

# How do you feel?



surprised



happy



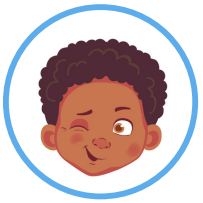
scared



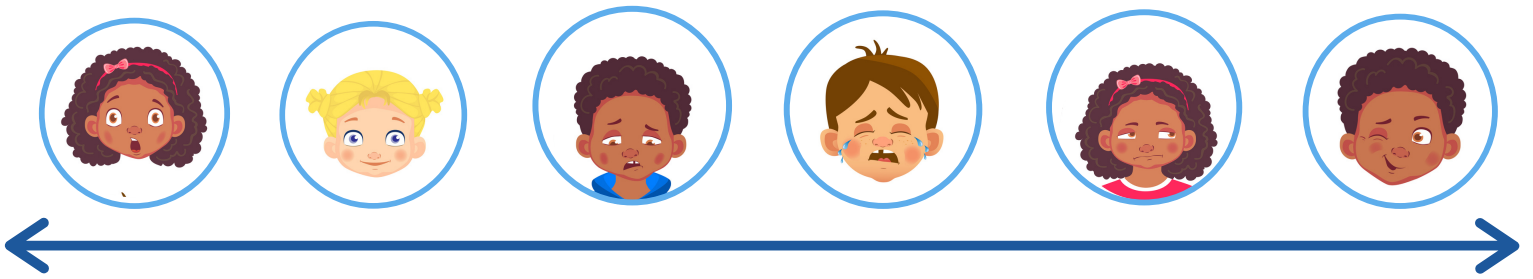
sad



mad



silly



# How to use the emotions bead slider:

1 - Laminate the page.

2 - Punch holes on the two gray circles.

3 - String two beads onto a piece of yarn.

4 - Put the ends of the yarn through the holes and tie large knots on the back so the yarn doesn't pull back through the holes.

5 - Slide the beads up and down the chart to show how you're feeling or to describe how the person in the stories might be feeling.

**Note:** There are two beads on the slider because often, we feel more than one emotion at a time!

# Read each passage...how would you feel?

Remember that you might feel more than one emotion at a time! If you read one of the passages and find two different emotions that fit, slide the bead to one of the emotions and then the other!

1 - Today is your birthday! You get to open presents, have your favorite dinner, and eat birthday cake with your family. You feel \_\_\_\_\_.

2 - Your dog ran away. You've looked all over the neighborhood, but still can't find him. You feel \_\_\_\_\_.

3 - You're playing with your friends. You make up your own special dance and everyone is laughing and having fun. You feel \_\_\_\_\_.

4 - It's the middle of the night and you're sound asleep. Suddenly, you hear a huge rumble of thunder and you see a flash of lightening outside your window. You feel \_\_\_\_\_.

5 - You're playing blocks with your brother. You get in a fight and he kicks your block tower down. You feel \_\_\_\_\_.

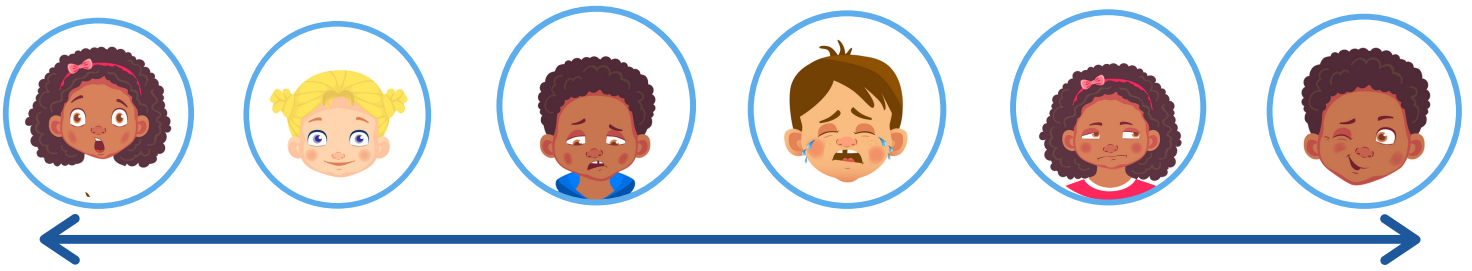
6 - You're at a birthday party and suddenly, one of the balloon decorations pops! It makes a really loud sound and you weren't expecting it. You feel \_\_\_\_\_.

7 - Your pet fish dies. You loved him so much and it makes you cry. You feel \_\_\_\_\_.

8 - Your grandparents are coming for a visit. You always have so much fun together and you haven't seen them in a long time. You feel \_\_\_\_\_.

9 - You're playing in the yard with your neighbors in the sprinkler! Everyone is taking turns doing their own funny jump through the water. You feel \_\_\_\_\_.

10 - You're watching your favorite movie when your dad says it's time to turn it off and go to bed. You feel \_\_\_\_\_.



## Other ways to use the slider...

Have kids tell their own stories about when they felt different emotions, sliding the beads to the emotions they were feeling.

Look at photographs of people demonstrating different emotions. Have kids slide the beads to the matching feelings.

Describe different behaviors that might be associated with the emotions and see if kids can slide the beads to the emotions that go with the different behaviors.

Have kids do "check-ins" throughout the day to identify how they're feeling.

Use the slider as a way to check in after an emotional experience, reviewing the story of what happened and sliding the bead to the different emotions. For example: "Your brother knocked down your block tower. You felt mad and sad. You cried and yelled at your brother because you were feeling mad and sad. When you feel this way, you can talk about it with a grown-up who can help you work it out."