

Where Can I Use These?

- ✓ In your office
- ✓ On a bulletin board display
- ✓ In the hall
- ✓ Anywhere else you see fit!

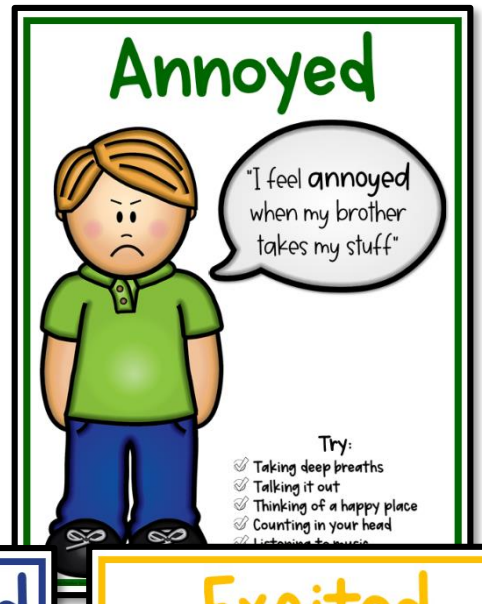
How Can I Use These?

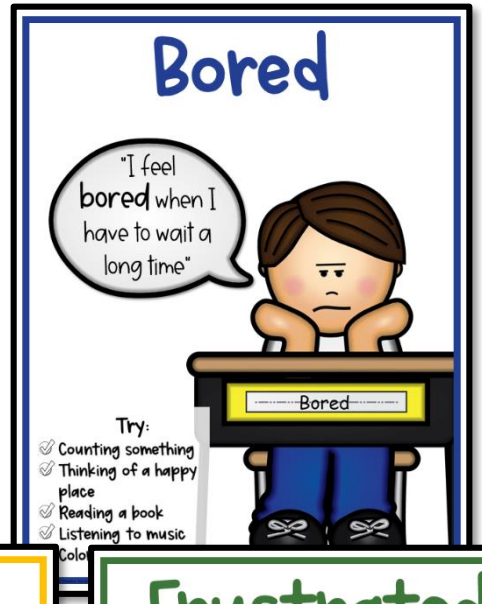
- ✓ Focus on 1 feeling each week at the start of the session
- ✓ Refer to them when practicing feelings identification and perspective-taking
- ✓ Refer to them when discussing how to handle different feelings

