CONTACT INFORMATION:

If you ever need to contact me, or want to request a product, please email me at **cristyhill@yahoo.com**

ABOUT ME:

I am a Licensed Secondary Teacher (endorsed in Health and ESL), turned Licensed Professional School Counselor. I am a Registered Behavior Therapist in Applied Behavior Analysis (ABA) through the BCBA. I have experience as an Academic Director for a Residential Treatment Center for at-risk teens. I am currently a certified Bully Prevention Specialist through ASCA, and a Suicide Prevention Specialist through the QPR Institute. I am passionate about suicide prevention and social emotional learning ❤️

THANK YOU FOR SUPPORTING MY STORE!

I put a lot of time and love into my products! Before I post a product I have at least 1-3 educators (from all over the U.S.) review it to give me feedback on how to make it even better. I am dedicated to making the ideas that I use in my job something that can be useful for you too!

HOW TO MAKE THE MOST OF THIS PURCHASE:

Step #1- Go here to click the green star ★ next to my store name to follow me: www.teacherspayteachers.com/store/school-counseling-essentials.

You will get emails when I post a new product. They are 50% off the first 48 hours! Totally worth pushing a green star for!

Step #2- After you download this product, go back into My Purchases to leave feedback. Every time you leave feedback you earn TpT credits to spend in any sellers store. Free stuff rocks!

Step #3- Join my FB page for more FREE resources: www.facebook.com/groups/schoolcounselingessentials

Five
10 minute activities
about “Emotions”

For Middle & High School

© 2018 School Counseling Essentials

Activity #1- Body Language

Activity- make sure students have a piece of paper. Give them one emotion and have them write down body language evidence to show how they know someone is feeling that emotion. Continue giving them one emotion at a time allowing them time to think about body language and write down their answer. You can use the attached list of emotions to draw from.

Examples:

Embarrassed- head down, face turns red, cover face with hands, body gets smaller

Excited- eyes open wide, jumping up and down, big arms, smiling wide

Scared- screaming, shaking, eyes widen, hiding

Discussion- have students share what they wrote. Discuss how important it is to read someone's body language. Explain how important it is to recognize your own body language and what it means.

© 2018 School Counseling Essentials

List of Emotions

Amazed	Hurt	Hopeful
Bitter	Bored	Sad
Silly	Shocked	Anxious
Annoyed	Lost	Envious
Worried	Comfortable	Peaceful
Proud	Embarrassed	Insecure
Satisfied	Suspicious	Joy
Energetic	Eager	Miserable
Angry	Grieving	Overwhelmed

© 2018 School Counseling Essentials

Activity #2- Fill in the Blank

Activity- give students a fill in the blank worksheet (attached).

I am...

I am happiest when:

I am embarrassed when:

I am sad when:

I am scared when:

I am hopeful when:

I am annoyed when:

I am worried when:

I am comfortable when:

© 2018 School Counseling Essentials

Discussion- have students share what they wrote. Discuss how important it is to recognize what events triggers which emotions so they can be prepared.

© 2018 School Counseling Essentials

I am...

I am happiest when:

I am embarrassed when:

I am sad when:

I am scared when:

I am hopeful when:

I am annoyed when:

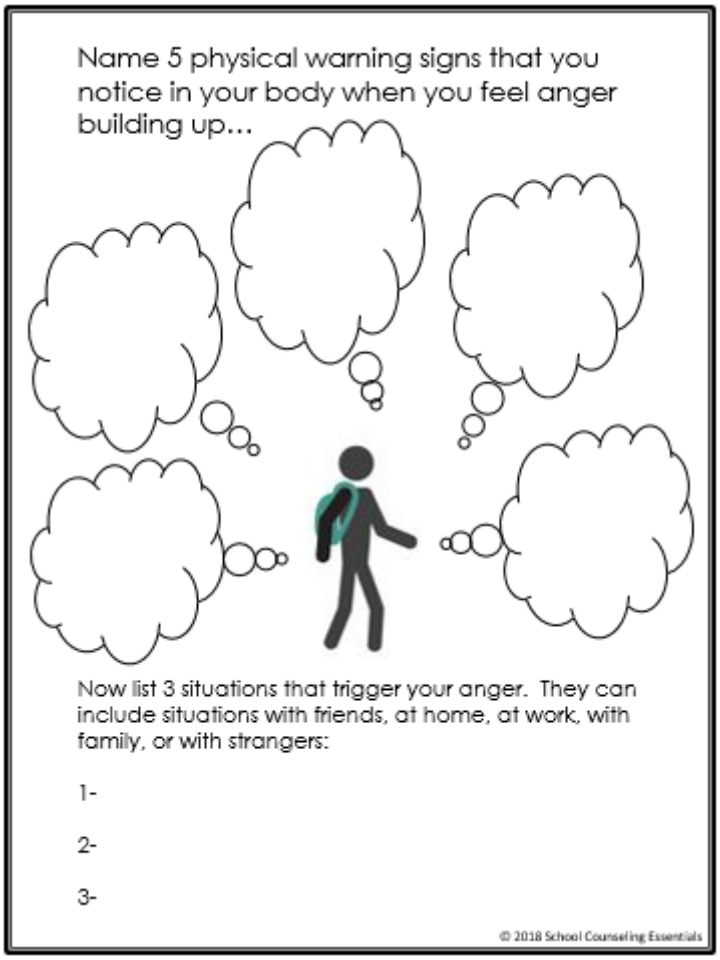
I am worried when:

I am comfortable when:

© 2018 School Counseling Essentials

Activity #3- Anger

Activity- give students a fill in the blank worksheet (attached).



Name 5 physical warning signs that you notice in your body when you feel anger building up…

Now list 3 situations that trigger your anger. They can include situations with friends, at home, at work, with family, or with strangers:

1-

2-

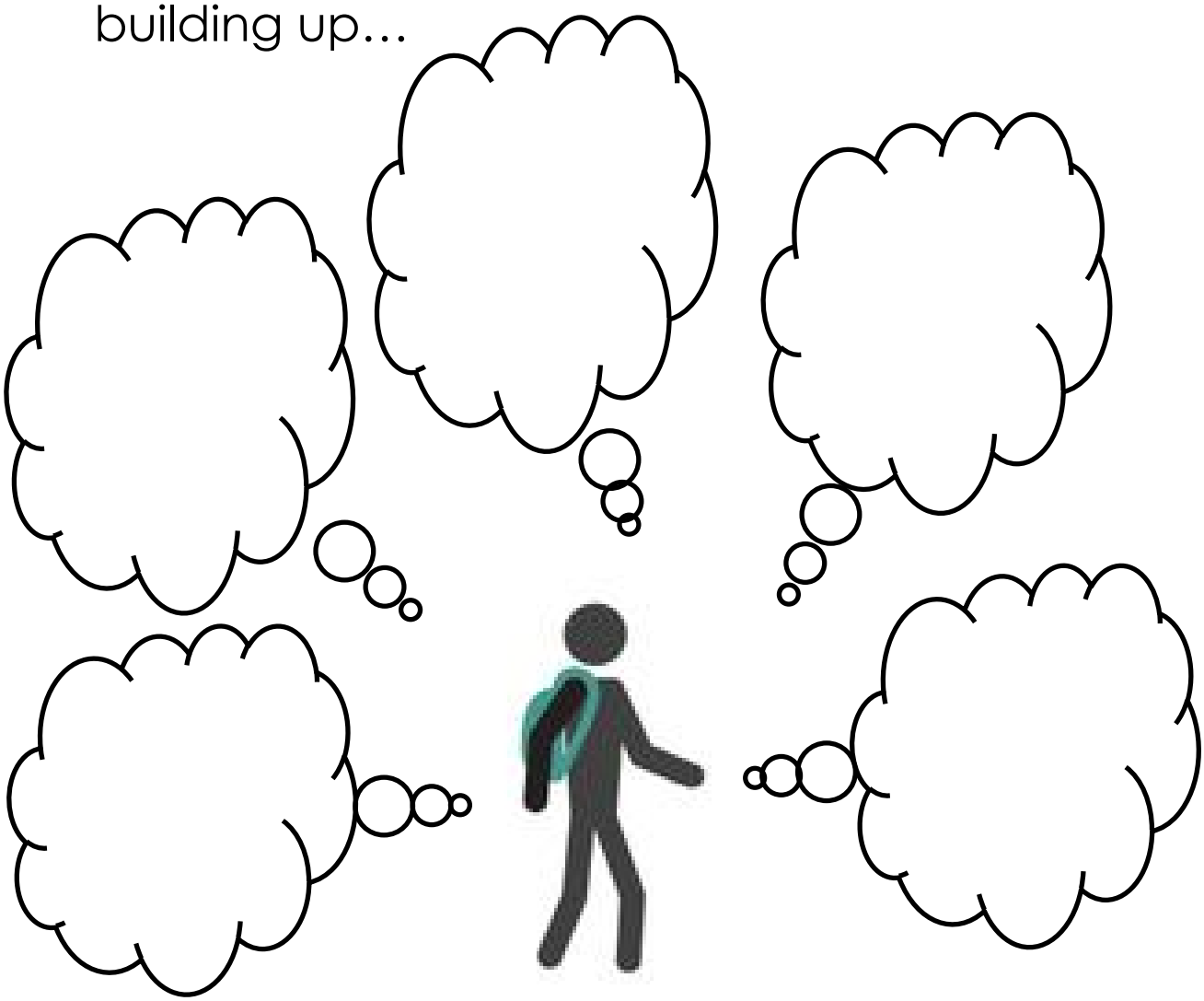
3-

© 2018 School Counseling Essentials

Discussion- have students share what they wrote. Ask them why it is important to recognize their own warning signs. Ask them why it is important to know what triggers their anger.

© 2018 School Counseling Essentials

Name 5 physical warning signs that you notice in your body when you feel anger building up…



Now list 3 situations that trigger your anger. They can include situations with friends, at home, at work, with family, or with strangers:

1-

2-

3-

© 2018 School Counseling Essentials

Activity #4- Naming Emotions

Activity- give students a fill in the blank worksheet (attached).

Can you think of an emotion for every letter of the alphabet?

A	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V
J	W
K	X
L	Y
M	Z

© 2018 School Counseling Essentials

