

**PURPOSE** //////////////////////////////////////

- This activity is a fantastic way to ask students to pause for a moment, check in with themselves, and respond to the question "How are you feeling today?" with more than just "Fine".
- The first step in managing how you're feeling is to identify exactly what it is you're feeling.

OBJECTIVE //////////////////////////////////////

- Identify your feelings
- Initiate and promote conversations about feelings

INSTRUCTIONS //////////////////////////////////////**Materials**

- "How are you feeling today?" sheet
- Blank "How are you feeling today?" sheet

Assembly

1. Blank "How are you feeling today?" Sheet
(Optional) Laminate it
2. "How are you feeling today?" emoji sheet
3. (Optional) Additional idea: print emojis on sticker page.
4. Place it on a door, board, wall, or anywhere visible to students

Application

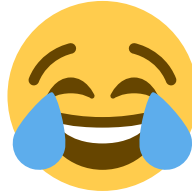
- When students (and staff) arrive at school, they are invited to select the emoji with the emotion that best matches how they are feeling that morning.
- Then, put the emoji on the blank "How are you feeling today?" sheet or simply indicate it on the emoji page.

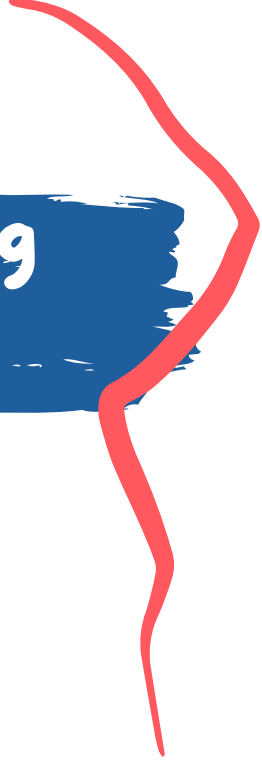

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



How are you feeling
today?





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