

FEELINGS

POSTERS
CARDS
CHARTS
WORKSHEETS

Build feeling vocabulary and self-awareness with detailed visuals and activities.



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CARDS
CHARTS
WORKSHEETS

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What you'll love

Functional decor that helps students recognize and understand their feelings.



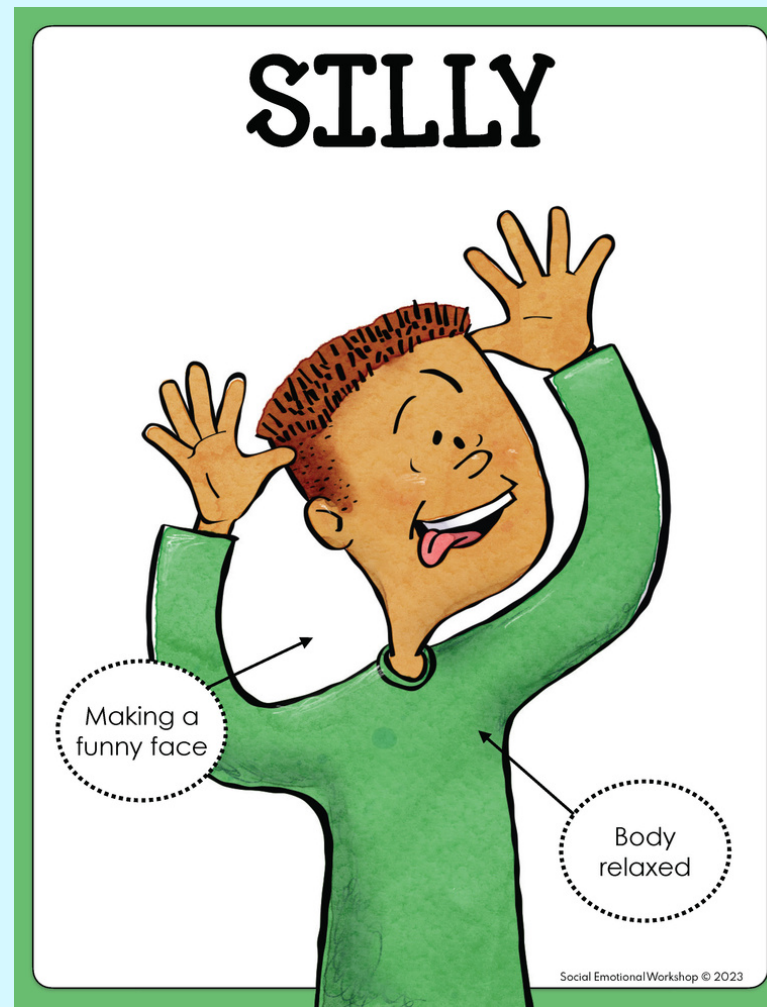
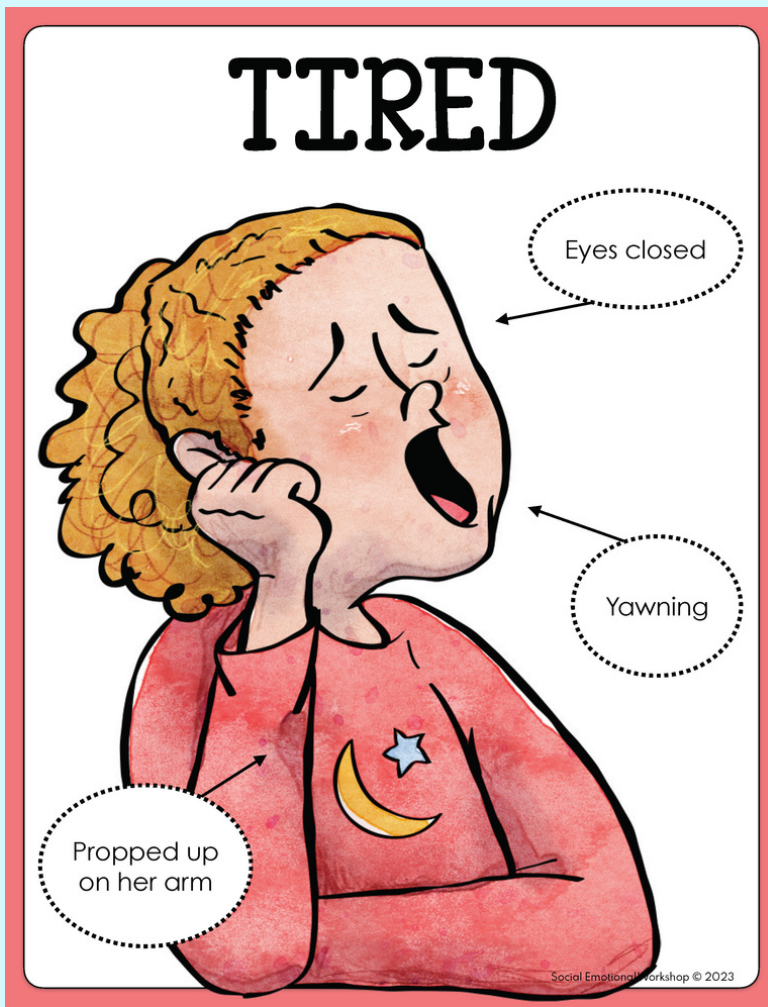
Multiple formats for printing: print in full page or quarter page plus color and black line options.

