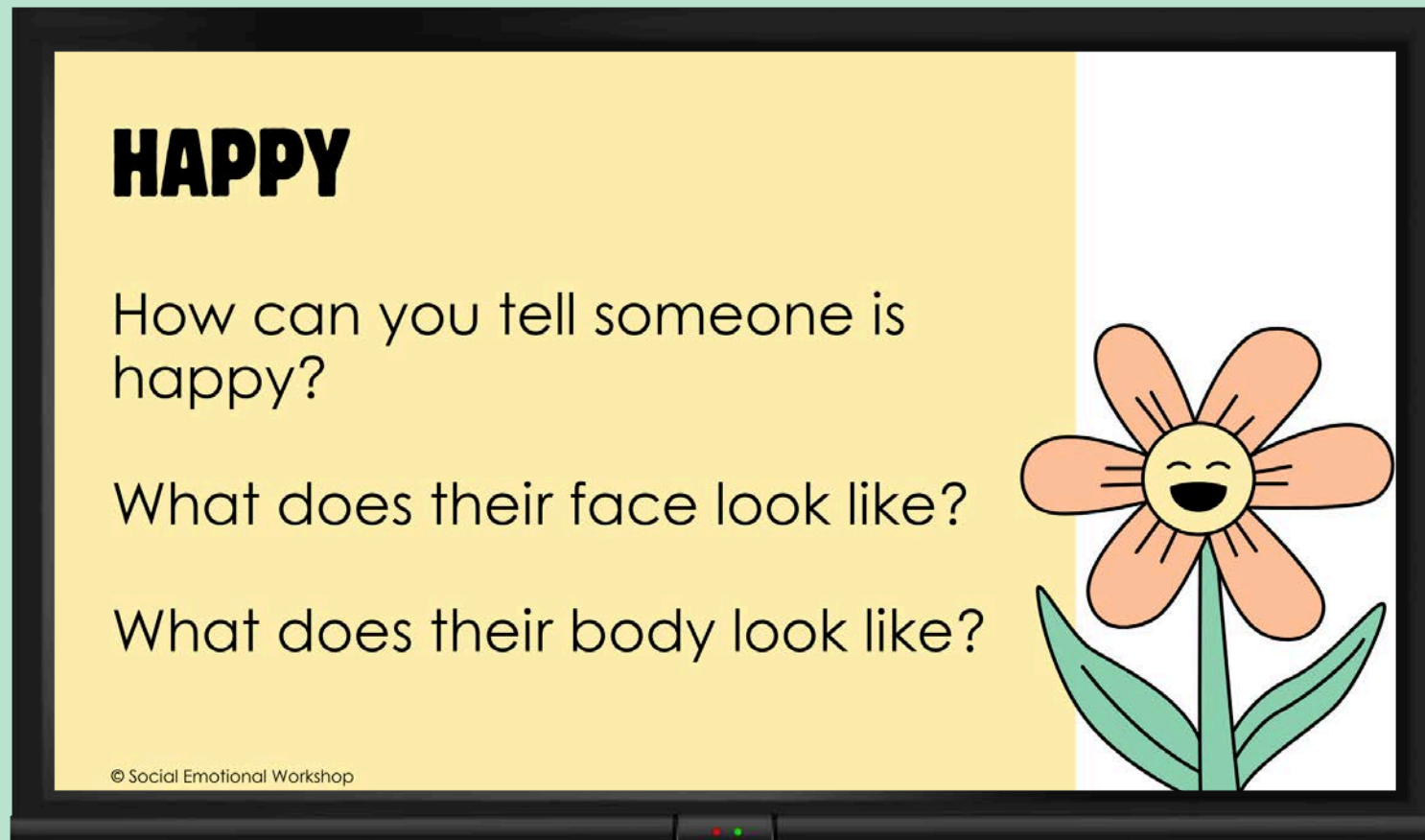
set. Students color the scene, write down
each flower, and then write down places
them happy.

at the beginning or end of the lesson to
focus on the situations that seem to

ption Cards, Flower Parts for Visual,
tals, Blank Flower Worksheet,
how Exit Tickets, Flower - Rain - Sun

Lesson Slides

Guide your instruction with clear slides.




