

In My Heart

book companion
activities



interactive read
aloud lesson plan

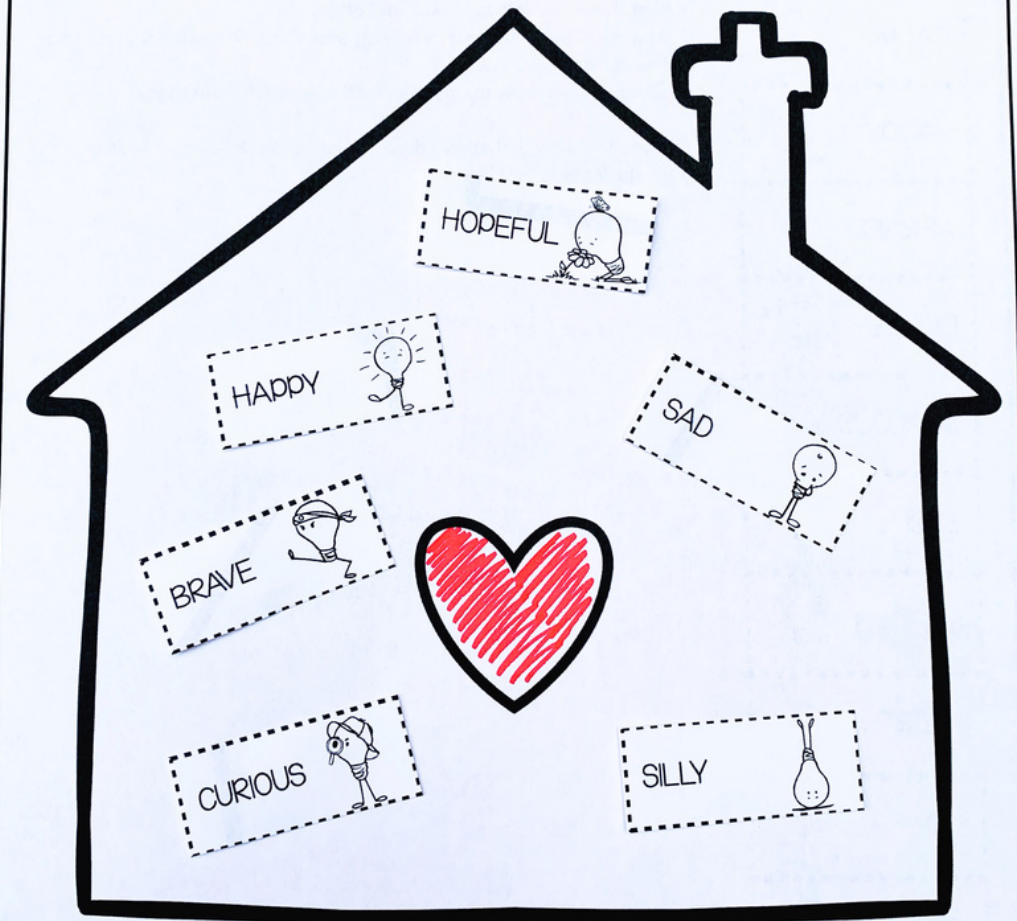


student activities



student journal

What Feelings Live Inside Your House?



Name: **LAURA**

Interactive Read Aloud

Step by Step lesson plan with interactive question prompts to get students thinking and talking.

Read Aloud and Activity: *In My Heart*

Introduce the Lesson

Time: 3 Minutes. **Materials:** *In My Heart* by Jo Witek
"There are lots of different feelings. We can feel happy or sad or angry or surprised. Feelings come in different sizes too. Sometimes they are big like when we are really excited. Some times they are small like when we are shy."

Can you name some feelings? (Act out and physically show feelings. Make a list on the board or create an anchor chart).

Group Activity (Interactive Read Aloud):

Time: 10 minutes. **Materials:** *In My Heart* by Jo Witek, Questions (Sticky Notes or 1-Pager), Vocabulary Words, Stop and Jot Student Sheets, Summary Sheet/Chart.

1. Introduce the Story: "In this story, we are going to meet a little girl and hear about all her different feelings. When she describes what certain feelings are like, I want you to create a picture in your mind. She is going to tell us about lots of different emotions."
2. Refer to Read Aloud Guide for comprehension questions. Choose three to five questions based on the standards and your academic objectives. You do not need to include every question. You can also read the book more than once, asking different questions each time.

Independent Activity (Feelings House):

Time: 5-10 minutes **Materials:** Feelings House and Feelings Slips

1. After completing the read aloud, you can have students do an independent activity where they identify feelings they have and when they have them. There are a number of variations given for this activity depending on the age and skills of your students.

Supplemental Activities

- Materials:** *In My Heart* Booklet & Students Booklet
1. *In My Heart* Booklet - Come up with creative ways to describe the feelings you have.
 2. Student Booklet - answer reflection questions about common feelings.