Student worksheets to explore each feelings in more detail.

Google Slides version for students or to display in class.

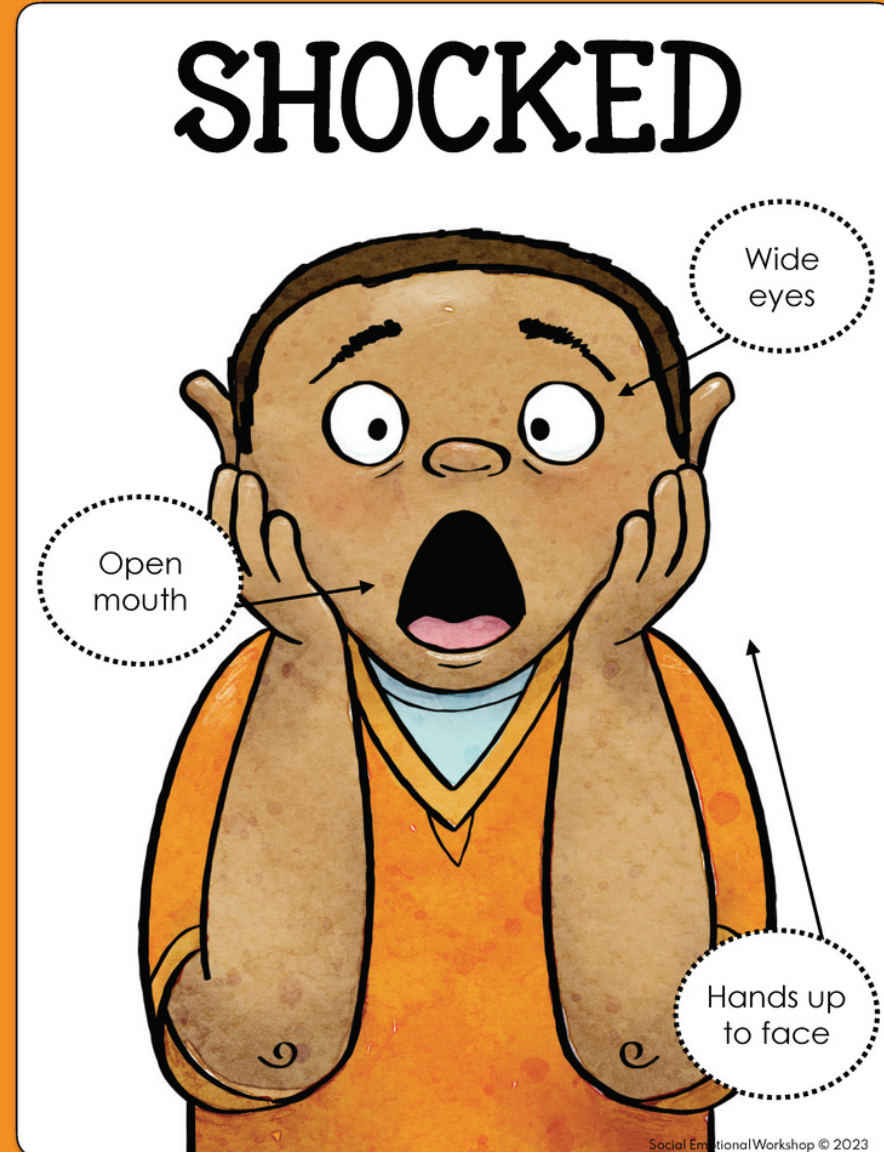
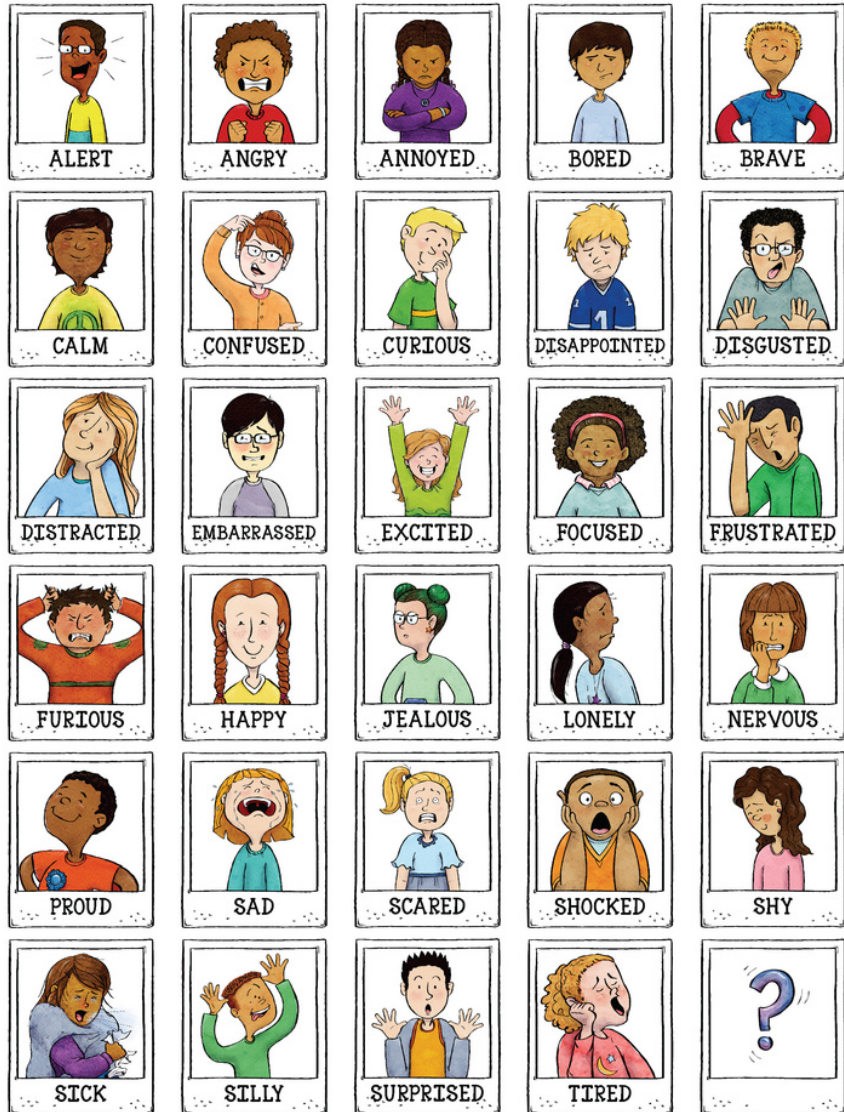
29 Feelings

