

# Feeling Leaves

***Overview: Emotional Identification. Self Awareness,  
& Empathy Building Skill***

*Hello Parent,*

***Feeling Leaves*** is a creative activity that allows your family to develop a shared emotional language. You and your kids will identify different emotions with their own lives, and learn to recognize and name those emotions. This creates opportunity for self awareness in their own lives, and also empathy building as they interact with others.

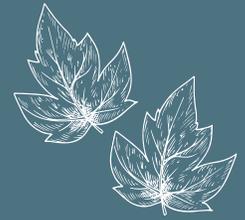
**This skill teaches that feelings are an important part of life, and so is visiting them frequently! AND that we learn about ourselves the best, when we reflect on the different emotions we have had in our life and practice sharing and listening with others.**



**THANK YOU AND ENJOY LEARNING,  
*Mindful Wellness Classroom***



# FALL FEELINGS (EMOTIONAL IDENTIFICATION)



**FALL FEELINGS IS A CREATIVE ACTIVITY THAT ALLOWS YOUR FAMILY TO DEVELOP A SHARED EMOTIONAL LANGUAGE. YOU AND YOUR KIDS WILL IDENTIFY DIFFERENT EMOTIONS WITH THEIR OWN LIVES, AND LEARN TO RECOGNIZE AND NAME THOSE EMOTIONS. THIS CREATES OPPORTUNITY FOR SELF AWARENESS IN THEIR OWN LIVES, AND ALSO EMPATHY BUILDING AS THEY INTERACT WITH OTHERS.**

## GETTING STARTED

1. Your family will learn about six different emotions that every person experiences.
2. The family will develop a shared emotional language through identifying various emotions they experience.
3. The family will learn to recognize and name emotions through self-reflective drawing and/or writing.

## WHAT YOU NEED

1. PDF: Fall Feelings Poster
2. PDF: Fall Feelings Questions
3. PDF: Fall Feelings Worksheet
4. Pencil
5. Crayons or Colored Pencils

## GETTING STARTED

1. Have everyone in a comfortable space.
2. Tell children: *Today we are going to talk about how our feelings change. Just how the season of fall has so many changes, we too have many different feelings that change all the time!*
3. For younger children, ask: *What are some feelings words they already know?* (Allow time for everyone to respond and engage in responses. Prompt with *happy, sad, mad*, if needed.)
4. Tell children that we are going to focus on SIX different emotions that EVERYONE experiences! These emotions include: *Joy, Fear, Trust, Sadness, Anger, and Excitement*.
5. Explain that EVERYONE feels these emotions, and we all feel them differently and at different times. We are going to practice identifying these different emotions through a FEELINGS LEAVES activity today!

## FAMILY SKILL LEARNING

1. Hold up PDF: Feeling Leaves Poster.
2. Explain to children that there are MANY different feelings (emotions), and today each of you are going to **visit** these feelings by thinking and drawing (or writing for older kids) about a time you remember feeling this way.
3. Utilizing the PDF: Feeling Leaves, go through each feeling, one at a time. As you do this, draw awareness to the different colors of each feeling. Allow time for children to ask questions or make comments, and engage with children's responses.
4. Hand out PDF: Feeling Leaves Worksheet with pencils and coloring materials.
5. Tell children, we are going to go through each emotion together. In each space, draw a face, or color the color that best represents this feeling to you. For older kids, draw a picture or write responses to the question you read for each feeling.
  - a. Start with one emotion, read the questions on the PDF: Feeling Leaves Questions one at a time, allowing several minutes in-between for children to reflect and engage with each question.
  - b. Parent, after introducing each emotion and promoting question, share your response out-loud with children to model skill-learning and sharing.