Discussion- have students share what they wrote. Ask them how many different emotions there are in the world. Ask them which emotions they feel a lot. Ask them which emotions they don't feel very often, or haven't felt at all.

© 2018 School Counseling Essentials

Can you think of an emotion for every letter of the alphabet?

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

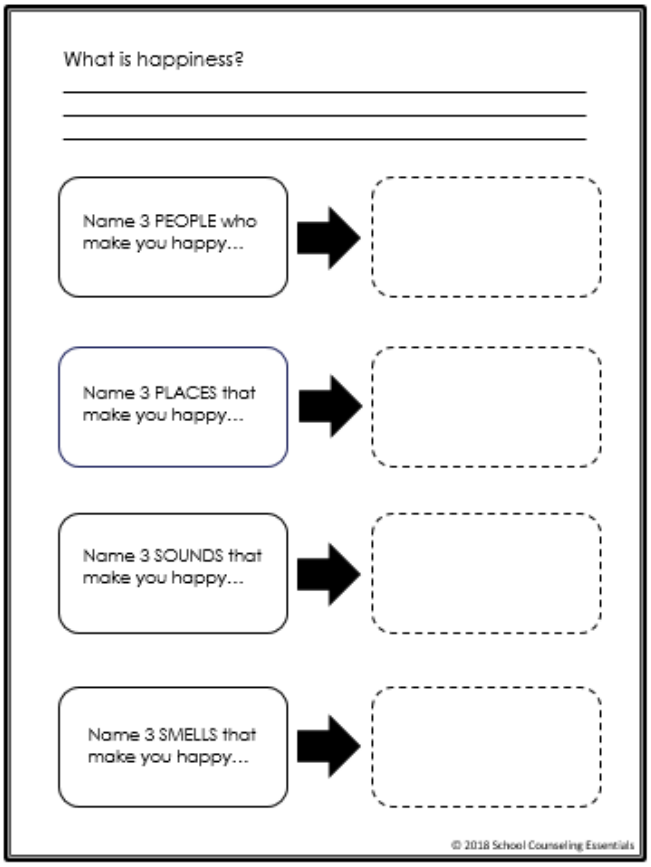
Y

Z

© 2018 School Counseling Essentials

Activity #5- Happiness

Activity- give students a fill in the blank worksheet (attached).


What is happiness?

Name 3 PEOPLE who make you happy...

Name 3 PLACES that make you happy...

Name 3 SOUNDS that make you happy...

Name 3 SMELLS that make you happy...

© 2018 School Counseling Essentials

Discussion- have students share what they wrote. Ask them what the definition of happiness is. Ask them what parts of their happiness they have control over. Ask them what they need to change in their life to be happier. Ask them what gets in the way of them being happy.

© 2018 School Counseling Essentials

What is happiness?

_____

_____

_____

Name 3 PEOPLE who make you happy…

Name 3 PLACES that make you happy…

Name 3 SOUNDS that make you happy…

Name 3 SMELLS that make you happy…

© 2018 School Counseling Essentials

Thank you to...

1.) Cover Photo by Pexels.com
2.) YOU for supporting my store!