Detailed illustrations showing facial expressions and body language.



Multiple Size Options

Poster and cards, plus a feelings chart



Student Worksheets

Definition, similar feelings, looks like, possible causes, strategies, and exercises

ALERT Paying close attention and being ready to act. It's like when you're playing a game and watching closely so you don't miss anything!

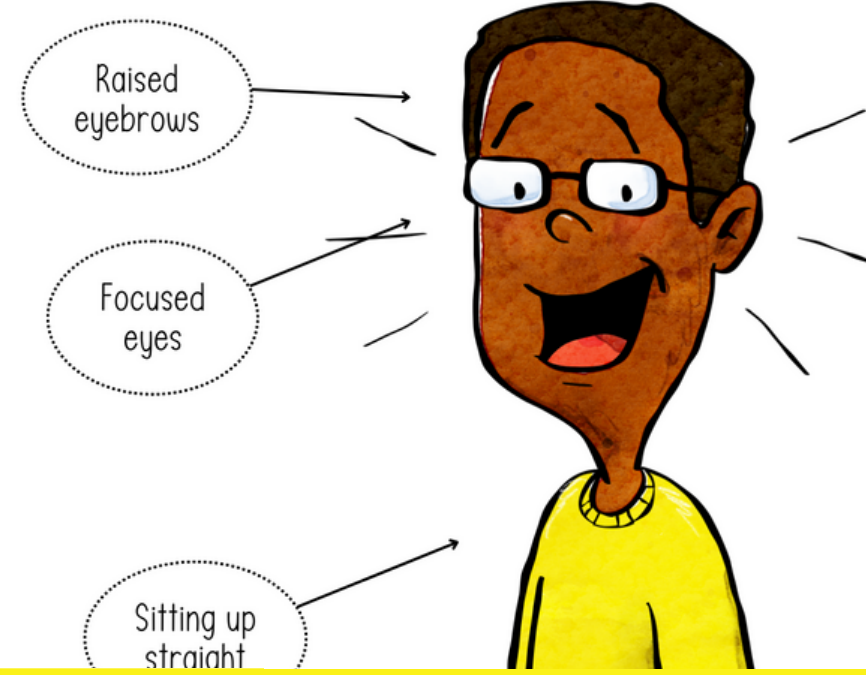
FEELINGS LIKE ALERT

Attentive Keen
 Vigilant Awake
 Watchful Observant
 Ready



REASONS YOU MIGHT FEEL ALERT

You have plenty of food, water, and rest
 You are interested in a topic or activity
 You are looking forward to something
 Something serious is happening



ALERT Body Language and Facial Expressions

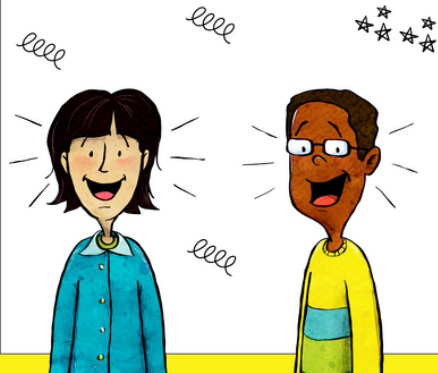
