

Skill Area(s): Feelings/Emotions
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The Way I feel

Level: beginner

Goal: to understand facial expressions and situations associated with different feelings

Materials needed: <http://kizclub.com/feelingstory/feeling1.html> (to do the activity on-line) or <http://kizclub.com/feelingstory/print/feelingprint1.html> (to print out the activity- one set is attached to this activity page)

Activity:

- This activity can be completed on-line. The book is read by a child's voice (with a Japanese accent) and each page can be turned by a mouse click. The facial expressions start to appear individually from the eyebrows down to the mouth. The pages are in color.
- The print out version uses the same pictures w/o animation. The pictures are black and white. This would make booklet that could be sent home with each student.
- This activity is a simple way to introduce facial expressions and feelings.

Follow up suggestions:

- Use a mirror to have the students imitate the same faces as in the activity.
- List other situations that make you feel the same emotion.
- Use Today I Feel Silly activity
- Use Facial Expressions 1, 2, 3 activities

①

Feelings are inside of me and my face shows how I feel.

These are the ways I feel sometimes.

②

I look like this when I feel happy.



When my birthday comes near,

3



and when I eat my favorite pizza,
I feel very happy.

4





and when I can't play baseball
because of rain, I feel very sad.

7



I look like this
when I feel proud.

8



When I get a good grade in school,

9



and when I ride the bike without falling. I feel very proud.

10



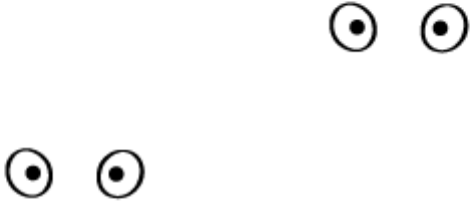
11

I look like this
when I feel scared.



12

When the lights go out suddenly,



and when I read stories about
ghosts, I feel very scared.

13



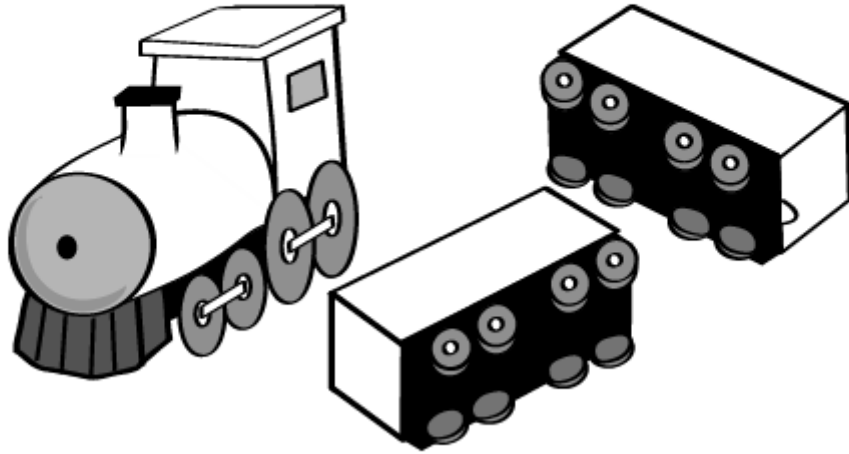
I look like this
when I feel angry.

14



When my toy gets broken,

15



and when someone says
bad words to me,
I feel very angry.

16



17

I feel lots of different feelings
everyday.