



**What Am I Feeling? (🌈 An Emotional Health Story)
(Kindergarten – 5-6 yrs.)
Think, Pair, Share: Hands Versus Brain**



STORY CONNECTION-SLIDES 4-5 (Approx Time: 15-20 mins)

If you closed your eyes and I put a ball in your hands, your hands would tell your brain that it was holding something round. Balls are usually round you might guess that the thing that I gave you to hold was a ball. Your hands can feel the ball, but your hands do not have “feelings.” We can **feel** something with our hands, but “feelings” are not something that we can touch. A blanket is soft, a rock is hard, and water is wet. These are things that we can feel with our hands, but these are not “feelings.” Feelings are also called **emotions**. We do not feel emotions with our hands. We feel emotions in our brains and in our bodies.

Materials needed:

- Images of items that can be held in hands (included below)
- Images of people showing various emotions (included below)
- Blank Paper (1 per student)
- Crayons, markers, colored pencils
- Scissors (1 per student if possible)
- Brain Template (1 per student- included below)

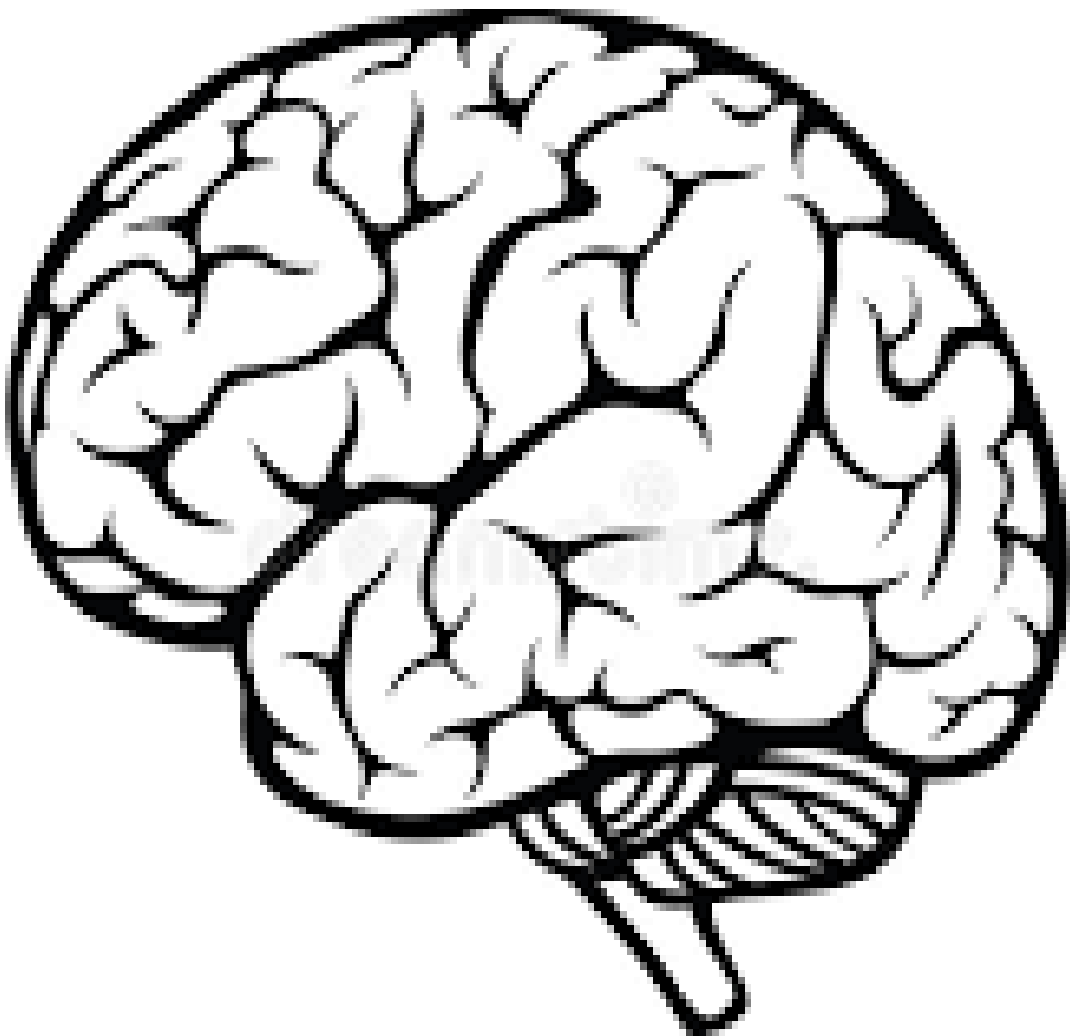
Preparation needed:

- Prepare images below to be displayed easily for all student(s) to see

Instructions:

1. In this activity, student(s) will practice differentiating between things they can feel with their hands and things they feel with their brain. Student(s) will see a variety of images on the screen and will have to decide if it is something they feel with their hands or brains.
2. First, have student(s) make their hands and brains. For the hand, have student(s) trace and cut out one of their hands on a piece of blank paper provided. For the brain, they can cut out the outline of the brain from the template.
3. The student(s) can work with partners/small groups, if possible.
4. Display one of the images below for all student(s) to see.
5. Have the student(s) talk to their partner(s) whether they think the image shows something they can feel with their hands or feel with their brains.
6. Once they have decided, have them hold up the appropriate tool-hand or brain. This will give you an idea of who is grasping the concept and when the group is ready to proceed with the lesson.
7. When each group has responded, ask one group to share why they think it is hands or brain. Have them give an example, if possible, as to how they know for sure.
8. Continue until all the images have been displayed, decided upon, and discussed.

