

WISE Feelings - 1st Grade Virtual Activity

WISE is an organization that helps people to be *wise*. *Wise* people are kind, thoughtful, safe, and pay attention to their feelings. We all have a lot of feelings, or emotions. You might feel happy, sad, angry, annoyed, excited, or nervous. Are there other feelings that you know?

We can notice our feelings by paying attention to our bodies. You might notice that when you are angry, your face feels hot, or when you are nervous, you have a tummy ache.

ACTIVITY: Create a feeling's diary. Fill in the blanks below for the next three days.
You can use a journal or notebook from home to keep your Feelings Diary going.

Today I was feeling:

Because of:

I can tell I was feeling that way because my body was:

.....
Today I was feeling:

Because of:

I can tell I was feeling that way because my body was:

.....
Today I was feeling:

Because of:

I can tell I was feeling that way because my body was:



ACTIVITY: Draw your feelings!

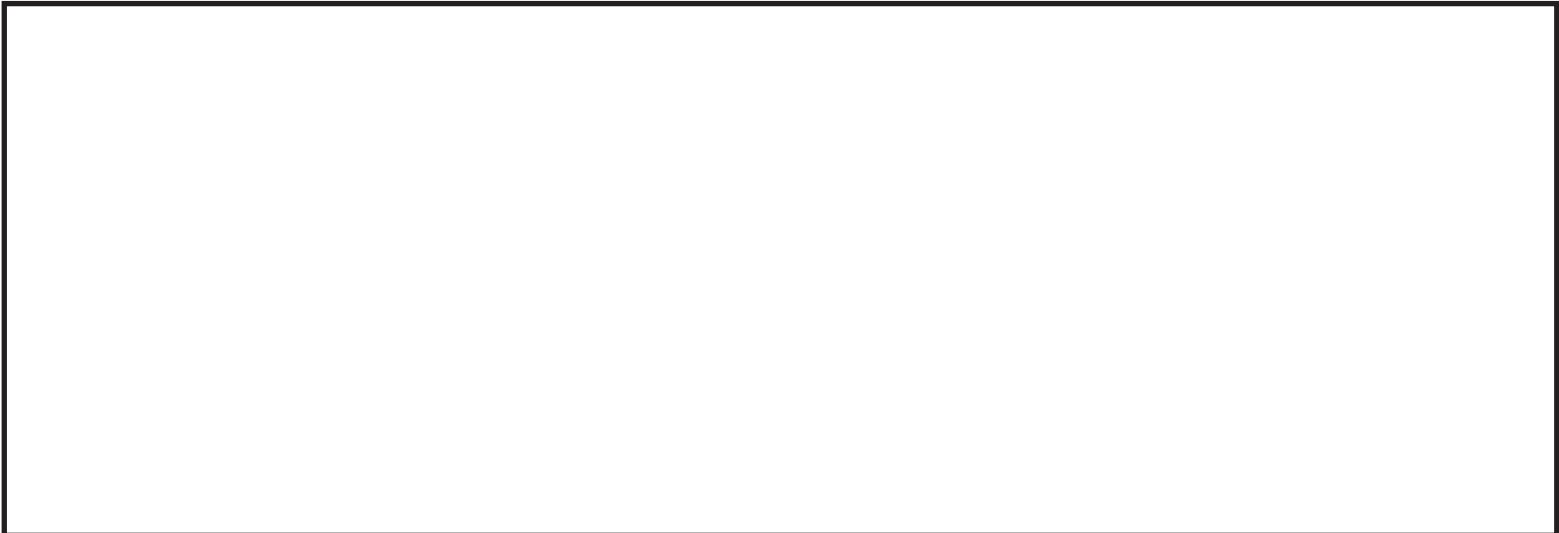
What do YOU look like when you are excited?

A large, empty rectangular box with a black border, intended for drawing a person's appearance when they are excited.

What do YOU look like when you are frustrated?

A large, empty rectangular box with a black border, intended for drawing a person's appearance when they are frustrated.

What do YOU look like when you are nervous?

A large, empty rectangular box with a black border, intended for drawing a person's appearance when they are nervous.