Google Slides and PowerPoint files with editable text



Intro Activity

Easy to create visual to brainstorm with students what feelings look like and when they happen.

Feeling Flowers - Self Awareness Lesson 

SEL STANDARD Identifies emotions and the situations that cause them.

HOOK
2 minutes
Slide 3
Think Question Slips

Use the included **Think Question slips** or write the question on the board.

Close your eyes. Picture a time when you felt very happy. What made you feel that way?

Allow students a few minutes to jot down their thoughts. Ask students to share or collect the slips and read select ones out loud.

I DO
5 minutes
Slide 4 - 7
Emotion cards
Display flower with petals

Good morning, everyone! Today, we're going to plant a very special garden - a feelings garden! Like real flowers, feelings come in different shapes, colors, and sizes. Let's start planting our garden.

Pick one **emotion card** (e.g., "happy"). Put up the **stem** and **center** on the board.

Explain that each **petal** has a prompt about the feeling, like, other words for the feeling, and situations that might cause it. Write answers on the petals and attach them to the flower. You can take responses from students or have these done ahead of time.

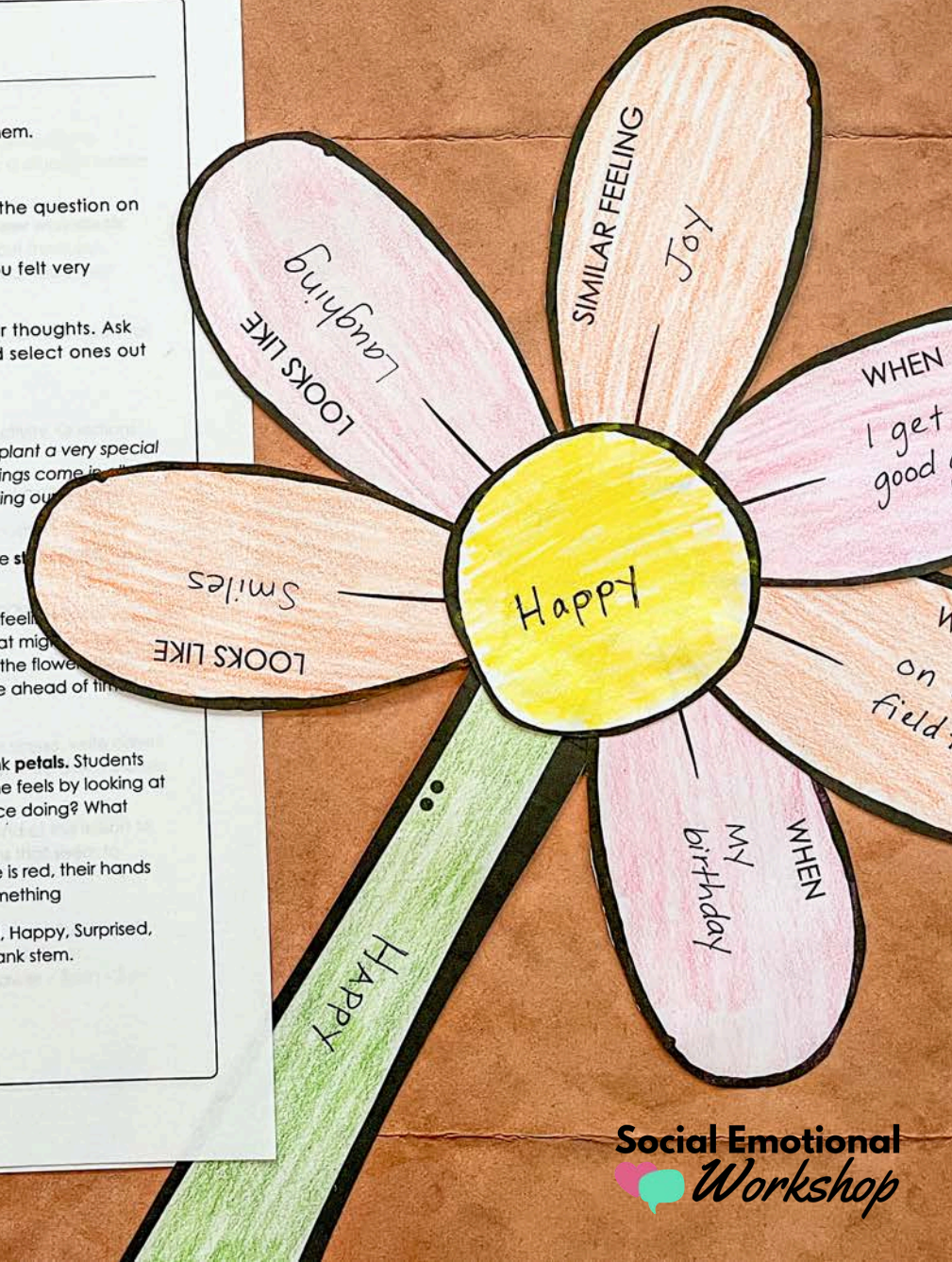
WE DO
10 minutes
Slide 8
Stem with feeling and petals

