

# Kindergarten Feelings



K 1

## Ms. Hawkins and Friends







When I draw pictures I feel proud. My mom says, "Great job." This makes me feel proud.

Hayley





I feel proud when my mom taught me how to ride a bike. I practiced a hundred times, then I did it and my mom said, "Good job!"

Tsering





I feel proud when my mom taught me how to tie my shoes and then I tied them by myself.

Nigelys

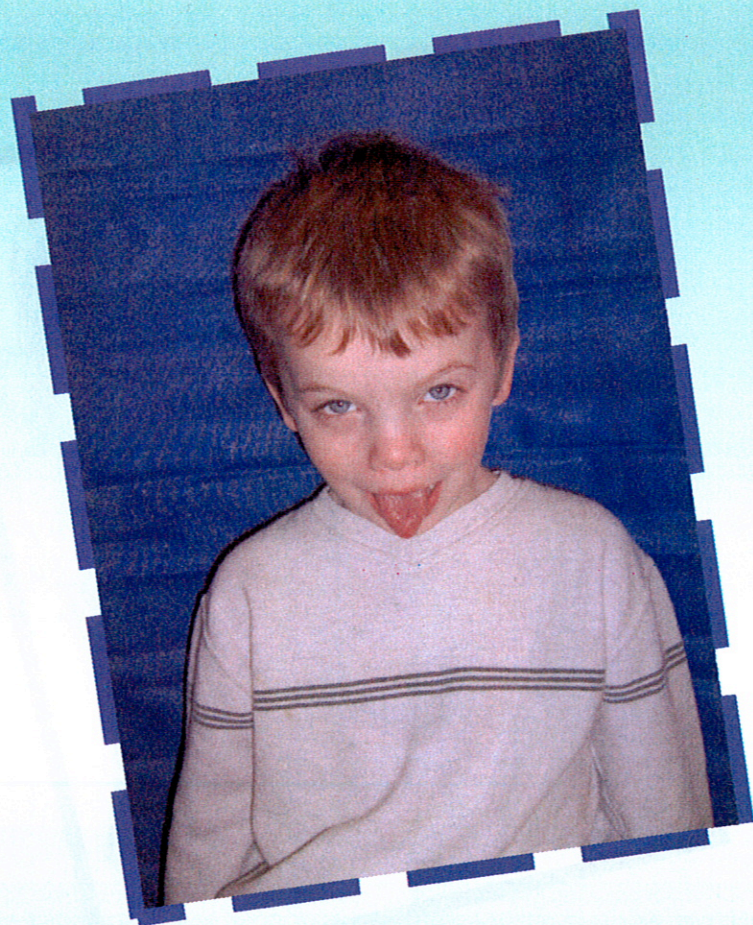




I feel silly when I play with my cat. She runs all over and chases my dad and me.

Naomi





**I feel silly when my dad tickles me. I like  
when Daddy makes me and Jared laugh!**

**Jason**





I feel silly when my daddy puts on a silly hat and I go crazy. I jump in my bed, excited.

Yamalis





I feel joyful when all my friends are around. I like to play with them a lot.

**Dominic**





I feel joyful when I play outside with my friends. I like to play all kinds of fun games.

Destinee





I feel joyful when Dad plays with me on the Xbox. I feel joyful to play with my dad.

Amir





I feel joyful when I am with my family. I like to spend time with my family

Lucy





I feel mad when my brother takes my costume and won't give it back. I ask my brother to give it back and I feel better.

Adam





I feel angry when my mom won't let my brother sleep in my room. I can snuggle with my bunny stuffed animal instead.

