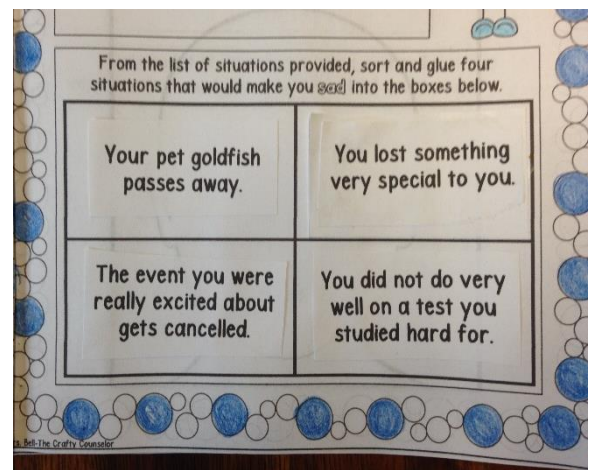
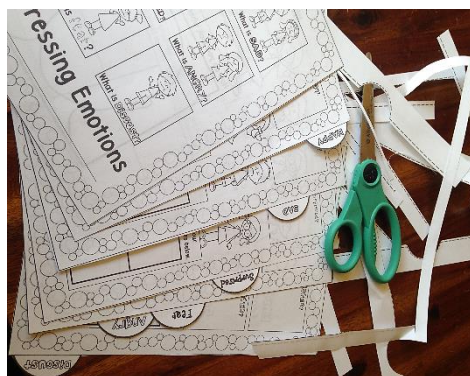
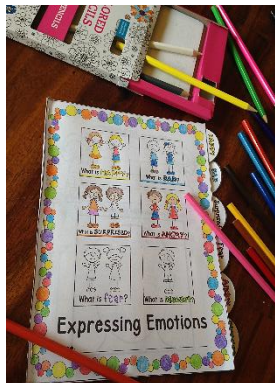
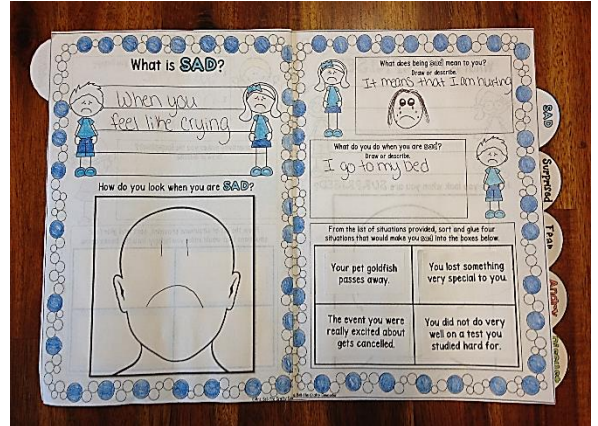
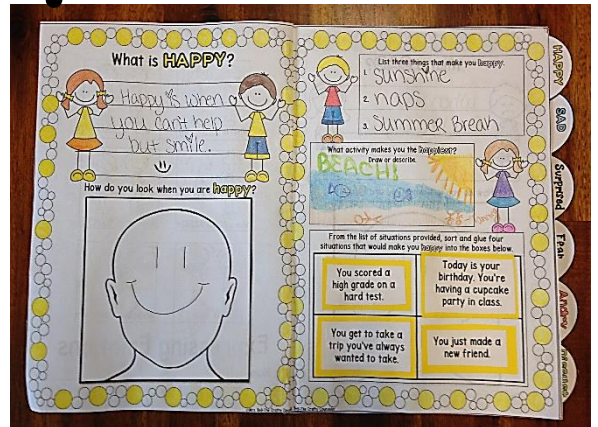
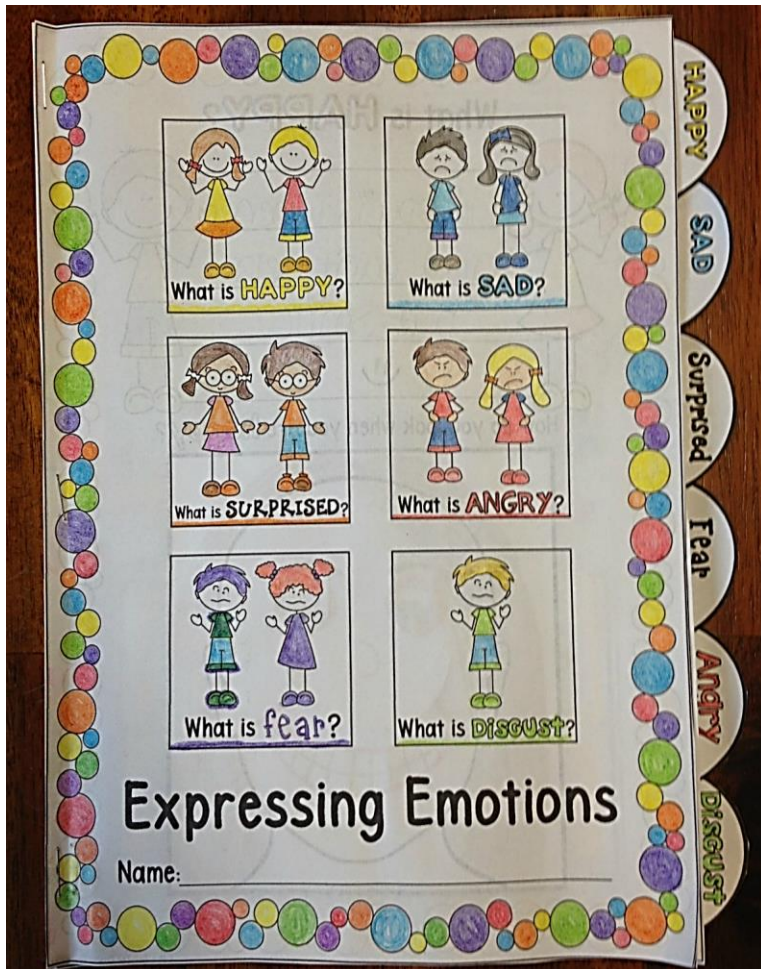


