



How are
YOU

Feeling?!

My Feelings Book

Objectives...

- Identify different kinds of emotions.
- Acknowledge emotions and how they make us feel.
- Work on grammar (capitalization and punctuation).

Materials Needed...

- "Feelings Book" template to copy onto white construction paper.
- "Emotions" pages 5 and 6 (to be cut out and glued into pages of book).
- Glue.
- Stapler.
- Markers/crayons.
- Teacher's Vocabulary Guide, 4d: Feelings.
- Student Vocabulary Worksheet (SVW) 4d.

See National Standards, Volume 4

This lesson explores different kinds of emotions and how they make us feel. It is important for children to learn how to express and identify their feelings and communicate their needs to others.

presentation

Students will learn to sign and recognize different feelings as they glue pictures in their "Feelings Book." They will also make connections to their pictures by writing a sentence about how particular emotions make them feel.

- Introduce your students to the vocabulary words "4d: Feelings" using ASL.
- Using your Teacher's Vocabulary Guide, help your students complete their Student Vocabulary

Worksheet 4d.

- As you review with your class, have your students try to envision what each feeling looks like for each vocabulary word. You can help your students by making a variety of faces or actions while asking them which one resembles the word being reviewed. (Kids love seeing their teacher make faces!)



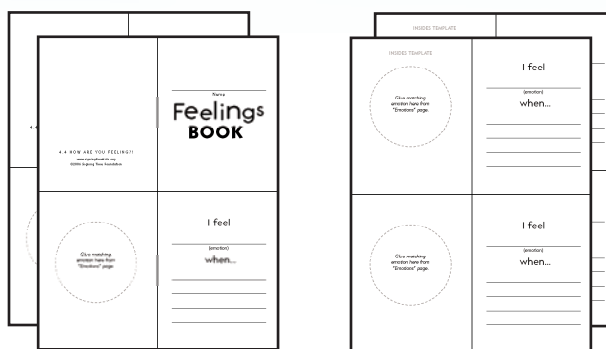
Booklet Instructions (repeat for each child):

- Make two copies of the “Feelings Book” COVER template. Copy the INSIDES template onto the back side of the two covers.
- Make one copy (front and back) of the INSIDES template.
- Take the three pages and trim exactly in half. Discard the extra cover page. You should now have 5 half sheets of paper. Place all pages together with the cover on the outside and fold in half to create a booklet. Staple twice in the center fold. (See steps 1–5 pictured right).

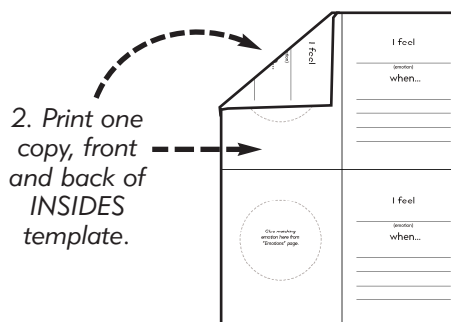
Guided Practice... Hand out a “Feelings Book” to every student and have them write their name on the cover. Also hand out pages 5 and 6 to each student. These pages contain the “emotions” pictures. (There are 10 emotions pictured, but only 9 will fit in the booklet.)

- Now write one of the “Feelings” vocabulary words on the board. Ask the students to find the matching emotion picture (from their pages 5 or 6), cut it out, and glue it into their “Feelings Book.”
- On the other half of the paper, each student should write the feeling and complete the rest of the sentence. For example: “I feel **grumpy** when...”
- The student should put into words when they have felt that particular feeling (i.e.

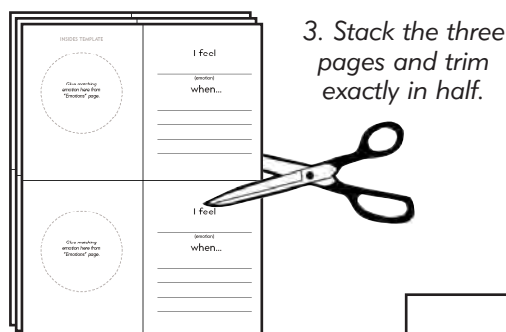
continued on page 5



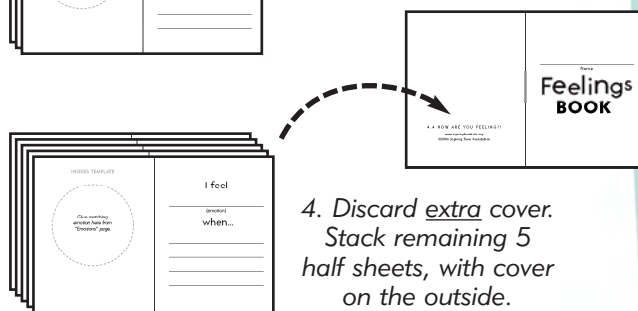
1. Print two copies of COVER template. On the back side, print two copies of INSIDES template.



2. Print one copy, front and back of INSIDES template.

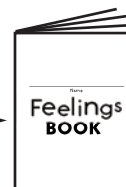


3. Stack the three pages and trim exactly in half.



4. Discard extra cover. Stack remaining 5 half sheets, with cover on the outside.

5. Fold booklet in half and staple along the fold-line in the center of the booklet. Repeat steps for every student.



Name

Feelings BOOK

4.4 HOW ARE YOU FEELING?!

www.signingtimekids.org

©2006 Signing Time Foundation



I feel

(emotion)

when...

INSIDES TEMPLATE



I feel

(emotion)

when...



I feel

(emotion)

when...

4.4 HOW ARE YOU FEELING?!

what did they do to feel better? Why? Did someone help them?)

- Now it is your students opportunity to share their feelings while following grammar rules for capitalization and punctuation.
- When they are finished, put another word on the board and have them follow the same steps above.

Independent Practice... When all of the students have completed their "Feelings Book," have them get into small groups and share their "feelings" books.

- Remember to use sign language!!!
- The teacher can randomly choose students to share their book before the class while using sign language!

For Older Children... Older children may prefer drawing their own faces and emotions rather than choosing from these illustrations.

Have fun expressing your feelings!!!



