



Winter Wonderland

Group Activity: Social Emotional - Feelings Can Change

Objective:

This activity builds on listening and social emotional skills to support students in reaching individual learner outcomes through the study of identifying emotions and understanding how feelings can change.

Materials:

- Sequence strip
 - Scenario cards (provided)
 - Feelings flashcards (provided)
 - Bag
 - Scissors
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Preparation:


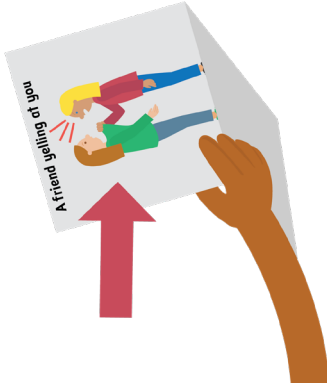
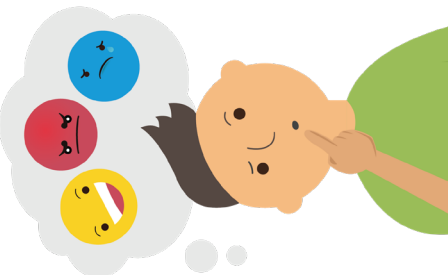
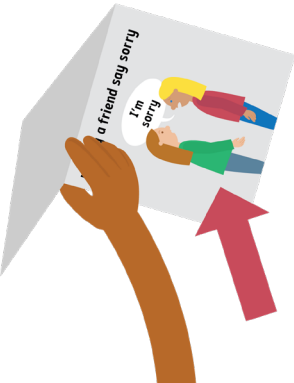
1. Print, laminate, and cut out:
 - a. Sequence strip
 - b. Feelings flashcards (1 set per student)
 2. Print and cut out the scenario cards (1 set for entire class).
 3. Fold each card in half so that the scenarios aren't visible.
 4. Place the scenario cards in a bag.
 5. Distribute a set of feelings flashcards to each student.
 6. Have the sequence strip on hand, and refer to it throughout the activity to guide students.
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Instructions:

1. Lead a discussion about feelings. Help students generate some suggestions for feelings that they have felt in the past.
2. As a class, review the feelings flashcards, using your face and body to demonstrate each emotion.
3. Prompt students to use their faces and bodies to demonstrate each feeling you identify as a class.
4. Discuss why it's important to identify your own feelings and others' feelings, especially when cooperating in a group.
5. Transition into a discussion about how feelings can change.
6. Discuss some of the things that might make their feelings change. Suggested prompts:
 - a. "When you are happy, what is something that might happen to make you feel sad or angry?"
 - b. "When you are sad, what is something that can help you feel better again?"
 - c. "When you are angry, what are some strategies you can use to feel calm?"
7. Explain that you will be playing a game called "Feelings Can Change."
8. Students take turns pulling a scenario card from the bag. Read the top half of the scenario, and assist the students in identifying how the person in that scenario might feel.

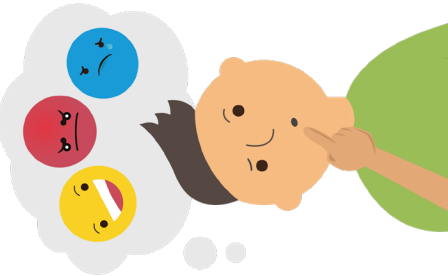
9. Ask students to hold up the feeling flashcard that represents their answer.
10. Read the bottom half of the scenario to see what happened to change their emotions.
11. Ask students to hold up another feeling flashcard that represents how the character might feel in this new scenario.
12. Continue until each student has picked a card or you have pulled all of the cards from the bag.



<p>Pick a card</p> 	<p>Look at the first half of the card</p> 	<p>How would it feel?</p> 	<p>Look at the second half of the card</p> 
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How did their feelings change?