# Expressing Emotions Tab Activity Book



Mrs. Bell-The Crafty Counselor

# Assembly:

Print pages 6-19 double sided on plain white paper. Cut along dotted lines to create each individual tab page. Put pages together in the correct order (tabs lining up properly) and staple along left side to create your Tab Activity Book!



## Directions:

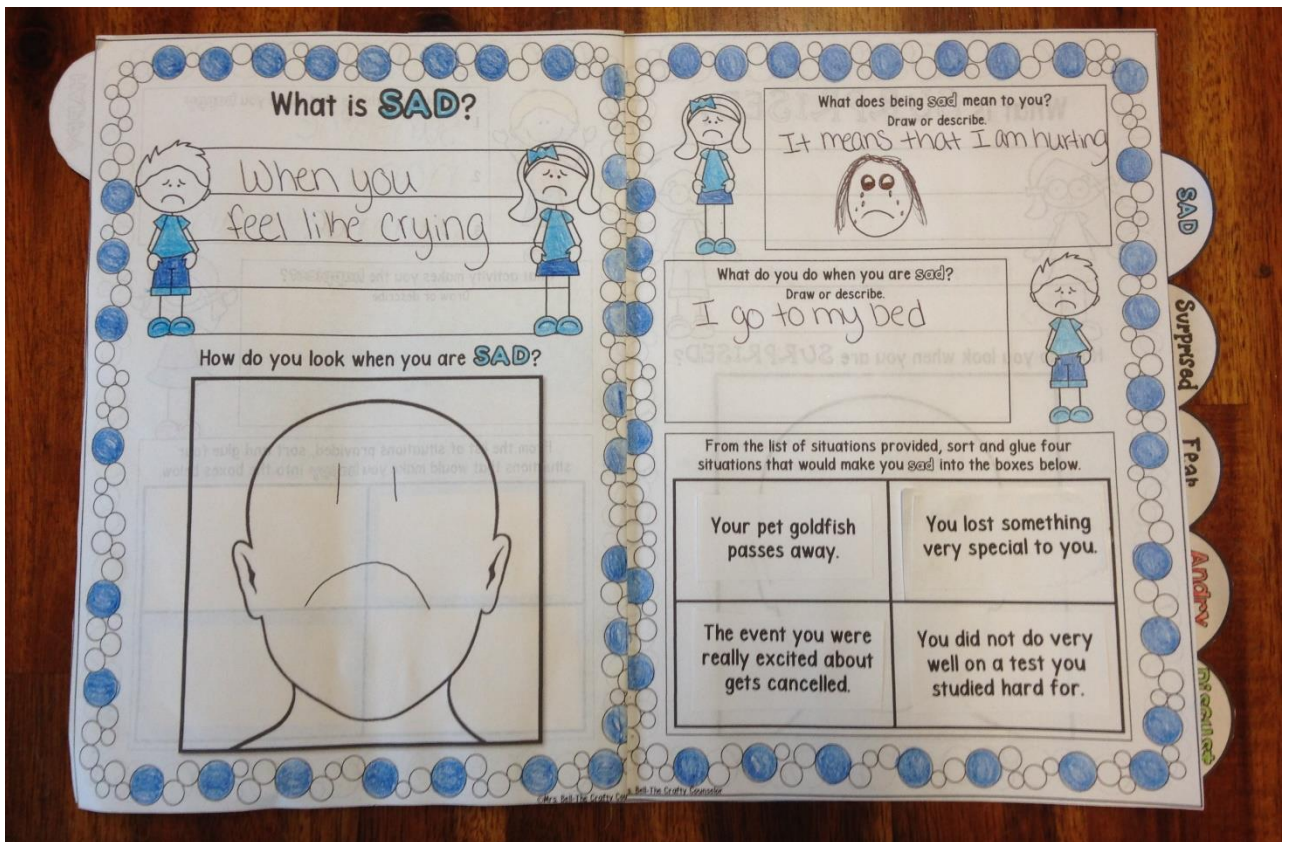
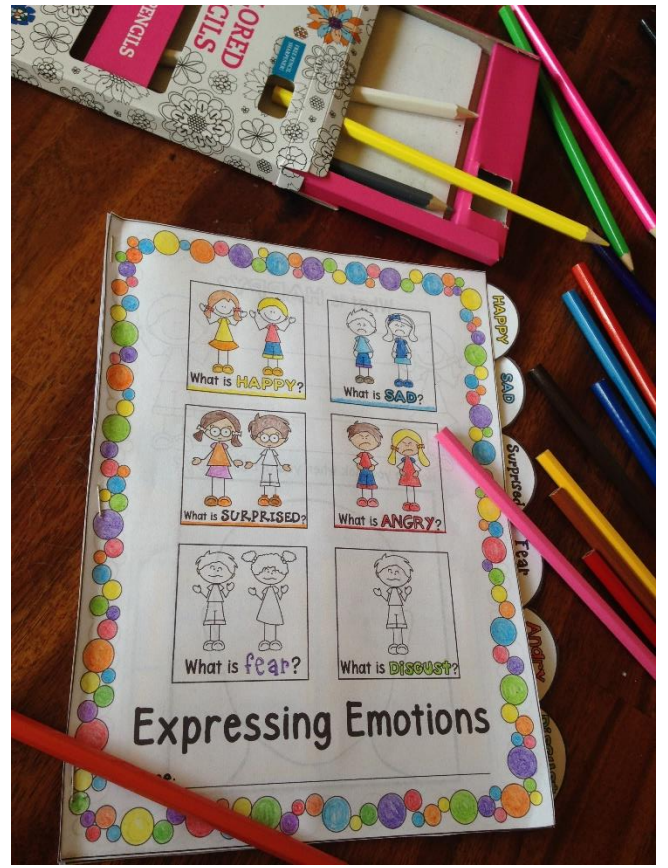
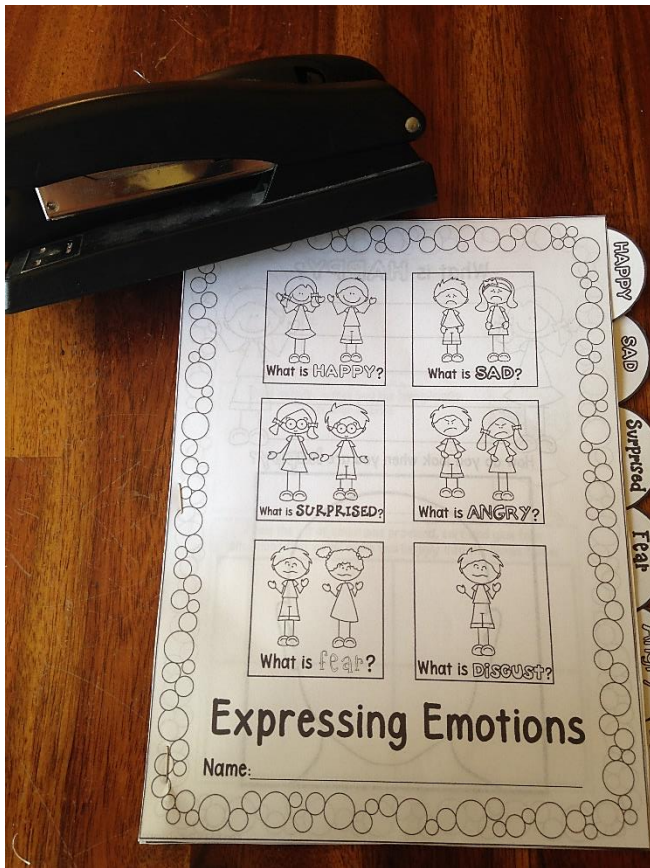
Students answers three to four questions on each page. The questions allow students to explore how they feel and how they handle their various emotions.

