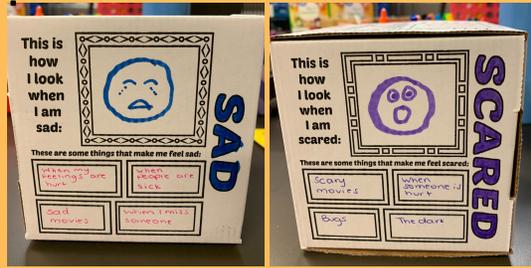


# SEL MAKE-AND-TAKE KIT:

## FEELINGS CUBE

### ACTIVITY INSTRUCTIONS

- DRAW A FACE IN EACH OF THE EMOTION BOXES
- WRITE 4 THINGS THAT MAKE YOU FEEL EACH EMOTION
- USE THE CUBE TO SHARE WHICH EMOTION YOU ARE FEELING RIGHT NOW



### BOOKS

### TIPS FOR PARENTS

THIS ACTIVITY CAN HELP CHILDREN RECOGNIZE AND IDENTIFY THEIR BASIC EMOTIONS, FACIAL CUES, AND TRIGGERS. IT IS IMPORTANT TO EMPHASIZE THAT ALL EMOTIONS ARE NORMAL AND OKAY TO FEEL. HELP YOUR CHILD THINK ABOUT WHAT THEY

LOOK LIKE WHEN THEY FEEL CERTAIN EMOTIONS. USING A MIRROR IS A FUN AND EASY WAY TO LEARN FACIAL EXPRESSIONS.

IT IS ALSO IMPORTANT TO DISCUSS HOW OTHER PEOPLE HAVE SIMILAR FACIAL CUES WHEN THEY EXPERIENCE THESE EMOTIONS, AS WELL HOW THEIR TRIGGERS MIGHT BE SIMILAR OR DIFFERENT FROM THE CHILD'S. THIS CUBE CAN BE USED AS A VISUAL WAY TO HELP A CHILD SHARE WHICH EMOTION THEY ARE FEELING AT A GIVEN TIME.

### WHICH STANDARDS DOES THIS ACTIVITY MEET?

**A1.1.A**  
IDENTIFY BASIC PERSONAL EMOTIONS

**C1.1A**  
IDENTIFY FACIAL AND BODY CUES REPRESENTING FEELINGS IN OTHERS

### WHERE CAN I LEARN MORE?

- [HTTPS://ONETIMETHROUGH.COM/BEST-PARENT-RESOURCES-TO-TEACH-KIDS-ABOUT-FEELINGS/](https://onetimethrough.com/best-parent-resources-to-teach-kids-about-feelings/)
- [HTTPS://WWW.PBS.ORG/PARENTS/LEARN-GROW/ALL-AGES/EMOTIONS-SELF-AWARENESS](https://www.pbs.org/parents/learn-grow/all-ages/emotions-self-awareness)
- [HTTP://CSEFEL.VANDERBILT.EDU/DOCUMENTS/TEACHING\\_EMOTIONS.PDF](http://csefel.vanderbilt.edu/documents/teaching_emotions.pdf)

**SCAREDY SQUIRREL**  
MÉLANIE WATT  
E WAT

**THE DARK**  
LEMONY SNICKET  
E SNI

**100 THINGS THAT MAKE ME HAPPY**  
AMY SCHWARTZ  
E SCH

**TAKING A BATH WITH THE DOG AND OTHER THINGS THAT MAKE ME HAPPY**  
SCOTT MENCHIN  
E MEN

**WHEN SADNESS IS AT YOUR DOOR**  
EVA ELAND  
E ELA

**IT'S OKAY TO FEEL SAD**  
CAROLYN LARSEN  
OVERDRIVE

**LLAMA LLAMA MAD AT MAMA**  
ANNA DEWDNEY  
E DEW

**FERGAL AND THE BAD TEMPER**  
ROBERT STARLING  
E STA