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Social Emotional Learning Standards

1. Recognizes and accurately name feelings.
2. Identifies and communicates an emotion.
3. Identifies situations that affect feelings.

Interactive Read Aloud: *In My Heart* Comprehension Questions

Pg 1-2 - Heart is a House Think Aloud

I think furious would be a big feeling. I think bothered might be a small feeling. I think excited might be a loud feeling, and calm might be a quiet feeling.

We have a lot of different feelings inside us.

Page 3-4: Happy Turn & Talk

Turn and talk with your partner. Tell them a time you felt happy.

Pg 5-6: Brave Text to World

Can you think of someone who is brave? What makes them brave?

Pg 7-8: Mad Group Question

How do you think she is feeling now? How can you tell? What does mad feel like for her? What does mad feel like for you?

Page 9-10: Calm Think Aloud

Feeling calm sounds like a quiet feeling. I think feeling calm is a feeling we might have before we go to bed or when we are reading.

Page 11-12: Heartbroken Stop & Jot

Write or draw a time your heart was hurt or broken.

Page 13-14: Sad Think Aloud/Text to Self

I remember a time my heart was sad and felt heavy. (Insert personal connection).

Page 15-16: Hopeful Explain Vocab

Hopeful is when we think and are wishing that good things will happen. It is like a new plant growing tall.

Page 17-18: Afraid Turn & Talk

How does your body feel when you get scared? Turn and talk to your partner and tell them something that happens when you get scared.

Page 19-20: Silly Text to Self

Did you feel silly today? Did you feel one of the other feelings she talked about?

Page 21-22: Shy Think Aloud

I remember the first day of school and lots of us felt shy. We were a bit unsure and quiet.

Page 23-24: Proud/Ending Inference

We have lots of different feelings. What does your heart feel?

What does that feeling feel like?

Emotion Vocabulary

Happy: cheerful, glad
Brave: fearless, courageous, daring
Mad: angry, furious, enraged
Calm: peaceful, chill
Broken Heart: hurt, devastated
Sad: down, depressed,
Hopeful: optimistic, upbeat
Afraid: scared, terrified, fearful
Silly: foolish, giddy,
Shy: bashful, cautious, timid
Proud: satisfied, happy with oneself

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Student Journal

Student journal with prompts to help them explore when they have certain feelings and what it looks like.

My heart is sad when ...

my friend is mad at me.

When my heart is sad it feels like

I have a giant weight on me.

How I look when my heart is sad

My head hangs low.
Sometimes I cry.



My heart is hopeful when ...

when I get to do something new and exciting.