What do you notice about her face and body that tells you she is feeling alert?



ALERT is like ...

Write a simile.

Draw a picture.



ALERT Causes and Strategies

When do you feel alert? What are some situations that make you feel alert? What strategies could you use to help you feel alert?

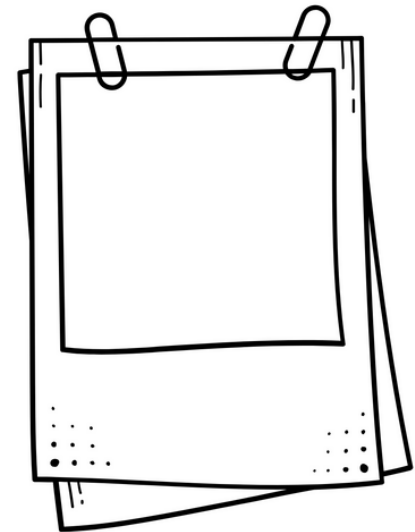


ALERT Looks Like

Add a picture of yourself feeling alert to the picture frame.

How to Take a Picture:

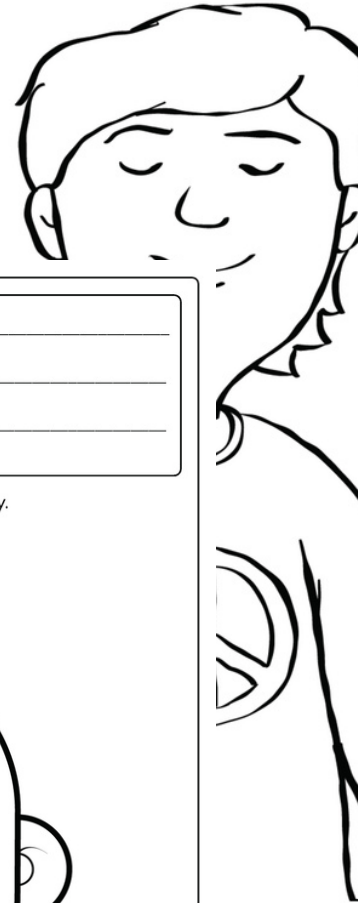
- Click Insert >
 - Camera >
 - Take a picture >
 - Insert >
- Drag photo to frame and resize.



Student Worksheets

simple versions focused on facial expressions and body language.

He is feeling _____.



What do you notice about the person's face?

He is feeling _____.

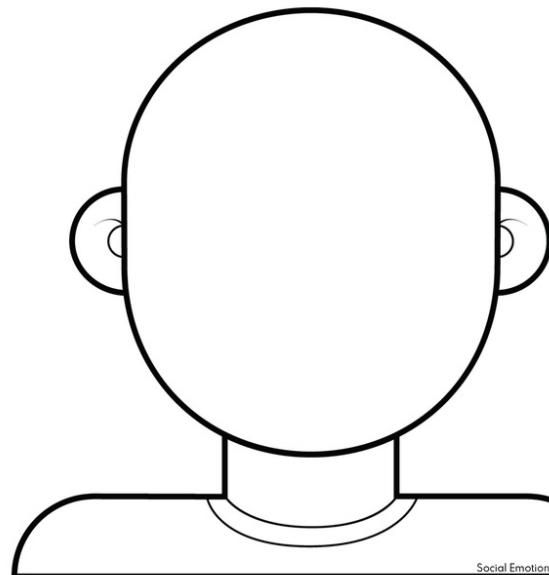


What do you notice about the person's face?