Give each group a **stem with a feeling** and blank **petals**. Students come up with different ways to tell how someone feels by looking at them. What is their body doing? What is their face doing? What actions are they taking?

For example, when someone is angry, their face is red, their hands are in fists, their body is tight, they might kick something.

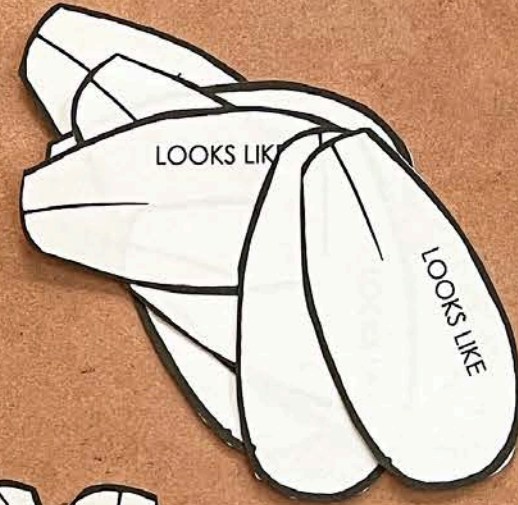
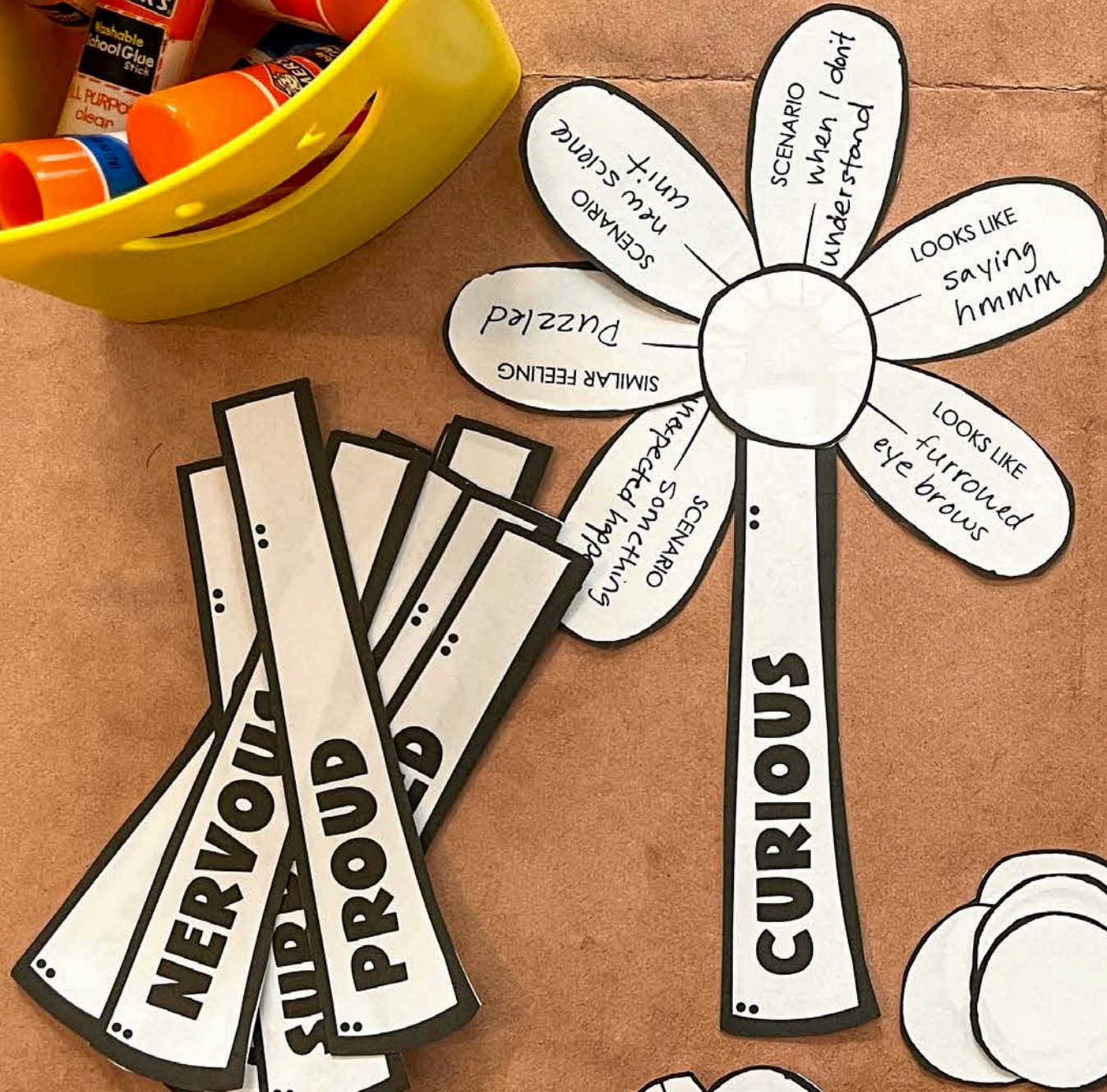
The included feelings are Angry, Sad, Confused, Happy, Surprised, Scared, Proud, Nervous, and Curious, PLUS a blank stem.