When my heart is hopeful it feels like

I'm as light as a feather

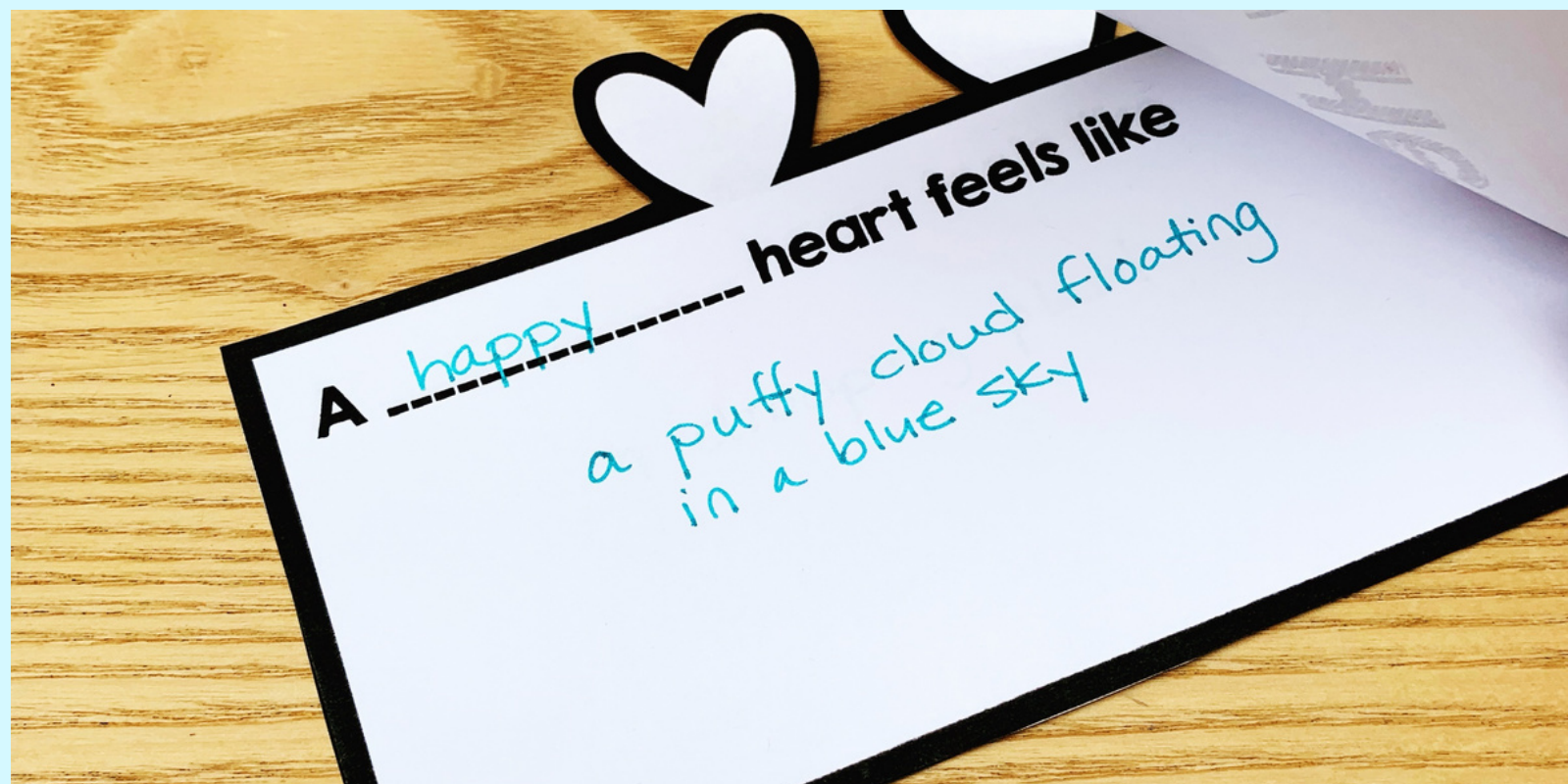
How I look when my heart is hopeful

I'm smiling and ready for anything

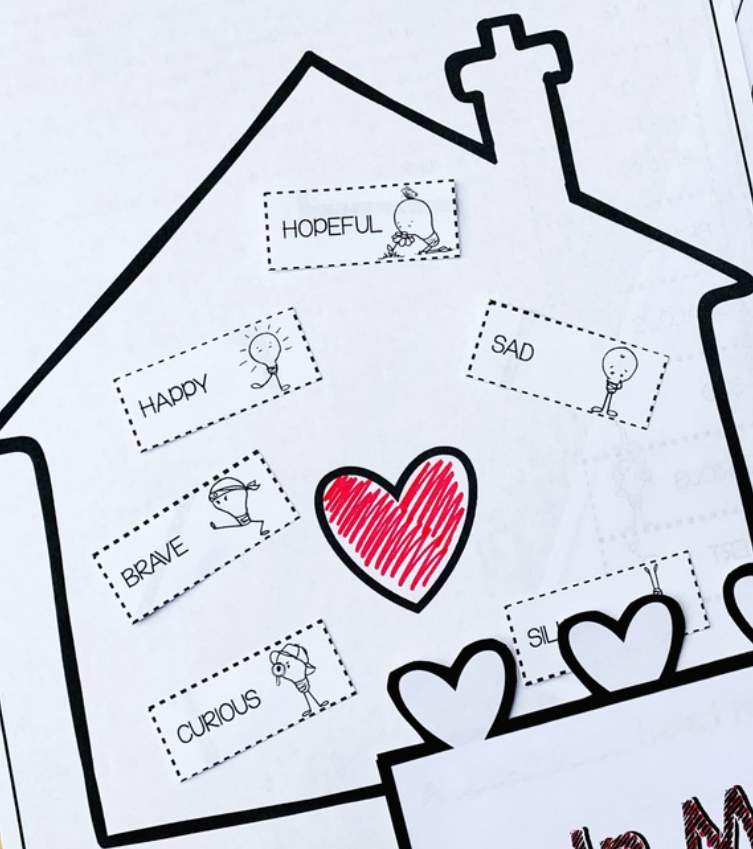


Student Activities

Simple cut & paste activities and writing prompts.



Feelings Live Inside Your House?



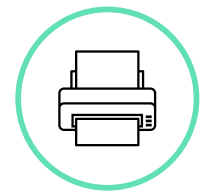
Name: LAURA

IN MY HEART
STUDENT BOOKLET



In My Heart

DETAILS



Blackline for easy printing



Best for 1st to 3rd grade



Great for whole groups, small groups, or individual students.

Why Use Interactive Read Alouds

Interactive read-alouds are a teaching method where an educator reads a book aloud to children, pausing at predetermined points to ask questions or encourage discussion.

By engaging with the text in a collaborative way, children are encouraged to think deeply about feelings, make connections to their own experiences, and reflect.



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!

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