

How Do You Feel?

by Jennifer @ [Herding Kats In Kindergarten](#)

Place smiley faces in a pocket chart. Give each student a mini popsicle stick with their name on it. Each child takes turns putting their popsicle stick in the pocket that corresponds with their mood and tells something about how they are feeling. For example, I might start off with “I feel happy today because I know we’re going to be doing a fun activity this morning!” or “I feel unhappy because some of my friends are not making good choices.”

How do you feel today?





Excited



Sad



Angry



Sick



Surprised



Happy



Unhappy



Bored



Tired



Confused



Proud



Afraid



Embarrassed



Hurt



Hungry



Shy