© Social Emotional Workshop



Practice Activity

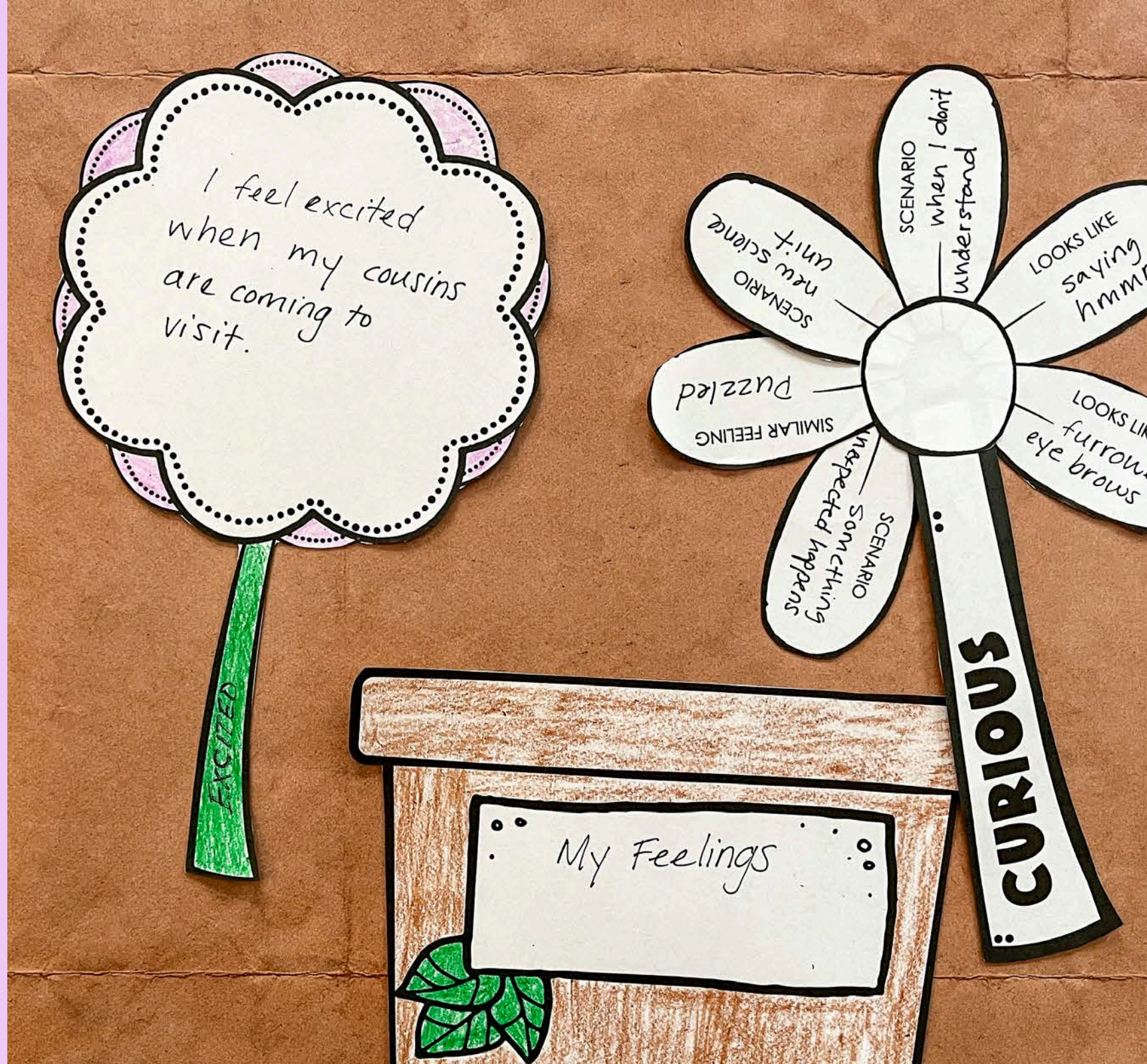
Students work together to create feelings flowers