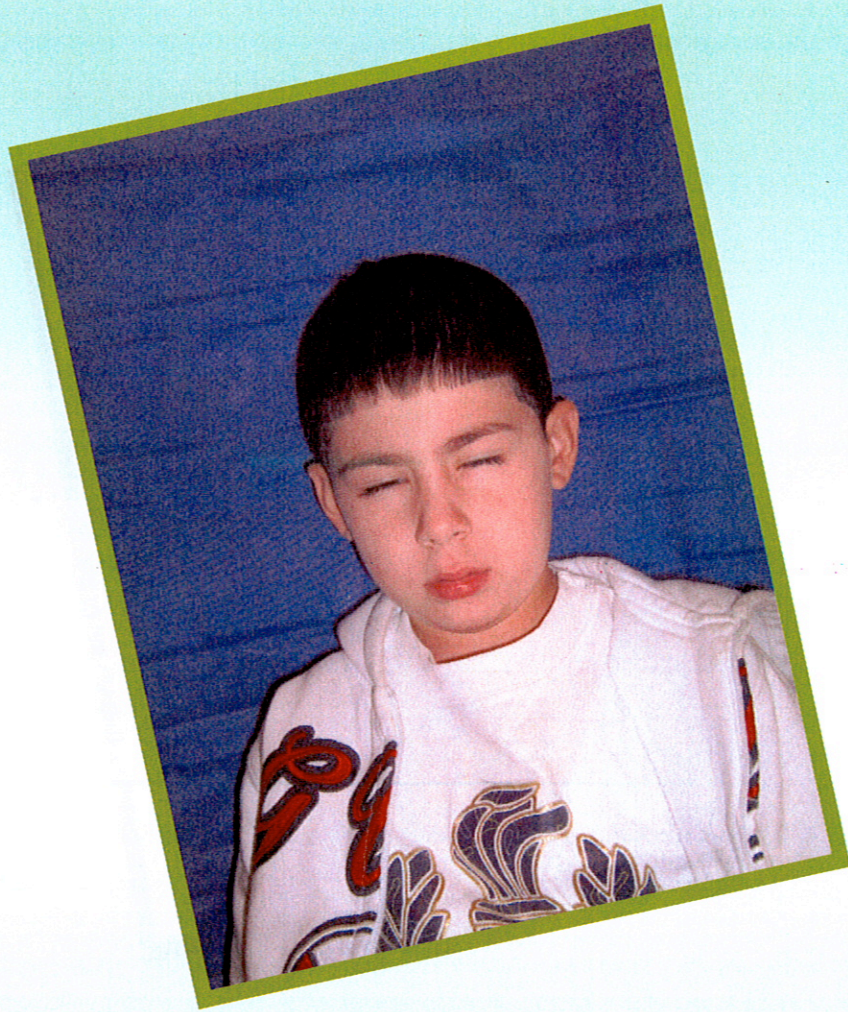
Rebecca





I feel angry when my mom won't give me an action figure. I feel better when I play with my fire trucks. Willis





I feel angry when I can't do the monkey bars because they are too hard. I can practice to get better at them. Sean





I feel jealous when my sister gets a Barbie.  
I want a Barbie too. I feel better when I  
play with my old Barbie. Natalia





I feel confused when I can't find my mom  
at the airport. I find my mom with my  
daddy. Katherine





I feel confused when I don't know which pencil is mine. I feel less confused when there is a name on the pencil.

Jonathan





I feel lonely when I stay in my room all day  
and I play with my car. Playing with  
Grammy makes me feel better.

Amarius





I feel lonely when I'm outside by myself and my sister isn't with me. To feel better I can go upstairs to play with my older sister.

Kyah





I feel jealous when my cousin has a basketball hoop and I don't. I feel better when Jalin lets me borrow his hoop. Lily





**I feel frustrated when my dad doesn't take me to a ball game. I can go to my room and watch it on t.v. instead. I might see my dad!**

**Alexander**





I feel disappointed when my cousin doesn't come to play because he was sick. I play in my room instead.

Lyana

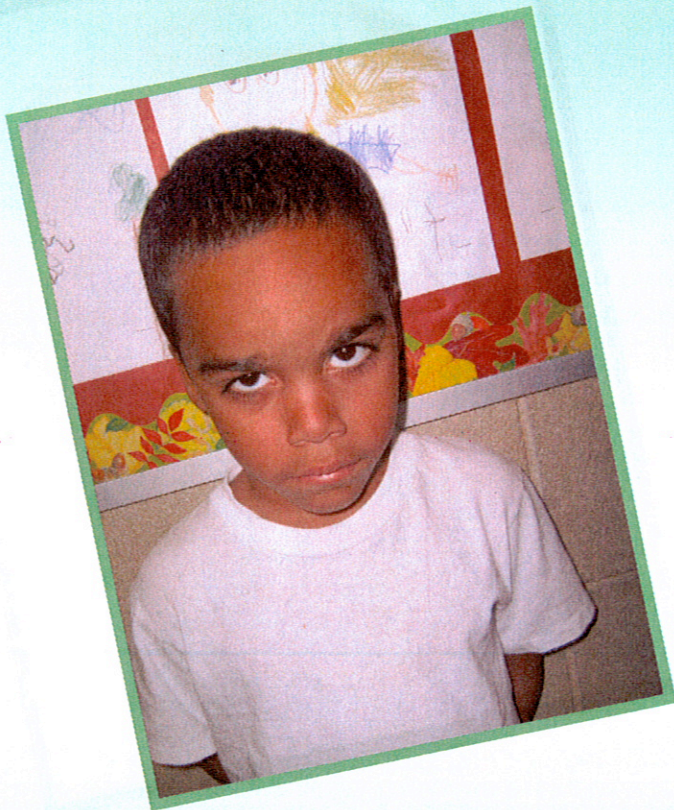




I feel worried when I am alone in the dark.  
I can go play a game to be distracted.

Christopher





**I feel happy when I am drawing my picture. I like to pick the colors. Travis**



# Feelings Song

(to the tune of "If You're Happy  
and You Know It.")



If you're happy and you know it;  
Show your smile.

If you're angry and you know it;  
Take a breath.



If you're lonely and you know it;  
Make a friend.

If you're jealous and you know it;  
Talk it out.

If you're confused and you know it;  
Ask a question.



If you're frustrated and you know it.  
Ask for help.





## Learning targets addressed through this expedition:

I can tell about my feelings in complete sentences.

I can word process my sentences on a laptop computer.

I can begin to tell the difference between a letter and a word.

I can show my feelings through drawings.

I can draw the parts of a face.

I can choose correct skin color when drawing my face.

I can choose the correct hair color when drawing my face.

I can choose the correct eye color when drawing my face.



Grade level K-2 Career Development  
ASCA (American School Counselor Association)  
Standard 7: Acquires Self Knowledge and  
Interpersonal Skills

I can use appropriate language to name my feelings.

I can explain the differences between feelings.

I can name a strategy to handle a negative feeling.

I can use appropriate words to express my feelings.

I can look at someone's body language to name their feeling.