



See and Say How You Feel

Instructions:

1. Show students the following images or download this slide deck that contains the images.
2. Ask students what feeling they associate with each of the images. Keep a list of the feelings that they shared. Encourage them to explain why they feel that way. Do they make connections to memories or experiences?
3. Remind students that not everyone will associate the same feeling with each image, and that's ok!
4. Ask your students the following guiding questions:
 - What are some of the feelings you experience during a school day? (whether in person or on-line)
 - Why is it important to understand our feelings and have different ways to manage our feelings?
 - What does it mean when we feel stressed?
 - Have you ever felt stressed? If so, how does your body feel?
 - What do you do to help manage your feelings of stress?

Google Slides



Image by Michael Kopp from Pixabay





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