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The Big 5 Feelings

All feelings, no matter what the names are, can be put into 5 main categories or groups.

Our animal friends Sammy the Sheep, Marvin the Moose, Ella the Elephant, Rusty the Rabbit & Sara the Seahorse will help us on our journey to learn about the 5 groups of feelings.

Lesson 4 Objective: Children will learn the 5 categories of feelings and associate those feelings with color.

Step 1: Pick from the feelings list below how you think each of our animal friends is feeling today. Then write that feeling on the line below each animal on the following page.

Sad

Mad

Excited

Relaxed

Scared

Step 2: Color the animal the color you think they are based on how they are feeling today. Some color choices could be:

Blue

Red

Green

Yellow

Orange

Sammy the Sheep



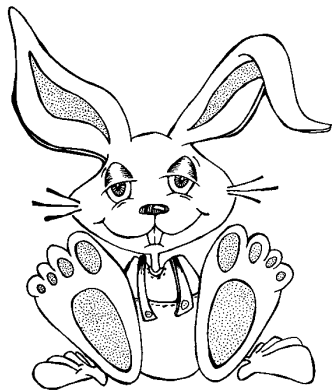
Marvin the Moose



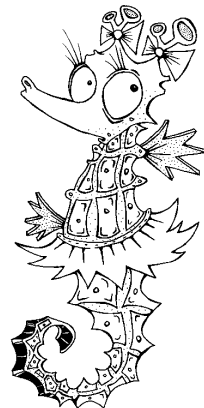
Ella the Elephant



Rusty the Rabbit



Sara the Seahorse

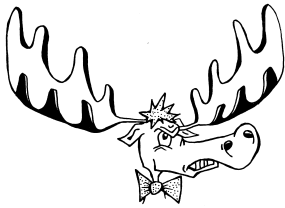


Lesson 5 Objective: Children will connect feelings to facial expressions.

Uh oh...Our animal friends have forgotten how they feel today. Remind them by drawing a line from the animal in the left column to the feeling face in the right column that matches how the animal is feeling.



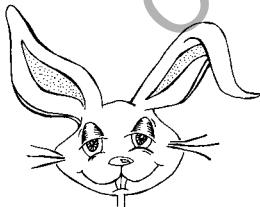
Sammy the Sheep



Marvin the Moose



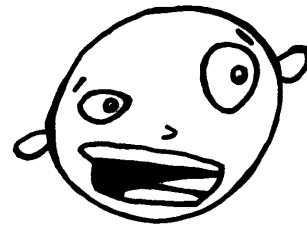
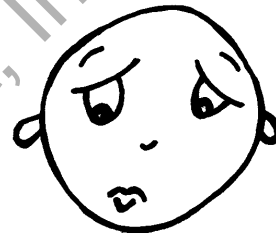
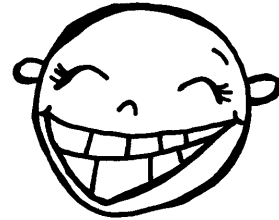
Ella the Elephant



Rusty the Rabbit



Sara the Seahorse



Lesson 6 Objective: Children will explore how animals might experience feelings.

Just like us, animals experience their feelings in or on their bodies!

Circle the places where you think each of our animal friends feels their feeling and then color those places in on the picture of each animal (you can circle more than one)!



hooves shoulders heart mouth

Sammy "The Sad" Sheep



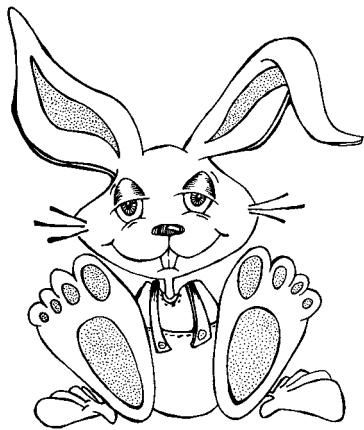
hooves legs stomach eyes

Marvin "The Mad" Moose



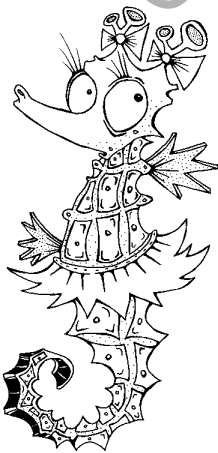
trunk skin ears tail

Ella "The Excited" Elephant



face paws nose shoulders

Rusty "The Relaxed" Rabbit



stomach tail eyes fin

Sara "The Scared" Seahorse