What do you notice about the person's body?

I feel _____ when _____

Draw a picture of how it looks when you feel that way.

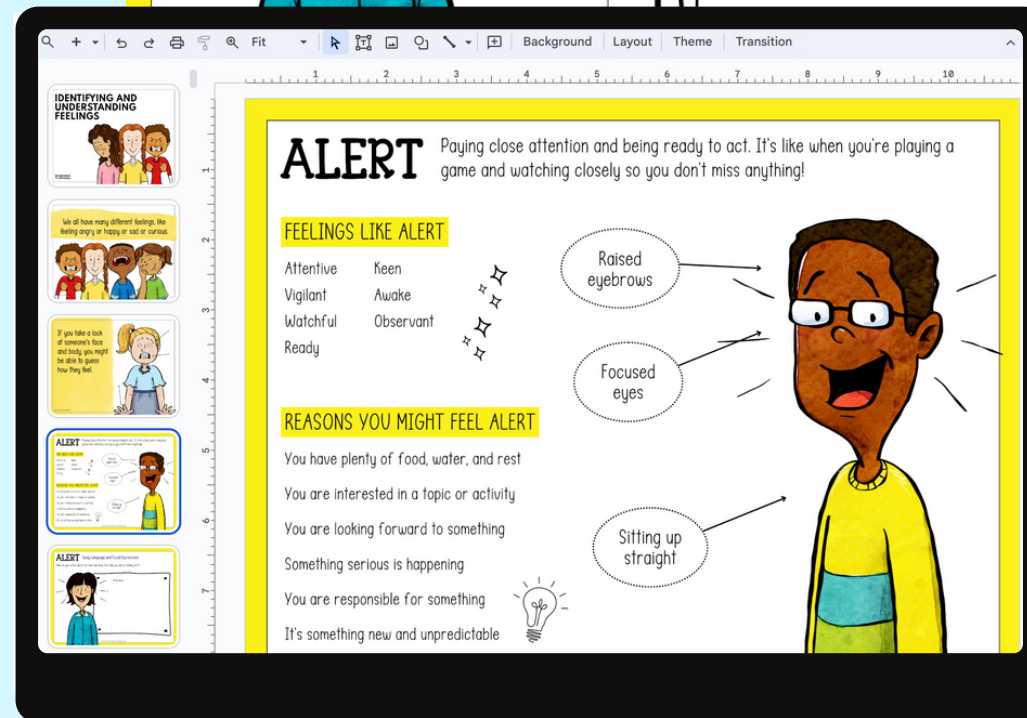
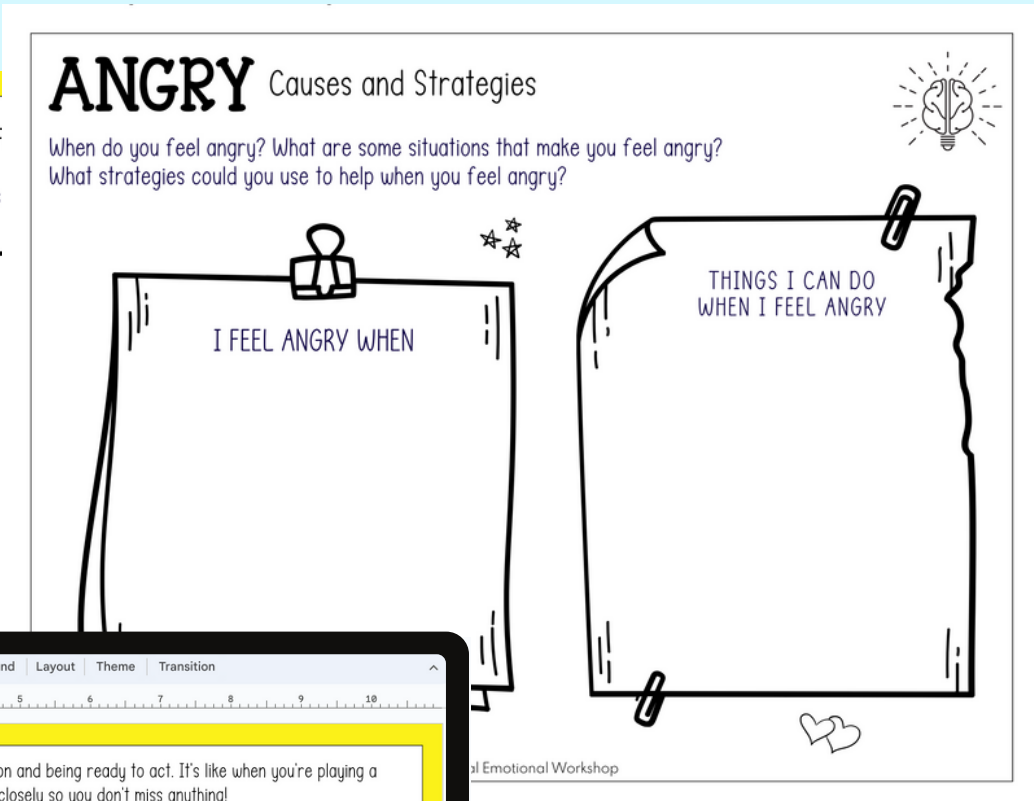
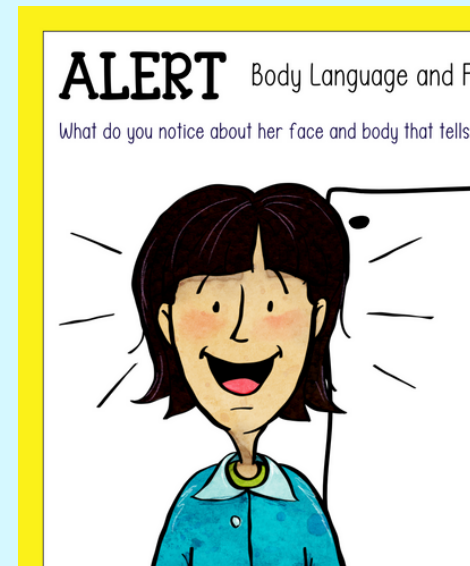


