

I FEEL _____ When... Directions:

For each feeling (happy, sad, mad, frustrated, scared, silly, and excited), there are two sheets.

Sheet One (A) contains the lead sentence: I FEEL _____ WHEN:
Sheet Two (B) contains 8 situations plus one blank situation for the child to brainstorm a time/activity where they have had that feeling.

Preparation:

After printing out each sheet, laminate them (card stock is more heavy-duty if available to you).

On Sheet One, put some soft Velcro strips. Then cut out each situation on Sheet Two and put hard Velcro on the back of each situation. Match Sheet Two situations to appropriate Sheet One Feelings. Put in a folder or large envelope for storage.

Activities:

(A) Remove all situations and put in a pile. Student picks a situation and sorts onto appropriate Feeling Sheets (Sheet A). If a child has the appropriate skills, ask them to explain why/how they know where each feeling belongs.

(B) Teacher picks a situation that can be "reversed" (e.g. if card says, "I DIDN'T do it...", teacher says, "I DID do it; if card says, "I CAN do it, teacher says, "I CAN'T do it...", etc.).

First, teacher (or child, if he/she is old enough to read) reads **ACTUAL** card and child must decide where card actually belongs.

Then, teacher states the "reversed" situation and child must brainstorm where the new card would go (e.g., If changed from "I don't remember" [put on the Frustrated feeling sheet] to "I DO remember," child states would go on [Happy feeling sheet].

Thanks to Pat Calley, MS, CCC-SLP for this idea!

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