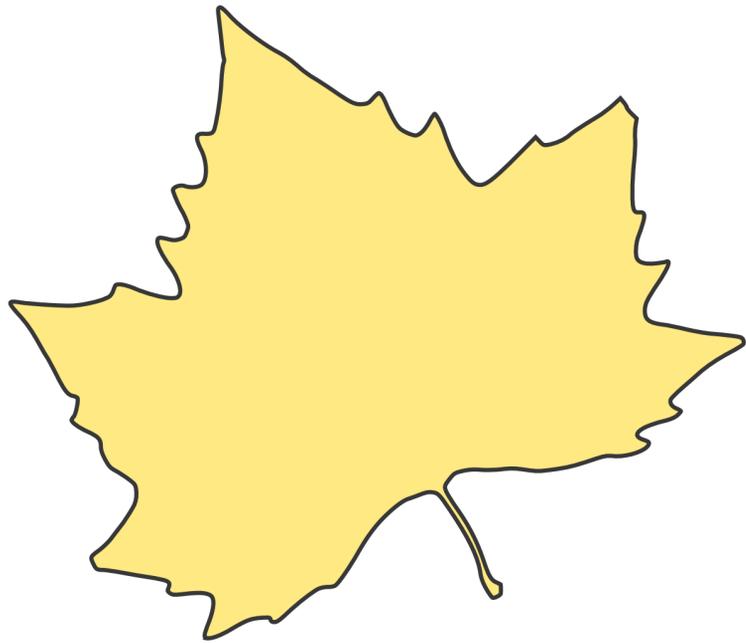
## CREATIVE FAMILY FUN

1. Share out-loud as a family your Feeling Leaves worksheet responses.
2. As time allows, additional reflective questions include:
  - a. Was it easy talking about emotions?
  - b. What emotions were easy to talk about? What emotions were hard to talk about?
  - c. What was my favorite emotion to think about?

## REVIEW & SKILL PRACTICE

1. Feelings are an important part of life, and so is visiting them frequently!
2. We learn about ourselves the best, when we reflect on the different emotions we have had in our life and practice sharing and listening with others.
3. Using colors, and remembering times we experiences a feeling before, can help us **know ourselves better!**
4. We also can be curious about how others feel in ANY situation as we remember our *fall feeling words*.