Color & Blackline

Easy printing with color and black line options

Google Slides

digital version of worksheets



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

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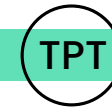
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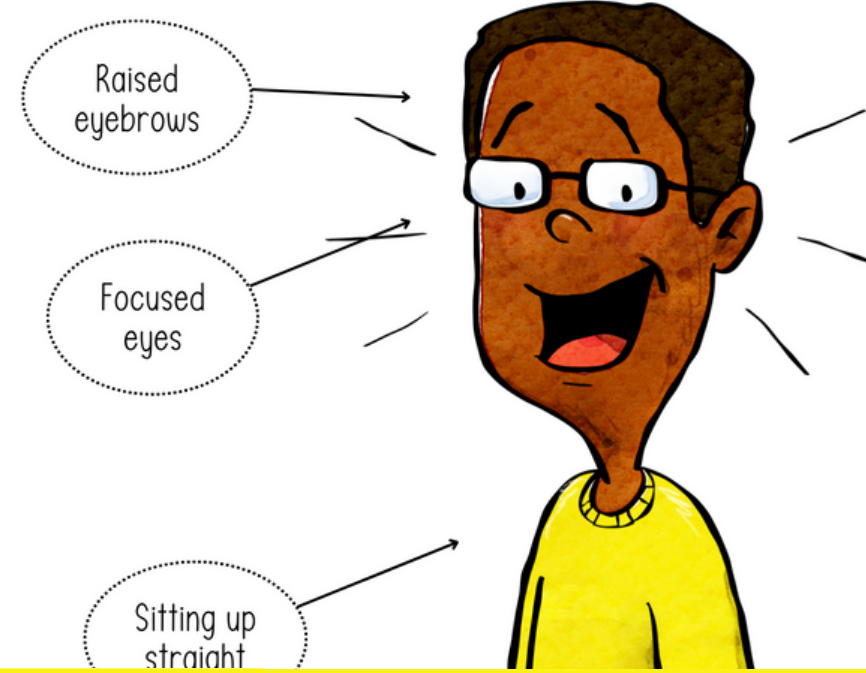
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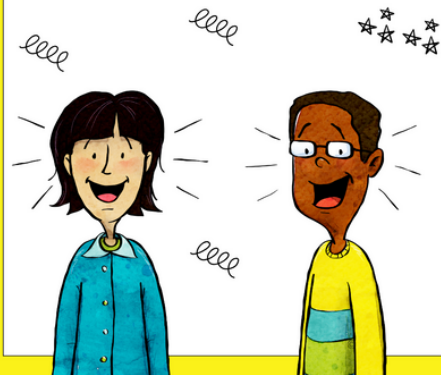
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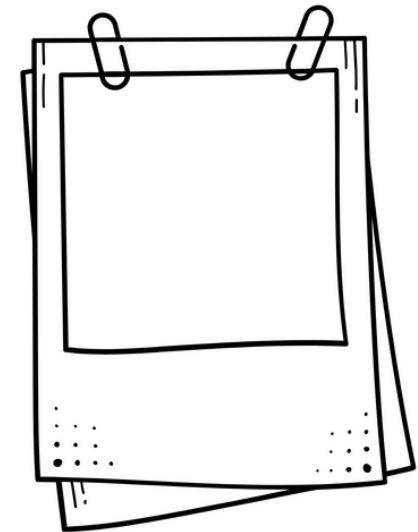
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- Insert >

