

## ★ Day Five: What's the Feeling?

Show It (10 Minutes)

Celebrate the words of the week with a guessing game.

### Supplies

- » Feeling Faces printable

### Setup

- » None

### Goal

- » Know the words: **sad**, **disappointed**, **miserable**

### Activity

1. Begin your day by doing this week's call-and-response.
2. As you go about your daily class routines, look for moments when children are displaying **sad** feelings. Share what you see. For example, "Esther, you look **disappointed** that you did not get to play outside today because it's raining." Point to the word **disappointed** on the Feeling Faces printable.
3. Have that child share the definition and pose for the word you just used — in this case, **disappointed**.
4. Discuss ways to manage the feeling. You might ask, "What could you do to feel better?" Share the ideas from the lesson on Day 3: Do a happy dance. Take a deep breath.
5. Continue noticing and sharing this week's feelings throughout the day. Work through managing these feelings together.