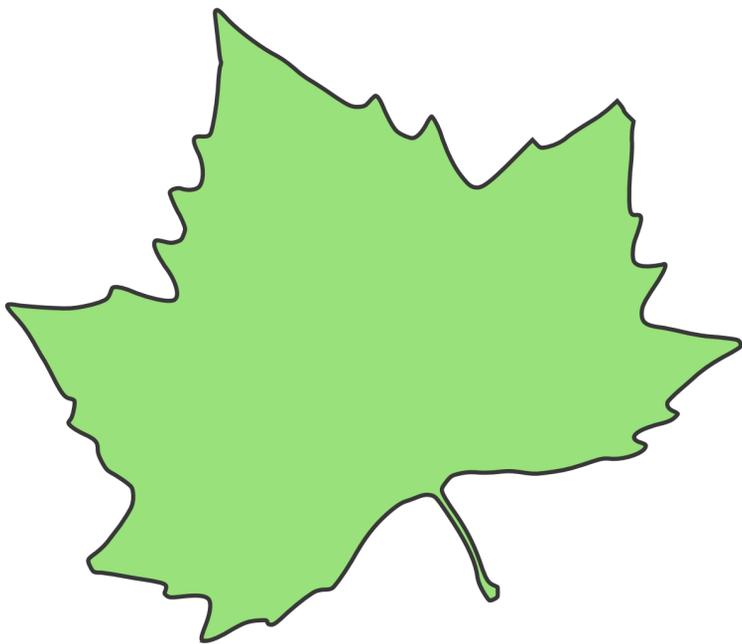
# Feeling Leaves



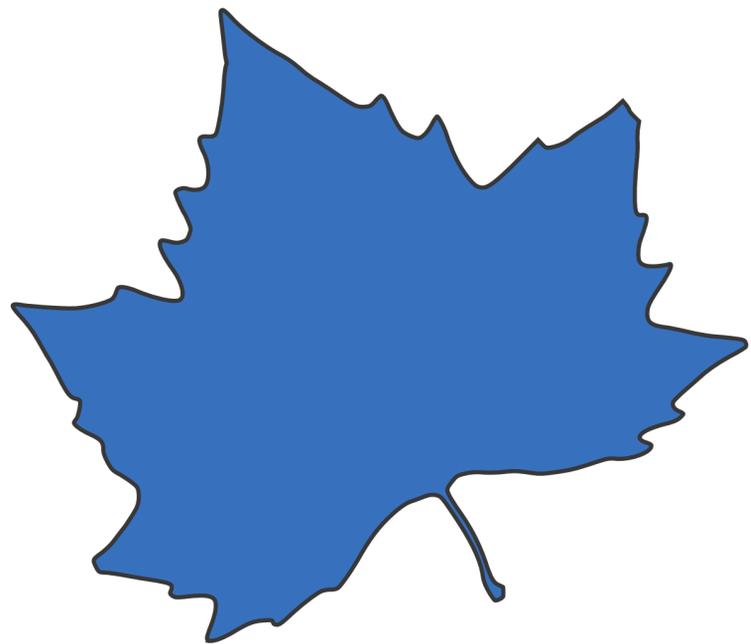
**JOY**



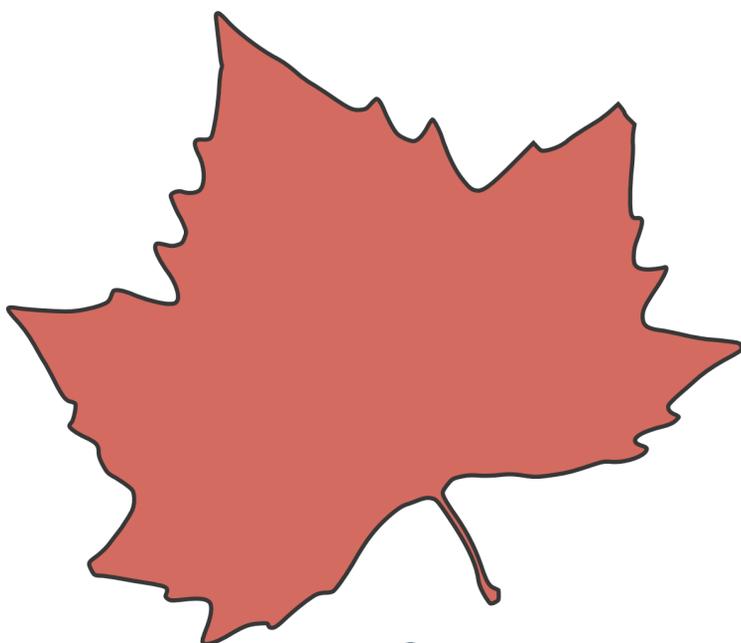
**FEAR**



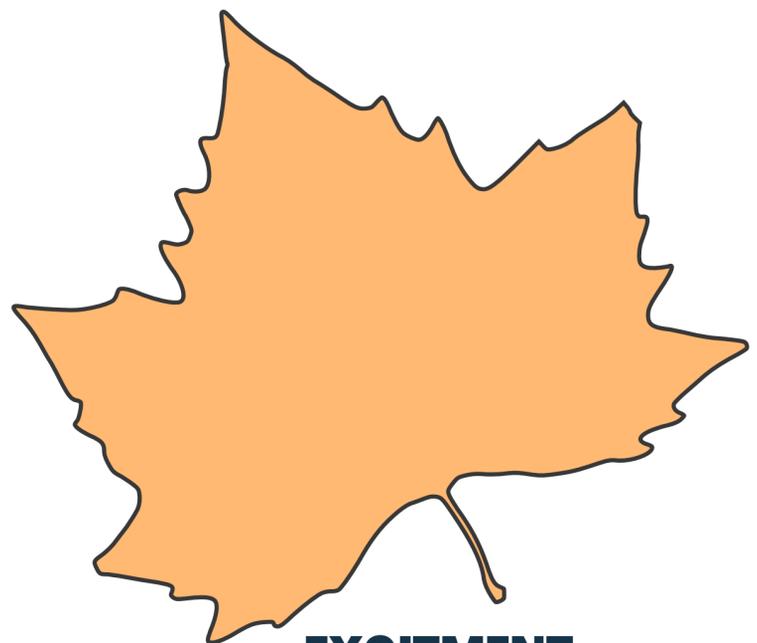
**TRUST**



**SADNESS**



**ANGER**



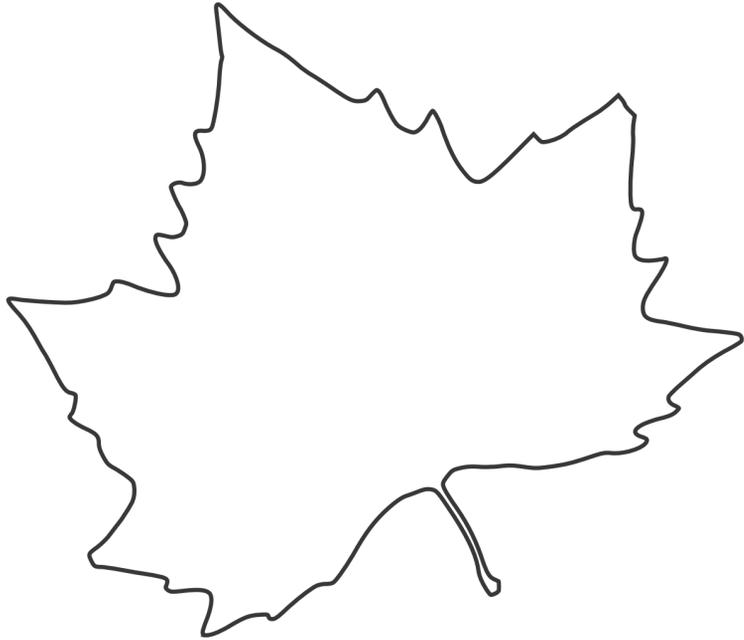
**EXCITEMENT**

# Feeling Leaves

Color each leaf with the color you think matches each feeling!