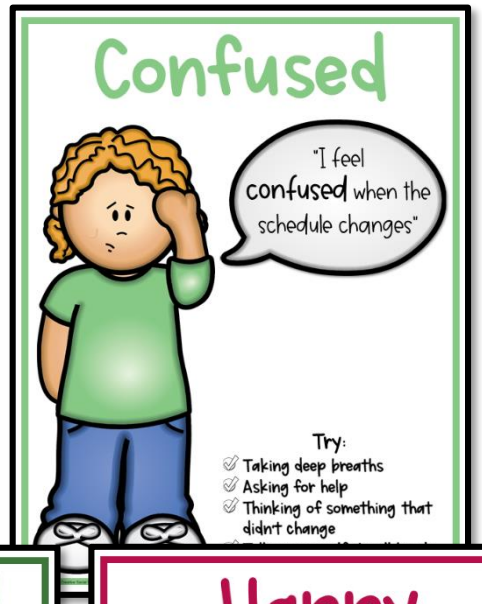


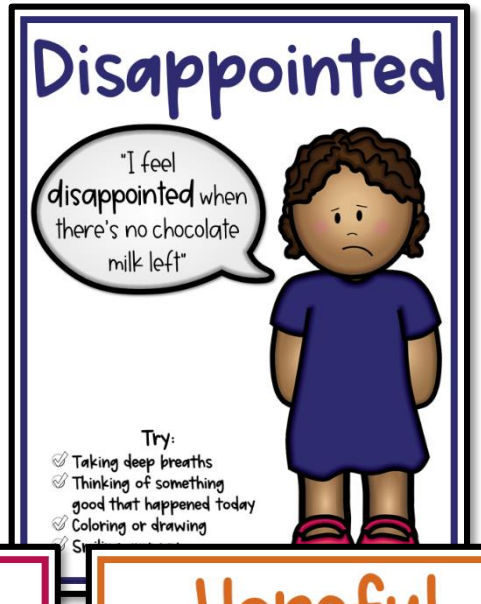
23 Feelings Posters

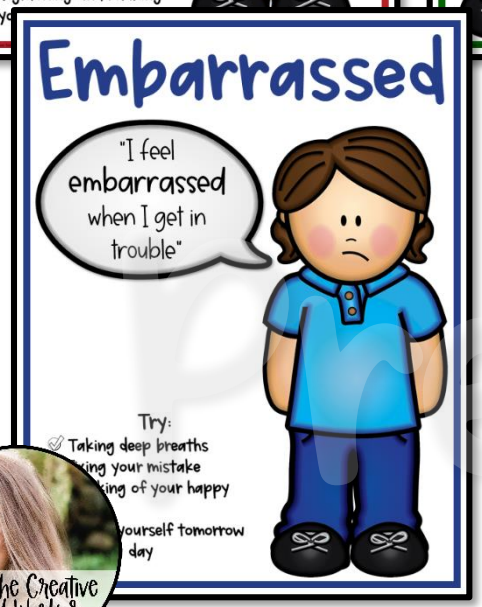






















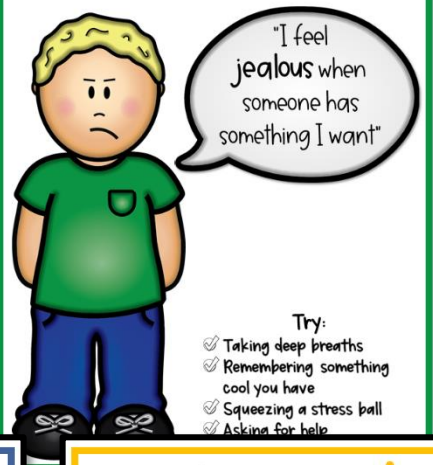
23 Feelings Posters

Hurt



Try:
- Taking deep breaths
- Talking it out
- Walking away
- Thinking of someone who

Jealous



Try:
- Taking deep breaths
- Remembering something cool you have
- Squeezing a stress ball
- Asking for help

Lonely



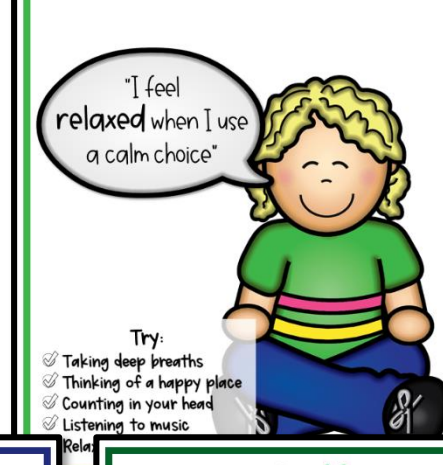
Try:
- Thinking of a happy place
- Singing or dancing
- Reading a book
- Talking to someone new
- Remembering tomorrow is a ne

Proud



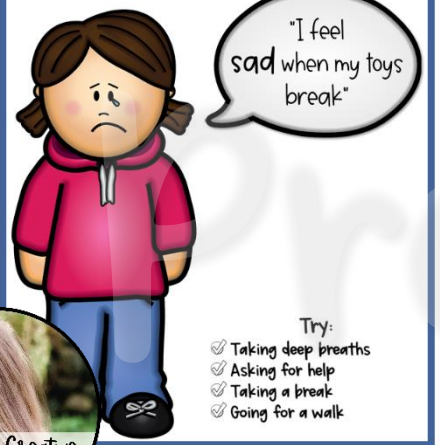
Try:
- Remembering this when you feel frustrated or upset

Relaxed



Try:
- Taking deep breaths
- Thinking of a happy place
- Counting in your head
- Listening to music
- Relax

Sad



Try:
- Taking deep breaths
- Asking for help
- Taking a break
- Going for a walk

Scared



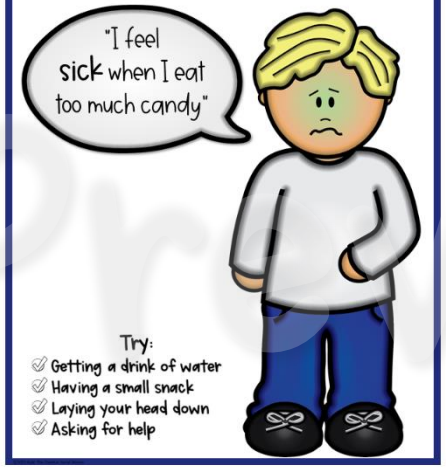
Try:
- Taking deep breaths
- Asking for help
- Squeezing a stress ball
- Using a fidget
- Telling yourself you're safe