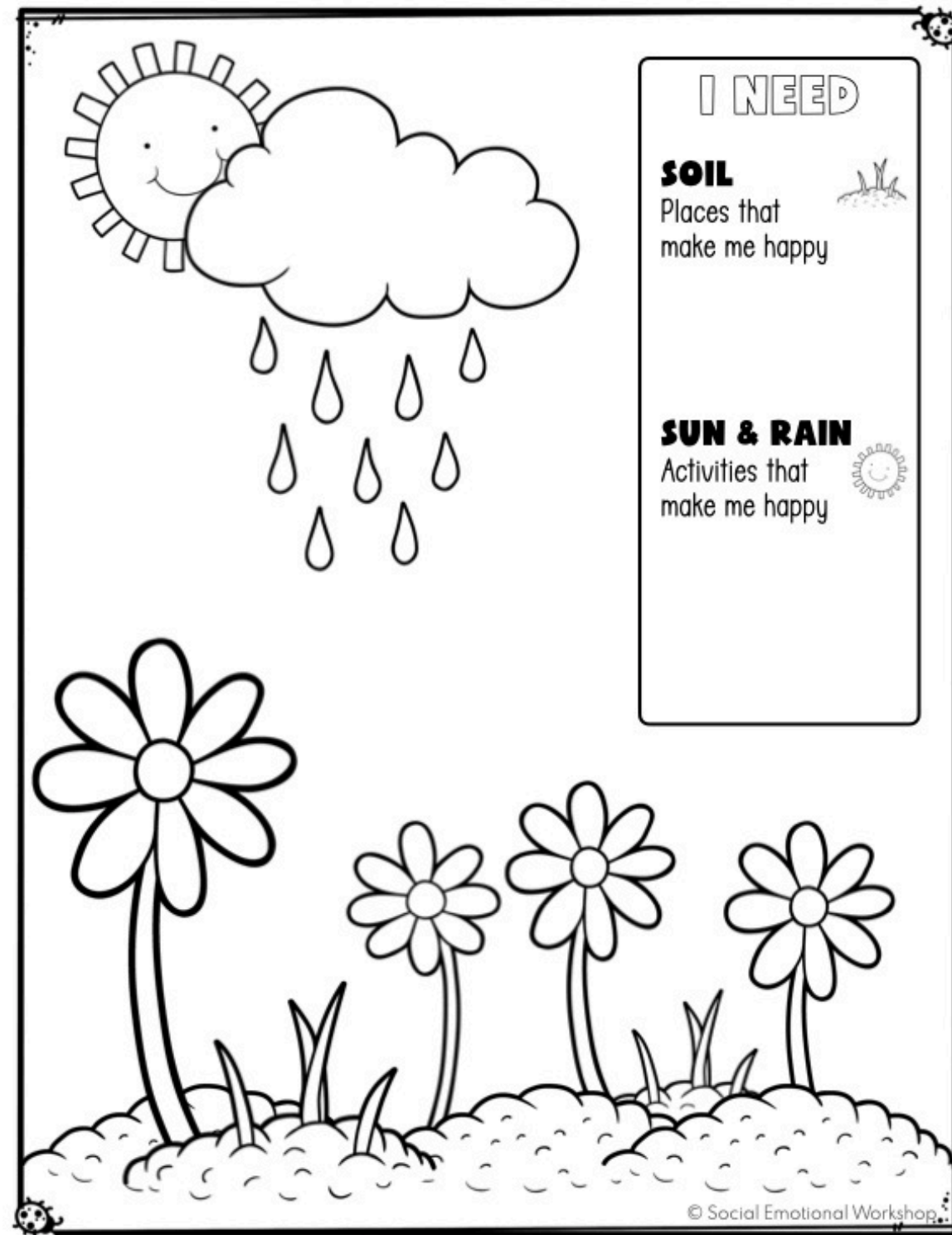