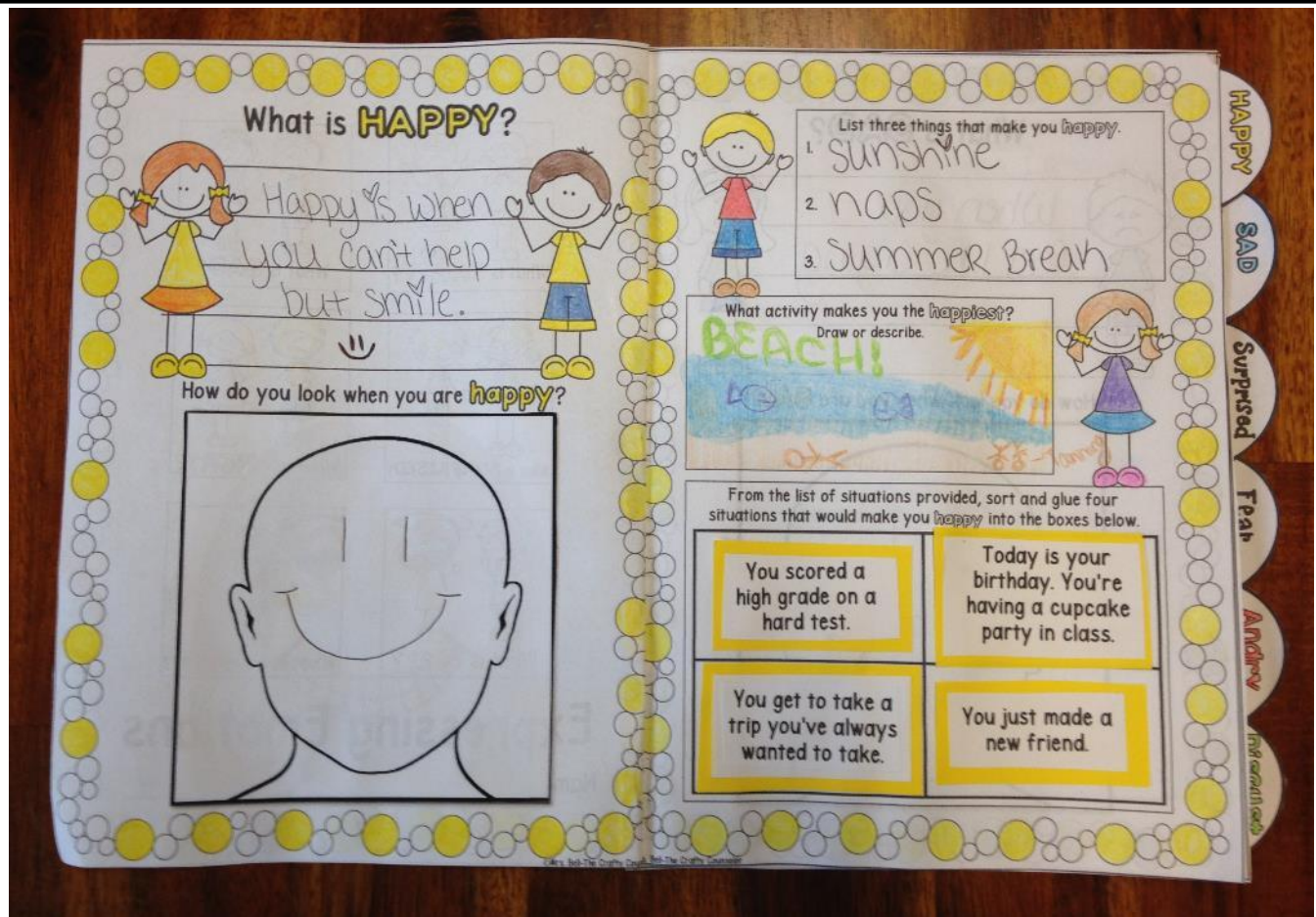
There is also a cut and glue activity. Students cut out and sort the 32 situations provided based on how the situation would make the student feel. More situations are provided than will be used. If the student runs out of situations that would make them feel a specific emotion, they can write their own situation in the box.

