

FISHING FOR FEELINGS

EMOTION CIRCLES



Hurt



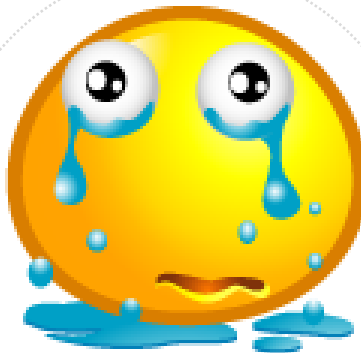
Jealous



Silly



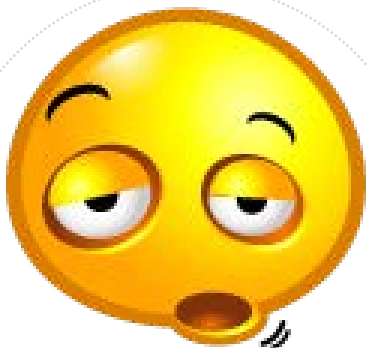
Ashamed



Sad



Lonely



Bored



Surprised



Proud

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Frustrated



Confused



Scared



Angry



Excited



Happy



Miserable



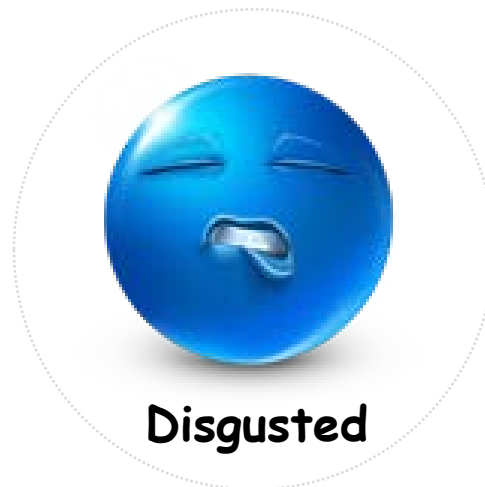
Loved



Shy

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INSTRUCTIONS

- Cut out 2.5" circle emoticon templates.
- Cut out 2.5" circles from light weight cardboard or poster board (or purchase).
- Glue the emotion circles to the cardboard circles.
- Affix a magnet to the back of each circle.
- Purchase wooden dowel and magnet.
- Attach a string to dowel and the magnet to end of the string to create a "fishing pole."
- Spread the emotion circles (emotion side down) on the ground.
- Have the child fish for one of the emotions and do one of the following based on the emotion selected:
 1. **SEE IT:** Ask what emotion is represented and have the child read the name?
 2. **SAY IT:** Ask what are other words are similar to this emotion and discuss the differences?
 3. **FEEL IT:** Describe what your body feels like when you experience this emotion.
 4. **MIMIC IT:** Act out the emotion in a mirror or for others. Have the child act out the emotion for a group to guess.
 5. **TALK ABOUT IT:** Share a time you felt this emotion and what you did about it.