Shy



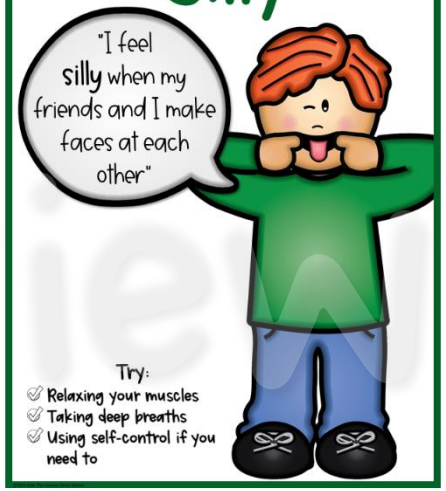
Try:
- Taking deep breaths
- Relaxing your muscles
- Talking to a grown-up

Sick



Try:
- Getting a drink of water
- Having a small snack
- Laying your head down
- Asking for help

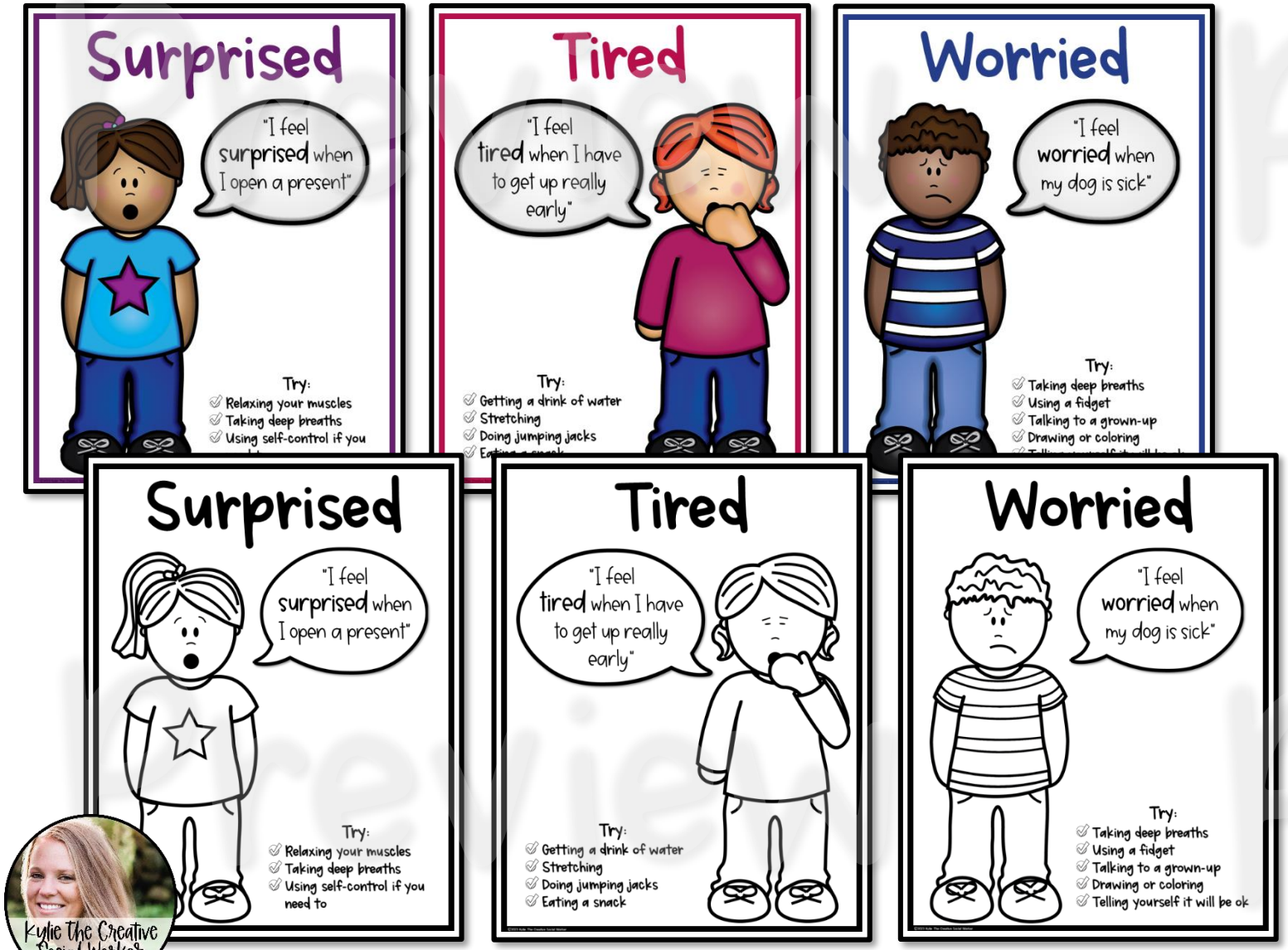
Silly



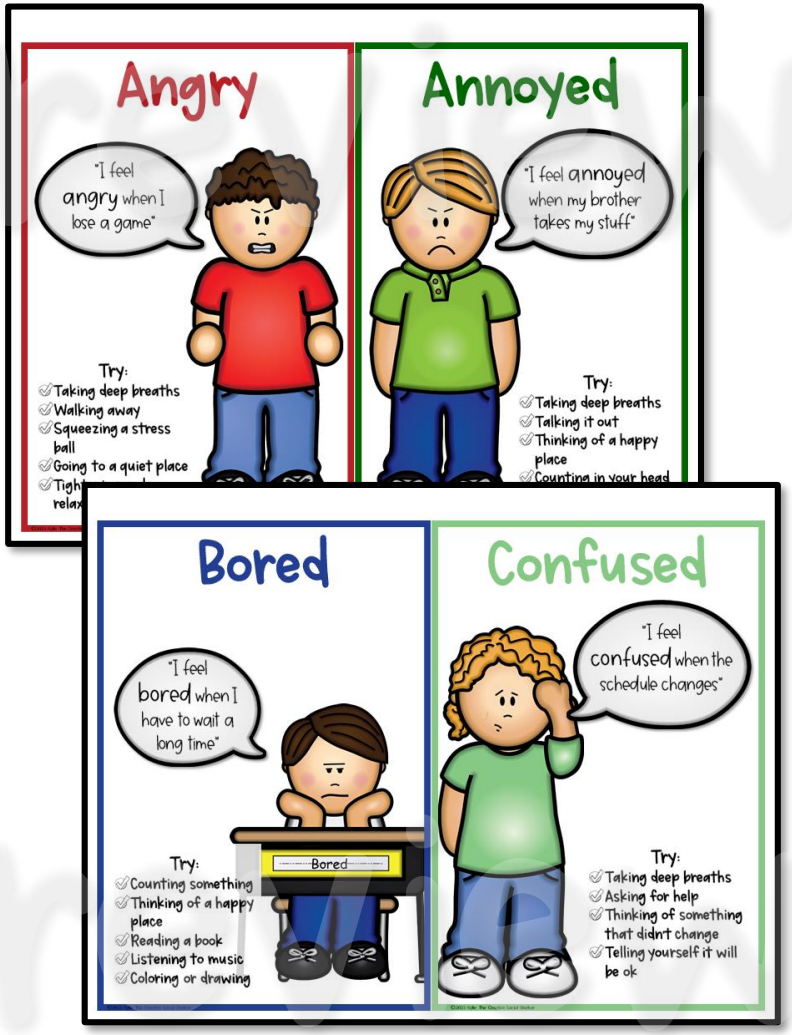
Try:
- Relaxing your muscles
- Taking deep breaths
- Using self-control if you need to

Kylie The Creative Social Worker

Color & BW



Full and Half-Page





What's Included:

- Large title
- 23 feelings posters in color and BW
- Medium title
- 23 feelings half-page posters in color and BW

Why I Love These:

- They can be used for my sessions
- The examples and strategies help students better understand and relate to each feeling!



About the Author

Hi there, I'm Kylie! I have several years of experience working with EC-8th grade - mostly at the same time! I have my Master's in Social Work and Bachelor's in Psychology. In college, I worked and taught classes at a chain craft store. I'm all about data and use research to guide my lessons, but I also use my creative knowledge to think outside the box and help students connect to material on a deeper level. I hope you enjoy this resource as much as my students and I have!

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