Name: \_\_\_\_\_



**JOY**



**FEAR**



**TRUST**



**SADNESS**



**ANGER**



**EXCITEMENT**

# Feeling Leaves

Listen to the questions about each feeling, and draw or write your responses in the leaf.



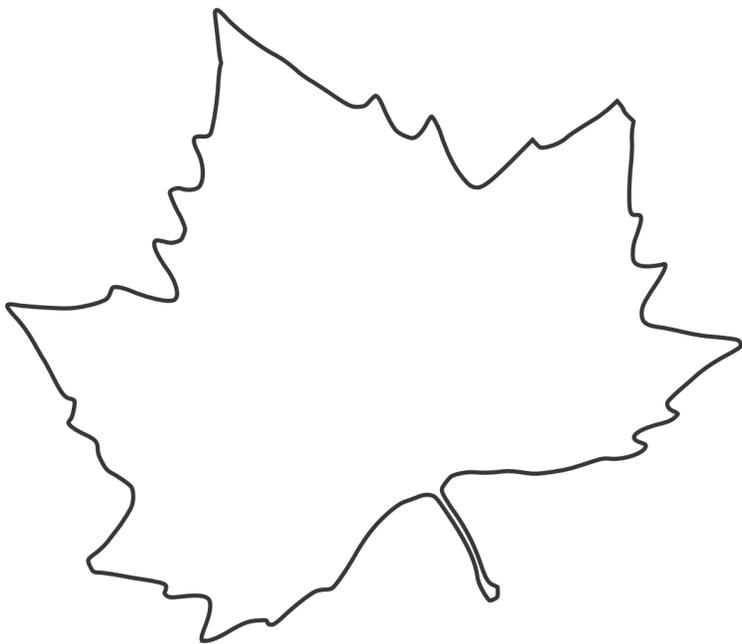
Name: \_\_\_\_\_



**JOY**



**FEAR**



**TRUST**



**SADNESS**



**ANGER**



**EXCITEMENT**

# Feeling Leaves Questions



Read the question for each feeling, and instruct children to draw or write responses in the corresponding feeling leaf.



Is there a song that makes you want to dance and jump around with JOY?

Some people also feel joy when they are doing things they love, like bike riding or swimming - when do you feel joy?

When have you shared JOY and happiness with friends and family?

## JOY

Everyone gets scared, even adults are fearful at times.

Name a few things that make you scared?  
What do you do to feel safe?

Is there a person or place that helps you feel safe when your scared?

## FEAR

Trust is when we can share our thoughts and feelings with people and they HELP us with them and show us LOVE.

Think of a special person in your life that you can trust, these are HELPER PEOPLE. What do you like about being with your HELPER PERSON?

## TRUST

Sadness can feel different for all of us and we feel it in our body in different places. Think of a time when you were sad, how did your body tell you were sad? Did you cry, frown, get quiet?

When you are sad, what helps your sad feeling get softer for you?

## SADNESS

We all get mad. What makes you angry?  
Is there anything that makes you a little angry?  
What about anything that makes you very angry?

What helps the most when your angry? Is that a good time to talk to your HELPER PERSON that you trust?

## ANGER

Excitement is how we feel when we have a special day of the year or event we are looking forward to! Can you think of something you are excited about in the future?

Is there a time you have been excited for a day or event that already happened? Tell us about it.

## EXCITEMENT



MINDFUL | WELLNESS  
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# QUICK SKILL SHEET



## FEELINGS LEAVES



*Today, we are going to talk about how our feelings change to...just how the season fall has so many changes, we too have many different feelings that change all the time!"*



1. If needed, prompt younger kids with the question: *What are some feelings words you already know?"*
2. Introduce and work through the 6 feelings on the the Fall Feeling Poster: Joy, Fear, Trust, Anger, Excitement, and Sadness.
3. Explain we are going to **VISIT** our feelings by drawing/coloring (older kids can write) about a time we remember feeling this way.



1. Go through each emotion and participate with children in the drawing, coloring and sharing in response to the questions on the Fall Feelings Question poster.
2. Allow enough time for out loud sharing, and answer the group questions together about the experience of **visiting** your feelings.



Feelings are an important part of life, and so is visiting them frequently!

We learn about ourselves the best, when we reflect on the different emotions we have had in our life and practice sharing and listening with others.

Using colors, and remembering times we experiences a feeling before, can help us be a better friend to ourself and others!