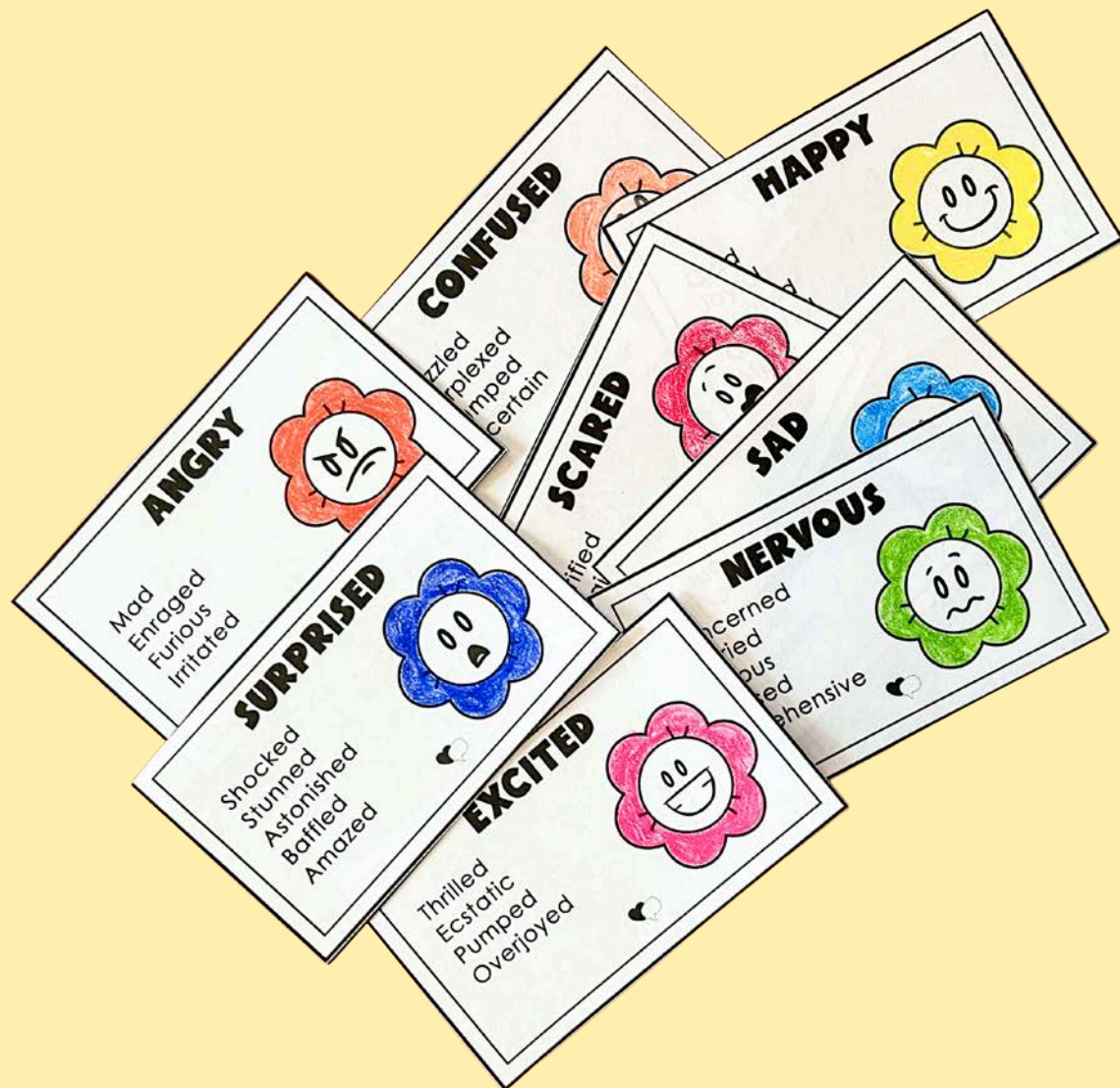
Independent Activity