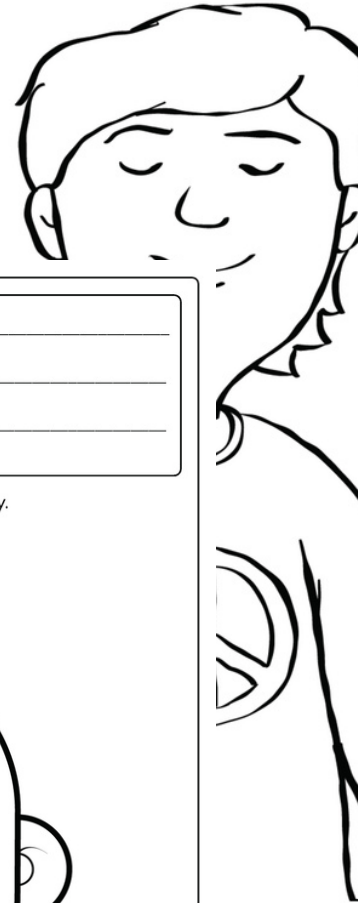
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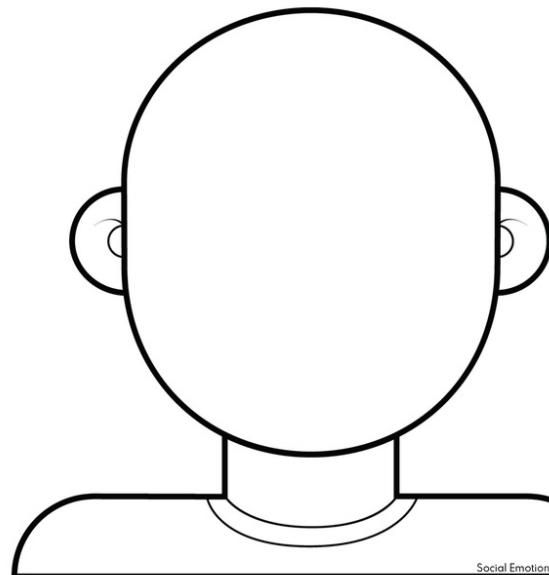


