



**What Am I Feeling? (🌈 An Emotional Health Story)  
(Kindergarten – 5-6 yrs.)  
Physical Activity: Move Like You Feel**



**STORY CONNECTION-SLIDE 9 (Approx Time: 15-20 mins)**

Emotions can make us behave in certain ways. When you are happy, you may smile a lot, you may like to sing, or hug someone. When you are sad, you may cry, you may want to be alone, or might need to hug someone. When you are angry, you may scream and yell, you may pout, or you may want to be alone. It is important to know that different people behave differently when they are happy, sad, or angry...and that is ok.

**Materials needed:**

- Printable dice (included below; 1 set per student or 1 set for the group)  
or
- two small, square, empty, closed boxes such as cardboard, tissue, etc.

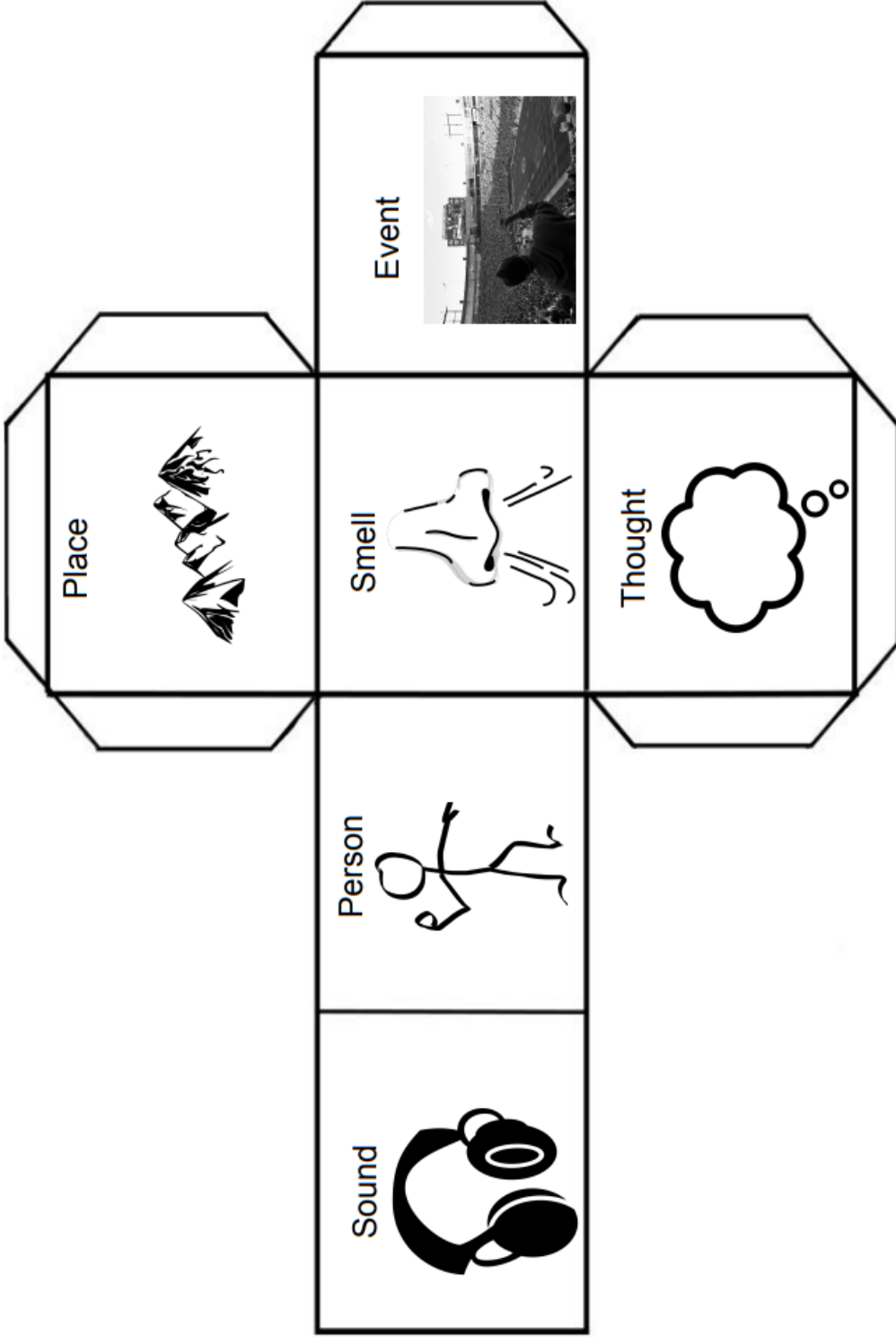
**Preparation needed:**

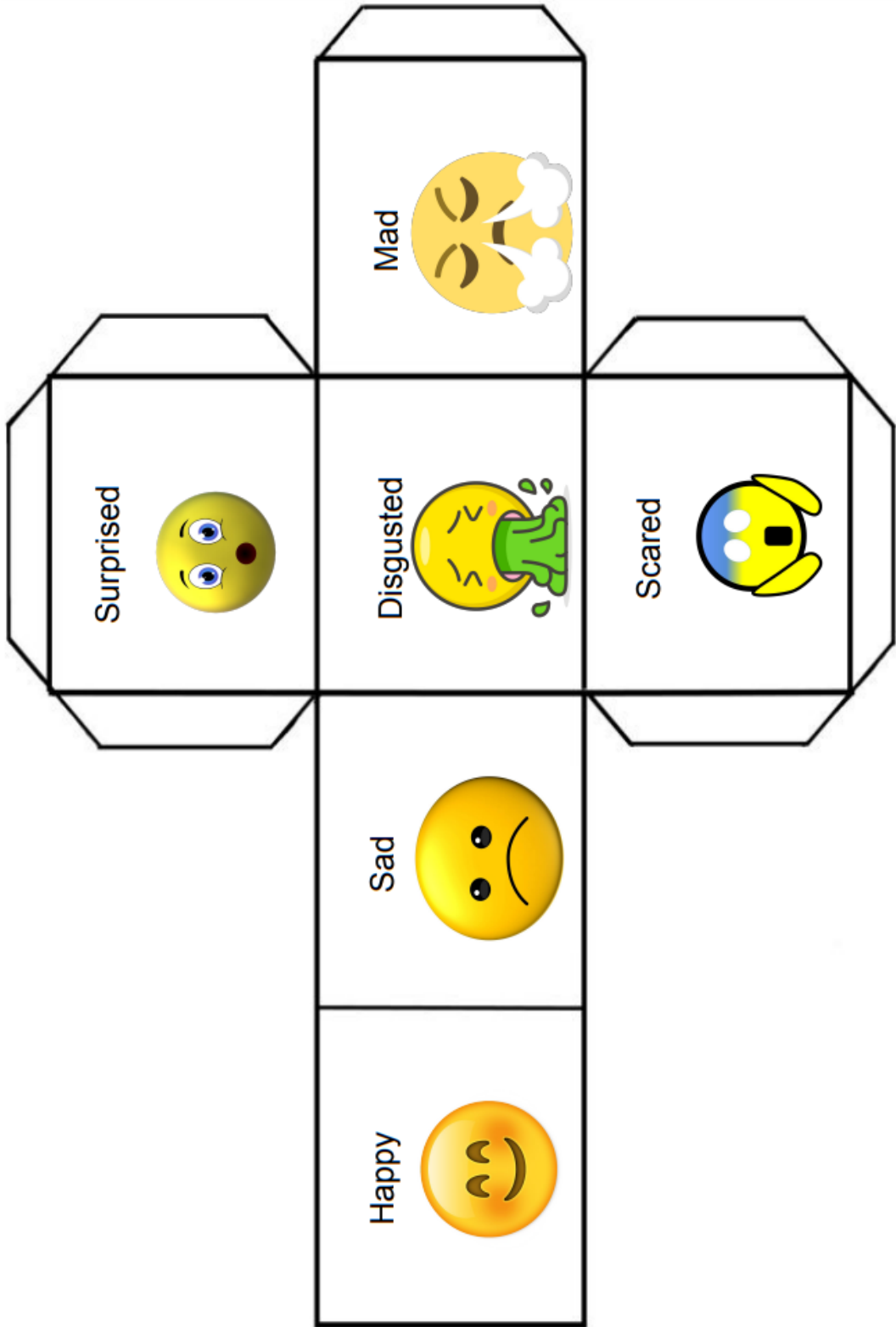
- Determine how dice will be created.
  - Option 1: Cut out the dice templates below and assemble them by taping them together.
    - Student(s) can have their own set or you can just make one for the whole group
  - Option 2: Make two dice by writing the following words on two different boxes.
    - On box #1, write place, sound, person, smell, event, thought.
    - On box #2, write happy, sad, surprised, disgusted, mad, scared.