Students complete their own feelings flowers and pots.

Easily turn into a display.



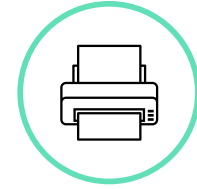
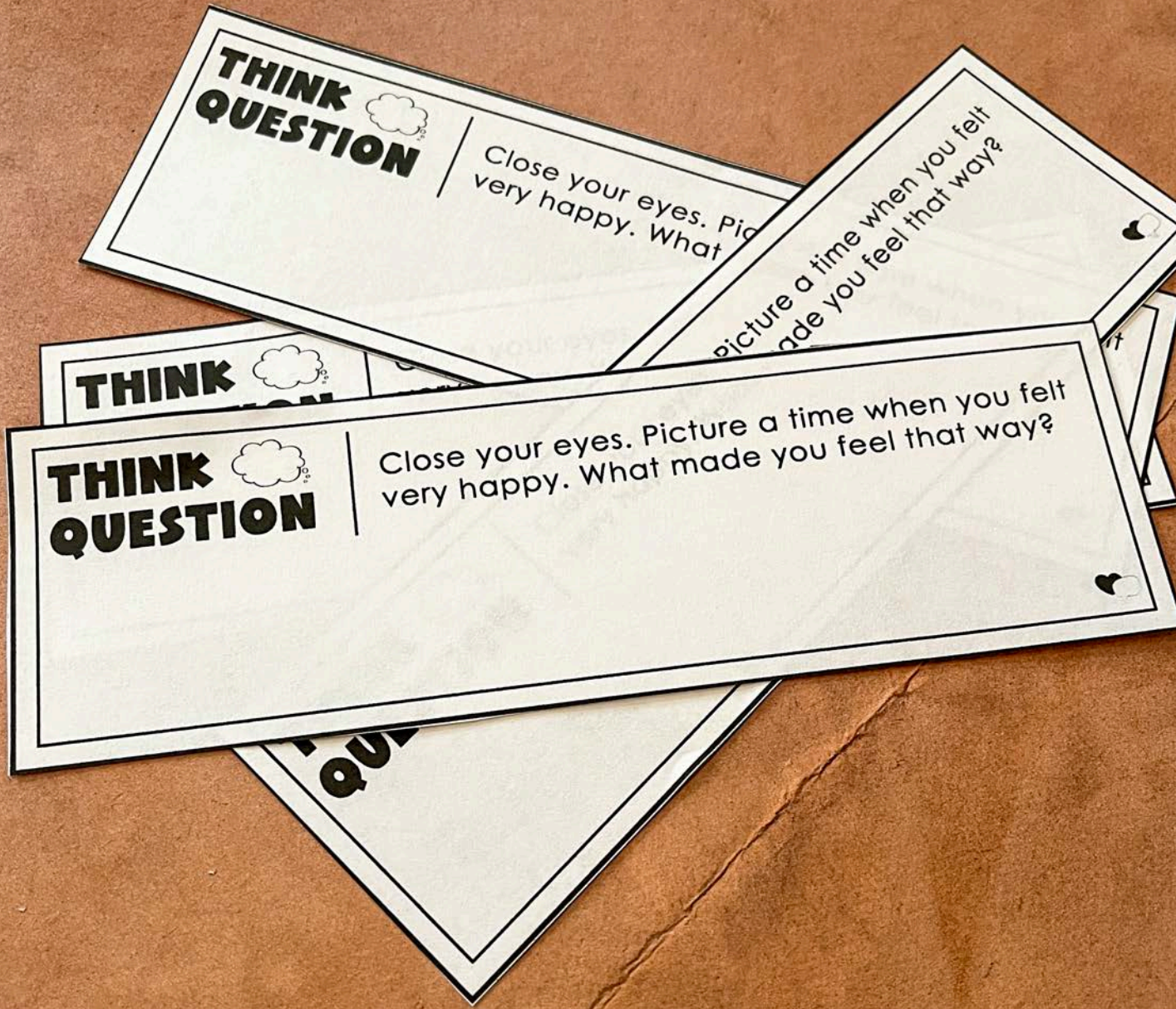
Supporting Visuals & Extension Activities



Reflection Questions and Exit Tickets

Wrap up with a quick reflection and questions to gain an understanding of what students learned.

EXIT TICKET	EXIT TICKET	EXIT TICKET
<p>THINK Did I find it helpful to connect feelings to real situations?</p> <p>a. Yes b. Sort of c. No</p>	<p>THINK Did I find it helpful to connect feelings to real situations?</p> <p>a. Yes b. Sort of c. No</p>	<p>THINK Did I find it helpful to connect feelings to real situations?</p> <p>a. Yes b. Sort of c. No</p>
<p>SHOW Can I name a situation where I might feel _____? Pick one feeling you learned.</p>	<p>SHOW Can I name a situation where I might feel _____? Pick one feeling you learned.</p>	<p>SHOW Can I name a situation where I might feel _____? Pick one feeling you learned.</p>
<p>KNOW What did I learn about how feelings can be different for different people?</p>	<p>KNOW What did I learn about how feelings can be different for different people?</p>	<p>KNOW What did I learn about how feelings can be different for different people?</p>



Color and blackline



Best for 2nd to 4th grade



Designed for whole group.
Easily adaptable for small
groups and individual
students.

You Might Like

Feelings Posters & Worksheets



Feelings Lesson and Go Fish Game



Hi! I'm Laura

I create research-driven, uncomplicated tools and resources designed to build students' social and emotional skills in counseling or the classroom.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

contact: support@socialemotionalworkshop.com



connect   

shop  

Social Emotional
Workshop