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Playing a board game with your family



Going sledding



Winning



Getting cold

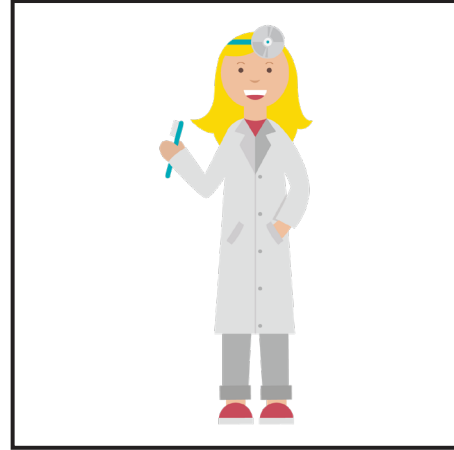




Building a snowman



Going to the dentist



Seeing your snowman melt



Getting an unexpected gift

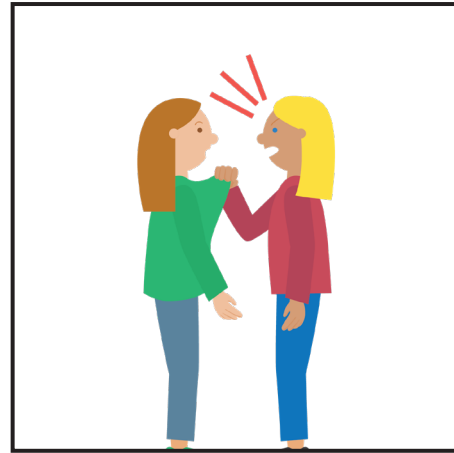




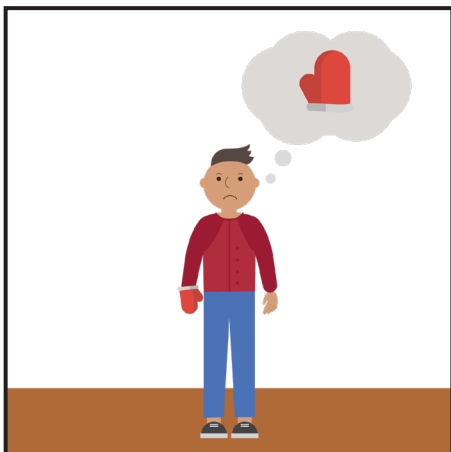
Getting a new winter coat



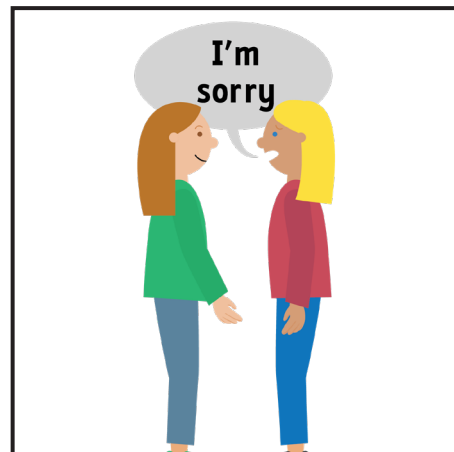
Having a friend yell at you



Losing a mitten



Hearing your friend say they're sorry

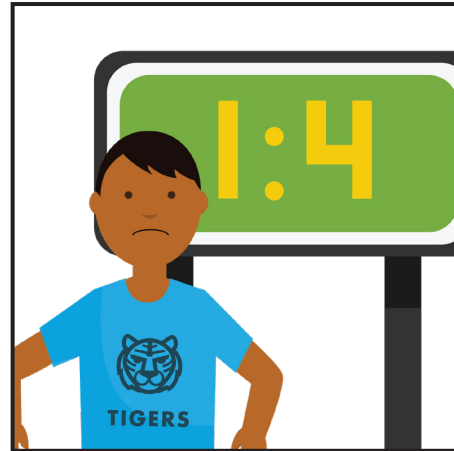




Falling while ice skating



Losing a sports game



Having a friend help you up and make sure you're okay



Getting a flower from someone you love





Happy



Sad



Mad



Scared





Surprised



Excited



Nervous

