

# Heart Full of Feelings

## Activity

Pass out a Heart Full of Feelings page to each of your students.

Teacher: Today we are going to fill in our Heart Full of Feelings. There are no wrong choices, and your heart will not look the same as any other hearts in the class. Each of your hearts will be special to you and represent how you are feeling. All feelings are welcome, and they are all OK. Our feelings change all the time, but I want you to fill out your Heart Full of Feelings based on how you are feeling right now in this moment.

Feelings can be a color, and you get to decide which color represents each of your feelings.

The first feeling Fox is feeling is Happy. Everyone touch **happy** on your page. If **happy** were a color, what color would it be? Color in your **Happy** Fox.

The next feeling is Worried. Everyone touch **worried** on your page. If **worried** were a color, what color would it be? Color in your **Worried** Fox.

The next feeling is Mad. Everyone touch **mad** on your page. If **mad** were a color, what color would it be? Color in your **Mad** Fox.

The next feeling is Sad. Everyone touch **sad** on your page. If **sad** were a color, what color would it be? Color in your **Sad** Fox.

The next feeling is Excited. Everyone touch **excited** on your page. If **excited** were a color, what color would it be? Color in your **Excited** Fox.

Think about how much of each feeling you have today. Now, we are going to color in our hearts with how much of each feeling we feel. All feelings are welcome in our heart and we can feel many at the same time. We might have a lot of some feelings, and some we might have just a little bit today.

*Note: The concept of coloring in the heart can be challenging for students if they have not done it before. Many students benefit from seeing teachers model how to color in their own heart first before starting their own. Give examples of how to select and decide how much of each color to use. After modeling, many kids are able to grasp the concept of putting more or less of each color to represent each feeling.*

## Classroom Share

When the activity is complete, offer your student an opportunity to share their feelings with the class if they choose, but allow not-sharing to be an option.

- Restate classroom agreements around kindness and respect to normalize creating a safe space for sharing.
- Allow the students to comment on the parts of their hearts they wish to share. Respect student boundaries around not sharing.
- Ask open-ended questions to prompt reflection. For instance, what would you like to share with us about your heart? What feels the most important to you about your heart? What events, people, or things inspired your heart?
- Avoid evaluative statements like “that’s pretty” or “good job” to support students in their own reflection as opposed to seeking external praise.
- Thank your students for sharing all of their feelings.
- If a student shares a particularly difficult emotion offer support. You might say, I’m so glad you are letting us know your heart feels really sad today. In our class, it’s okay to feel sad. Is there anything our community can offer you to help with those big sad feelings?

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

## Heart Full of Feelings

*Directions:*

Identify a color for each feeling.

Then fill in your heart to represent how big that feeling feels in your heart today.



HAPPY



WORRIED



MAD



SAD



EXCITED

