



Make a Feeling Circle and “Groove”

Using paper plates and markers, have each student draw simple faces showing a variety of emotions including happy, sad, mad, and scared expressions around the edges. Write the name of the emotion next to each face. Encourage students to use words and not just behavior to express how he or she feels.

Have students gather in a circle with room to move around.

To the tune of *If You're Happy and You Know It* have students sing along and express the variety of emotions on their paper plates:

“If you're happy and you know it show you're happy, If you're happy
and you know it show you're happy

If you're happy and you know then you're face will surely show it, If
you're happy and you know it show you're happy”

Continue the song substituting “happy” with all the other emotions the students can think of. Encourage them to act out each feeling featured in the verse of the song.