



Brain Health: It's SPECTacular

What Am I Feeling? (🌈 An Emotional Health Story)
(Kindergarten – 5-6 yrs.)
Game: I Have a Feeling



STORY CONNECTION-SLIDE 8 (Approx Time: 15-20 mins)

We have lots of feelings and we feel them at different times. We feel happy when a good thing happens. We feel sad when a bad thing happens. We feel angry when something happens that we do not like, or think is fair. We can feel happy, sad, or angry when different things happen.

Materials needed:

- Yellow, red, and blue construction paper or plain white paper
- Yellow, red, and blue crayons, markers, or colored pencils
- Scissors (optional)
- Scenarios (included below)

Preparation needed:

- Decide how color cards will be created.
 - Can be created prior to the activity or student(s) can make them during step 2.
 - Options for colored cards:
 - a. Fold each colored paper in half two times. Cut along lines to make four rectangles. Share with other student(s) so everyone has one of each color.
 - b. Fold blank white paper in half two times. Can be cut into rectangles, along the lines. Color three of the squares (yellow, red, blue)
 - c. Every child receives one colored sheet. The whole sheet of paper is their “card.”
- *OPTIONAL: Determine teams/groupings*

Instructions:

1. In this activity, student(s) will be presented with various scenarios and will have to decide if they would feel happy (yellow), sad (blue), or angry (red) if that happened to them. It is a game in the sense that student(s) will earn a point when they share why they would feel that emotion. This encourages participation.
2. Each student will need a set of cards—one yellow, one red, and one blue.
3. Explain that after they hear the scenario, they will hold up a yellow card if they would feel happy, a blue card if they would feel sad, or a red card if they would feel angry. Remind them that it is okay to feel a different way than their friends.
4. Take the student(s) through this example to demonstrate exactly how to play.
For example: Scenario #1 says: “It is your birthday, and you just opened the gift that you really, really wanted.” I would think about how getting a gift I really want makes me feel so happy! I would find my yellow card and hold it up.

5. If playing on teams, assign teams and explain that points are given for each teammate that shares why they would feel that way.
6. Ask student(s) if they have any questions before the game begins. Review any misunderstandings before beginning.
7. Share scenario #2 with student(s). Read it two times and allow them time to think.
8. After everyone holds up a card, call on a couple of student(s) to share why they picked that emotion.
9. Points are given if you choose to do so. If you do not want to give points, that is okay as well.
10. Repeat this for the remaining scenarios. Below are several scenarios, however, you can also use scenarios that are appropriate for your student(s) and situation.
11. In closing, remind student(s) that we have a lot of emotions, and we feel them at different times. It is okay to feel these emotions and it is also okay to have different feelings about things than other people do.

Scenarios

1. It is your birthday, and you just opened the gift that you really, really wanted.
2. You woke up late and left your homework and lunchbox at home.
3. You have been arguing with your siblings a lot and you cannot go to the movies.
4. A kid in your class keeps bothering you when the teacher is not looking.
5. You received a bad grade on your spelling test even though you studied very hard.
6. Your friend did not want to play with you on the playground.
7. The cafeteria is having pizza today, your favorite!
8. Your class won a pizza party for having great attendance.
9. You have no idea how to do your homework.
10. You get to take home the class pet for the weekend.
11. It is raining outside, and you really wanted to go to the park to play.
12. You got in trouble on the bus for something you did not do.
13. You went outside to get on your bike, and it was missing.
14. You saw your neighbor riding your bike without your permission.
15. It is really snowing outside so you get a snow day.