**Instructions:**

1. In this activity, student(s) will share how different places, sounds, people, smells, events, and thoughts make them feel. They will also act out the emotion.
2. Student(s) will take turns tossing both dice. Whatever the dice lands on, they must tell what makes them feel that way and act it out.
3. Take the student(s) through this example to demonstrate exactly how to play.  
For example: "#1- If I roll the dice and they land on place and mad. I would say the dentist's office is a place I really don't like to go! I might ball up my fists, make a mad face, and stomp my feet for the action.  
#2- I might roll happy and smell. I think the smell of chocolate chip cookies baking makes me happy. I could smile, rub my tummy, and pretend like I'm sniffing the wonderful aroma of the cookies baking."
4. Ask student(s) if they have any questions before the game begins. Review any misunderstandings before beginning.
5. Continue the game until all student(s) have had a chance to roll the dice, share, and act out their feelings.

6. In closing, remind student(s) that different emotions make us feel and behave in different ways. What makes one person happy might not make another person happy. A place that is scary for one person might not be scary for another. We react to different emotions in different ways and that is okay.





Dice credit: The Closet Counselor: <file:///home/chronos/u-62839453667c8480195134fb8328861895cf7caa/MyFiles/Downloads/CBTFeelingsDice-1.pdf>

Happy emoji credit: [https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQi9Cp90kQc87nTlrzjQXh\\_ghmaCBjEy8y8BpaKMqdJB7GIDcFS&s](https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQi9Cp90kQc87nTlrzjQXh_ghmaCBjEy8y8BpaKMqdJB7GIDcFS&s)

Sad emoji credit: [https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSDbSwIEqA8HZ\\_PexVUGaNNv5IfBfxvIZ-O75xFKHJJLHk\\_Cprf&s](https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSDbSwIEqA8HZ_PexVUGaNNv5IfBfxvIZ-O75xFKHJJLHk_Cprf&s)

Surprised emoji credit: [https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRmCWv2gym-yAon-E52hEAelROQoRv7BkZQrD0Z7lhKi\\_mqBOXn&s](https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRmCWv2gym-yAon-E52hEAelROQoRv7BkZQrD0Z7lhKi_mqBOXn&s)

Disgusted emoji credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSdTPY-bE0OXZ9d18BYiJJoJwAWVB5qT0UZKUsZk19H4pr3gw4&s>

Mad emoji credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSyLw7DJJNasfLteC3Gn9Mhb7DmJ-vGbASy4mlrmywyj87al2QR&s>

Scared emoji credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTILT61n3WDx2uwFd6A36EipqF64XZhqAykpNR6SPWI5hawuw5N&s>

Dice template credit: Mr. Watts <https://www.teacherspayteachers.com/Product/Customizable-Paper-Dice-Templates-Free-3167972>

Headphones image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcSZLZDR9zWJ105lcJxtod8E5yQAgtfxJG9pkl25yNrygOXUzql&s>

Person image credit: [https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTYc\\_-v7Zfp9QJzyv9wOJNS2mpRn-BDhck02wWO-dQi\\_9aWrC8&s](https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTYc_-v7Zfp9QJzyv9wOJNS2mpRn-BDhck02wWO-dQi_9aWrC8&s)

Mountains image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTnBtMFMmBY08vWz8gfScoz6-36MNkIR7YURAXfZKAeSmkrijOK5&s>

Smell image credit: [https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcT4EsOqCtDctgg8wTol\\_FMqR727sEsaSEJVkk\\_dL-wrQ9YKpXoO&s](https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcT4EsOqCtDctgg8wTol_FMqR727sEsaSEJVkk_dL-wrQ9YKpXoO&s)

Football image credit: [https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcShVuMLMuYyIG3L89bPvzYxTu5f55Y\\_Cs0fbOiHwtoj546wA5yX&s](https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcShVuMLMuYyIG3L89bPvzYxTu5f55Y_Cs0fbOiHwtoj546wA5yX&s)

Thought bubble image credit: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQnlsxQWJT9YXrNwnshz1thtNJC5FqExi3KrG-I-MA-gilH6WE&s>