

# Share Your Feelings

Every person has feelings. However, how we define them or express them can look very different! When we invite others to share their experiences with each feeling, we are showing compassion and empathy for their feelings as well. This interactive activity invites passersby the opportunity to illustrate what common types of feelings look like or sound like to them.

**Caring Sub-Concept(s)**

Compassion, Empathy, Kindness

**Project Timeframe**

25-30 minutes

**Required Materials**

- Basic Bulletin Board materials
- 4-6 different colored post it packs
- dictionaries
- construction paper
- markers
- string or yarn

**Step 1:**

As a class, decide which feelings you would like to include on your board. You may wish to include a mixture of both easy ones (happy/sad) and more complex ones (confused/excited/interested) to allow younger and older students a chance to participate throughout the week.

**Step 2:**

Break up the class into corresponding groups and help them to define their emotion. Provide each group with a dictionary, construction paper, and basic art supplies. Each group must write the word in large print and write the definition of the word below.

**Step 3:**

Assemble the bulletin board. Organize your 4-6 emotions across the top with the labels and definitions affixed. Choose a color for each emotion and have every student choose 1-2 emotions they did not define. They will draw what each emotion looks like to them using the corresponding post and add it under the correct emotion heading.

**Step 4:**

Add simple instructions:

- Choose one feeling.
- Take an empty sticky note below that feeling and draw a picture of what that feeling looks like to you!
- Don't forget to put your sticky note back on our board.
- Thanks for helping our class!

**Step 5:**

At the end of the week (or longer if desired), collect all of the completed sticky notes and review them as a class. What similarities did you see in the sticky notes under one particular feeling? What sticky notes were the most creative and why? Did anything surprise you? If so, why?



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AS A RECOMMENDED  
PROGRAM FOR SOCIAL  
AND EMOTIONAL  
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

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