

## EMOTIONS AND FEELINGS

ASCA Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.

PS:A1 Acquire Self-knowledge

PS:A1.1 Develop positive attitudes toward self as a unique and worthy person

PS:A1.2 Identify values, attitudes and beliefs

PS:A1.3 Learn the goal-setting process

PS:A1.4 Understand change is a part of growth

ASCA Standard B: Students will make decisions, set goals and take necessary action to achieve goals.

PS:B1.2 Understand consequences of decisions and choices

PS:B1.3 Identify alternative solutions to a problem

PS:B1.4 Develop effective coping skills for dealing with problems

PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions

PS:B1.9 Identify long- and short-term goals

PS:B1.10 Identify alternative ways of achieving goals

PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills

PS:B1.12 Develop an action plan to set and achieve realistic goals

### **PA Physical Education and Health Standard - 10.1.12.B**

Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- environment (e.g., pollutants, available health care)
- health status (e.g., physical, mental, social)
- nutrition

Grade Level: K-2

Objective: The students will describe feelings and emotions and develop strategies to cope with negative emotions.

Materials: The Crayons' Book of Feelings, by Drew Daywalt and Oliver Jeffers (published by Philomel Books), My Feelings worksheet, crayons or markers

Procedure:

1. Read aloud The Crayons' Book of Feelings.
2. Ask students to think about times when they felt those feelings and share with the class (as time allows).
3. Distribute the My Feelings worksheet, and ask students to take out their crayons or markers.

4. Ask the students to think about a time when they felt happy, then ask them to choose a color that represents happiness and color in the part of their body where they experienced that feeling.
5. Repeat the process with the feelings of being sad, angry, excited, and other emotions from the book as time allows.

Name: \_\_\_\_\_

# My Feelings