From the list of situations provided, sort and glue four situations that would make you sad into the boxes below.

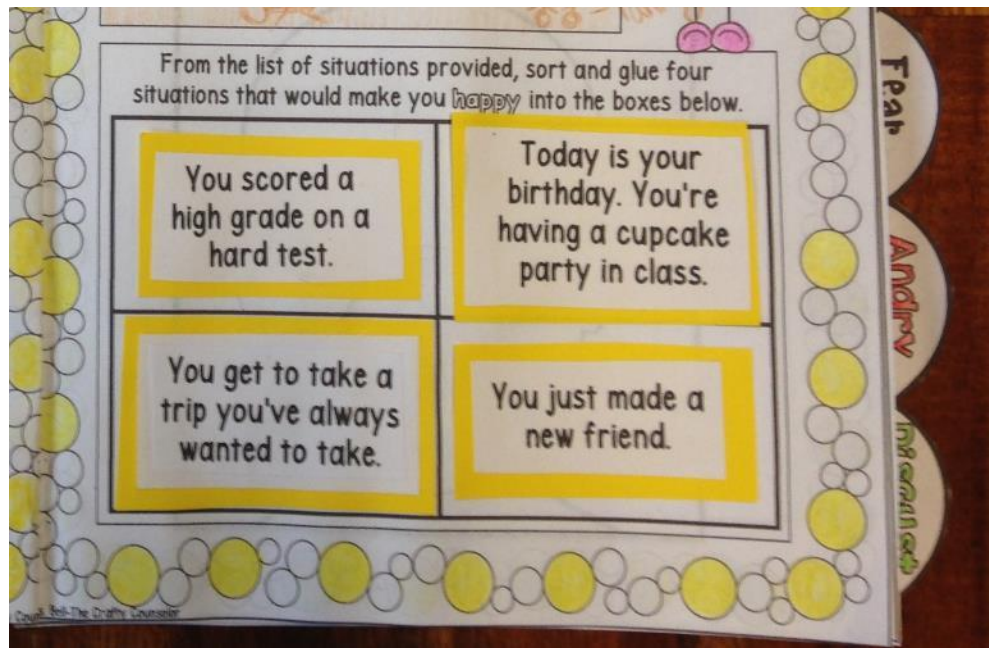
Your pet goldfish passes away.	You lost something very special to you.
The event you were really excited about gets cancelled.	You did not do very well on a test you studied hard for.

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If you teach the Inside Out colors, you can glue the situations



onto the matching colored paper before you glue it into your Tab Activity Book!


# Credits:



Mrs. Bell  
The **CRAFTY**  
Counselor

# Anger Workbook

Why am I so **ANGRY?**



Understanding and Working Through My Anger Workbook.

By: The Crafty Counselor

# Discussing Emotions Foldable

Discussing Emotions Foldable!



Includes five printable templates and a roll and describe activity

Mrs. Bell-The Crafty Counselor

# Will You Help Flip the Turtle

Will you help flip the turtle?


Teach students what they can do to help others.



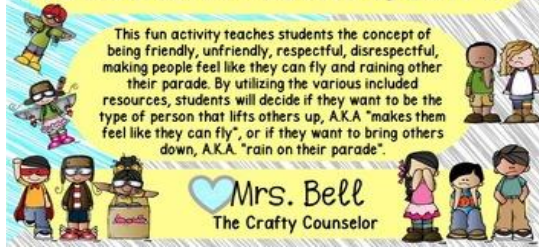
By: The Crafty Counselor

# Respect vs Disrespect

Friendly & Respectful -OR- UNFRIENDLY & DISRESPECTFUL




This fun activity teaches students the concept of being friendly, unfriendly, respectful, disrespectful, making people feel like they can fly and raining on their parade. By utilizing the various included resources, students will decide if they want to be the type of person that lifts others up, AKA "makes them feel like they can fly", or if they want to bring others down, AKA "rain on their parade".



Mrs. Bell  
The Crafty Counselor

# Emotions, Talk About Them

Emotions, Let's start talking about them



Included:

- Color and Black + White
- Six Emotions Posters (Sad, Anger, Fear, Happy, Surprised, Disgust)
- Check In Sheet
- Emotions Color Chart
- Emotions Worksheets

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# Walk a Mile

Can Your Students

**WALK A**



**MILE**

In Someone Else's Shoes?

48 EMPATHY BUILDING SITUATION CARDS

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