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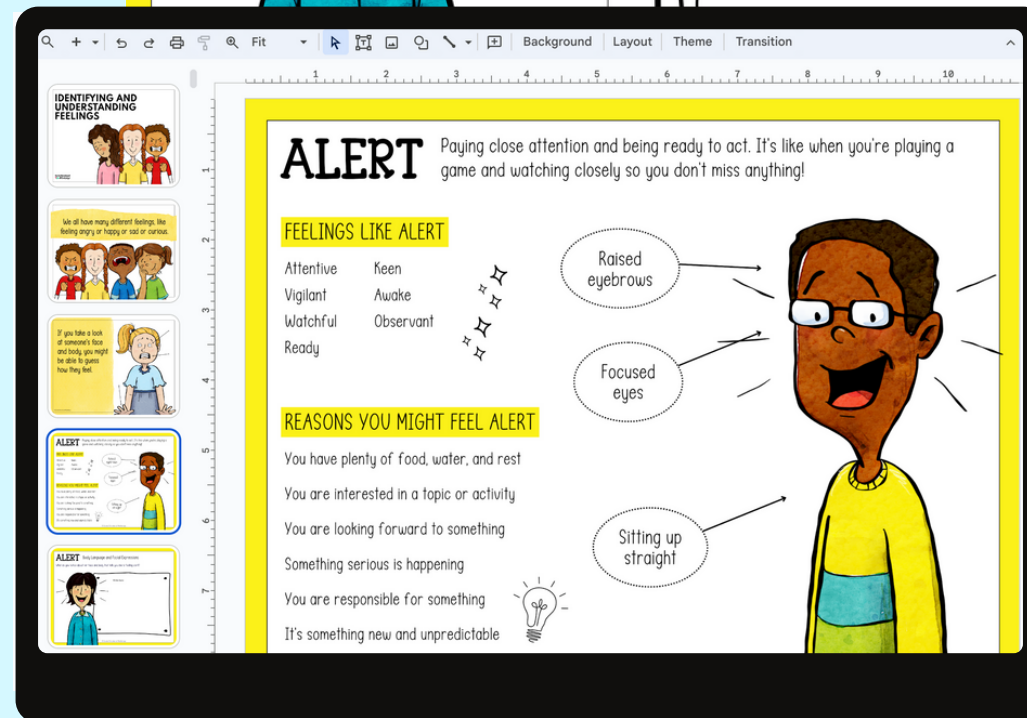
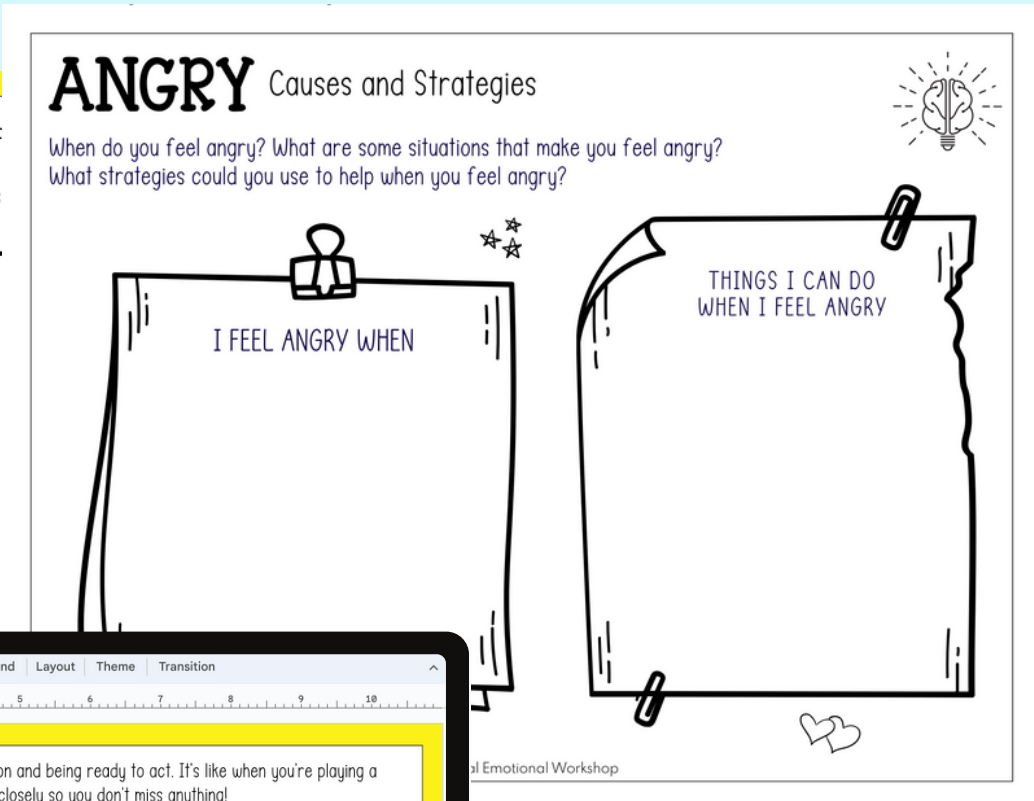
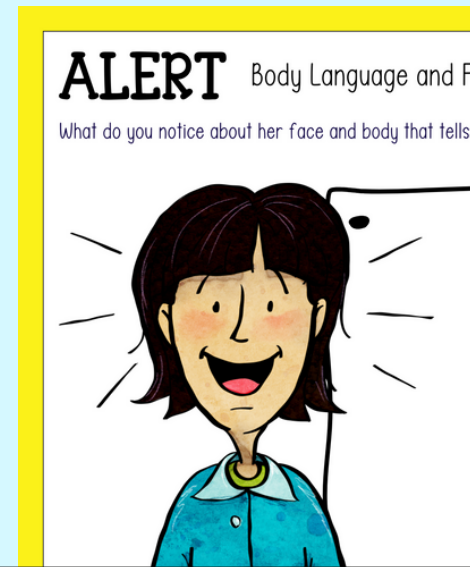


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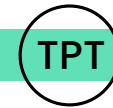
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