

Week of April 13th

Guidance

We spent a great portion of the school year talking and learning about our emotions. The following book was read to the students by Ms. Panun

1. Watch the story: **The Way I Feel** (read by the author Janen Cain) Click on the following link:

<https://www.youtube.com/watch?v=OfyRzOmq4JU>

2. Follow up activity: On a piece of paper draw a picture and write a sentence about how you feel today.

Labeling and expressing emotions: Here are some words you can use to help you with your picture.

Happy / Sad / Nervous / Excited / Disappointed / Afraid / Lonely / Scared / Frustrated / Anxious / Confused / Exhausted / Empty / Numb / Proud / Bored

3. Sing a song about emotions: **The Feelings Song** Click on the following link:

<https://www.youtube.com/watch?v=-J7HcVLsCrY>