



Situations to Use for Identifying and Expressing Feelings

1. Joseph's mom just told him they're going out for ice cream, and Joseph can take a friend. How might Joseph feel?
2. Ashley worked very hard on her science project. She got third place in the science fair. How might Ashley feel?
3. Your class is going on a field trip to the zoo. How might you feel? If school was canceled because of a bad storm that day, how might you feel then?
4. Tyler lives next door to Ms. Sellers, who has been sick. Tyler asked his mom if he could offer to walk Ms. Sellers' dog. Tyler's mom said it was okay. He went over and took Ms. Sellers' dog for a long walk. How might Tyler feel? How might Ms. Sellers feel?
5. Emily's mom put a note in her lunch sack. It said, "Thanks for picking up your room. Let's go out for pizza tonight." How might Emily feel?
6. Sophie has an older brother. He is always teasing her about how she looks. How might Sophie feel?
7. Some kids on the playground are teasing your friend about how he or she is dressed. How might your friend feel? How might you feel?
8. An older student thinks Michael took his baseball cap. The older student says he will wait for Michael after school to "settle this." Michael doesn't have the cap. He thinks the older boy wants to fight. How might Michael feel?
9. Matt is painting with a friend. By mistake Matt spills water all over their art project. How might Matt feel? How might his friend feel?
10. Taylor's best friend is playing with someone else during recess. How might Taylor feel?
11. For as long as Samantha can remember, her neighbor surprised Samantha with treats and books even when it wasn't her birthday. Samantha just heard that her neighbor was seriously hurt in an accident. How might Samantha feel?
12. Emma heard her parents talking about a neighbor who didn't have a job and didn't have money for food. How do you think the neighbor might feel? How do you think Emma might feel?