9. In closing, remind student(s) that there are some things that we feel with our hands and others that we feel with our brains. These are our emotions.





Bicycle



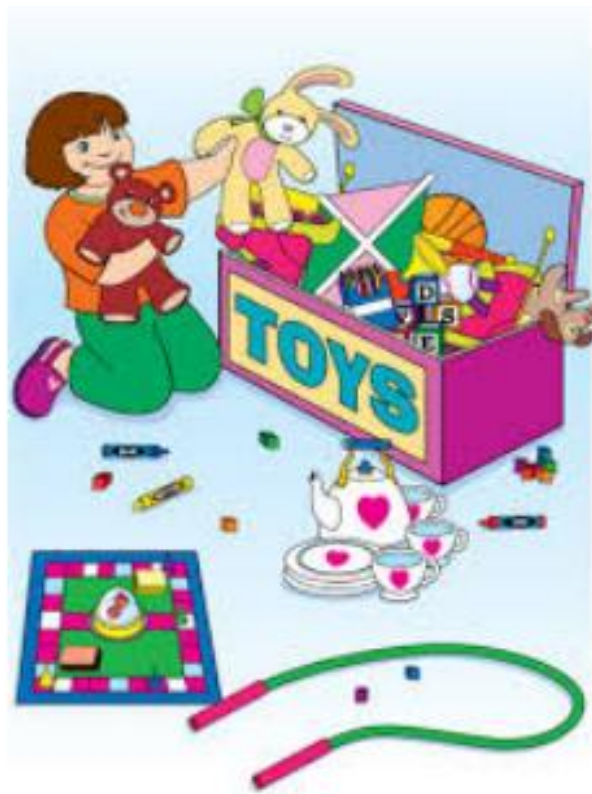
Happiness



Puppy



Anger



Toys



Surprise



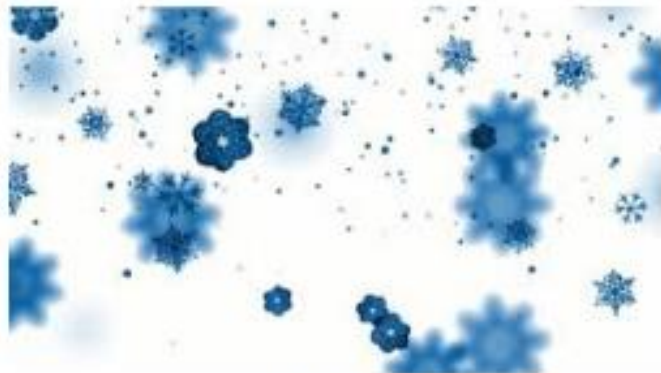
Sadness



Books



Fear



Snow



Disgust



Sand

Bicycle image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcS6n7AMpXqcqZROn7t2fpXDJtp_2rVf_qqblZkHx2InfYzcoSwU&s

Happiness image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTDpzE222tBsVdFEBhz4EnHnYa0xwUX1-y47GQ1kfNeFx4eqaSB&s>

Puppy image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTCRYamms1X8j5nP2ZtTxZu7F9OhEPbx59ZgDKJOsEpBXqVzos&s>

Anger image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRGhmrIBBjilM_E6lWAwqwKg9rIHL5lkf96gsEIWd2NtZHMaok&s

Toys image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTjcg-2R0BRJ-SO_-VTjhYBt-ZwkbZ011p8aMRaz5qhEvx7uM2W&s

Surprise image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQ8djVc20alChf3_GXaAsKI-Bm4BvRAiW1zTM9wvBsTI5SfCww&s

Sadness image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcR_i-9S9memy0HQnrDwwwM65X4UA5wrL0LdZbkyXRonhCox_Nw&s

Books image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSyyWhj7SqBGGQq5TLsA5452niP7NHvKND0jZGkWTW_bruVCnAa&s

Fear image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQ8OgEc-PmWT9qqcgPzEcfSaXbSjmi3w2oM5zxNzRO-MmRGX2d&s>

Snow image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRu3_7fLWIATCGDIlg73aBrOVpN-B0zY_I3tQAd8acajCGhNK0&s

Disgusted image credit: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRx5HvMhB5MT5pDGI64R9bIALgb_c2XR2HOe5zN5g4joXebAFI&s

Sand image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcThrOOAjv7f3JwoIHRK0VskceSTy7SwBDIXiOqkrfhkRYMgthU&s>

Brain image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQFRi5OWY-Jq4XTxUygYOsZL2e3pNqQps2MaQ&usqp=CAU>