

Objective

Students will identify and name feelings about difficult situations.

Materials

- Chart paper with two columns, one labeled “Difficult Situations” and the other labeled “Feelings”
- Markers
- Feelings Wheel handout, one per student



Bold—Teacher’s script

Italics—Anticipated student responses

Why This Matters Now

Students may be dealing with a lot of emotions right now. Having more words to describe their emotional experience can help them process what they’re going through. Assigning words to emotions also engages the thinking brain, which can help students begin to calm down. This activity helps students identify a variety of feelings words for the difficult situations they’ve been facing recently.

Activity Instructions (20–25 min.)

1. Recognize students’ experiences: **Right now, lots of things have changed our lives, and some things are more difficult than they usually are. If you agree, show a thumbs-up.** Comment on the number of thumbs up.
2. Invite students to name some things that are different and difficult right now. Record their ideas on chart paper in the Difficult Situations column. *We aren’t at school. My parent is working at home. I can’t visit my friends.*
3. Have students name their feelings. **When you’re dealing with a difficult situation, it’s normal to have strong feelings. What are some feelings you’ve been having?** *Scared. Angry. Nervous.*
4. Introduce the activity: **We all have feelings. And all feelings are okay. Today we’re going to practice naming feelings. The more feelings you know, the easier it is to name them.**
5. **Let’s think of feelings for each of the difficult situations you’re dealing with now.** Distribute the Feelings Chart handout. **We can use this Feelings Chart to help us.** Read a situation from the chart paper out loud. Invite students to use the handout to help them name which feeling they would feel in that situation. Record their responses next to the situation. Repeat with other situations as time allows.
6. Reinforce. **You can use the feelings words you learned today to help you name how you feel. Talking to a trusted adult about your feelings can help you.**

Remote Adaptation

- When you meet with students remotely, create a two-column table in a document and share your screen. Type students' responses. Post the completed lists on the online learning platform you're using or them send home to students and their families.
- **Post the handout** on your online learning platform or email it home.

Please Give Us Feedback

After you've tried out this activity, help us make a better product for educators by taking a quick survey. Access the survey by visiting the link, or scan the QR code with your phone's camera. <https://tinyurl.com/yyxz92fr>





Naming Feelings

Student Activities
GRADES 2 & 3

Name: _____

Date: _____

Difficult Situations	Feelings

