

Emotions Poster Pack

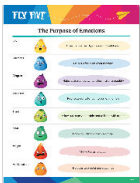
Introduction

Every emotion serves a purpose. As we become more aware of how our emotions may impact our day-to-day life, we are better able to navigate both the positive and challenging moments in and out of the classroom. When we truly listen to how we're feeling, our emotions can serve as a reminder of our deepest wants, hopes, goals, and desires.

With the ability to recognize, name, and manage our emotions, we—both students and educators—will understand how to put language to our thoughts, feelings, and emotions, and use this information to respond in a productive and positive way.



The Purpose of Each Poster



The Purpose of Emotions

The “Purpose of Our Emotions” poster offers students insight into why they may be experiencing an emotion, so that it becomes easier to react in a productive way.



The Range of Emotions

The “Range of Emotions” poster gives students the language to identify their emotions. With colorful illustrations and descriptions, students can begin to identify how emotions can range in intensities.



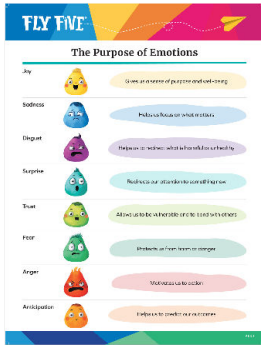
Emotion Looks Like, Feels Like

With helpful descriptions and language, the “Emotions Look Like, Feels Like” poster aligns an emotion with the differences in ways emotions take shape in their bodies, making it easier to identify their emotions.



How to Introduce Each Poster

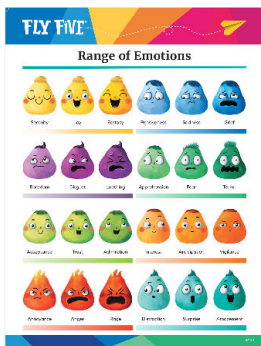
As with introducing any new material, be sure to invite your students into the conversation. Talk through how each poster will be used as a learning tool and resource within the classroom. Some questions to consider as you envision what works best for your classroom setup: where can you hang the posters so that they are visible to all? How will students use the posters? How will you use them?



The Purpose of Emotions

Together with your class, discuss how all emotions are important. Then, choose an emotion on the Purpose of Emotions poster to further explore in a partner chat. How has that emotion helped you in or out of the classroom?

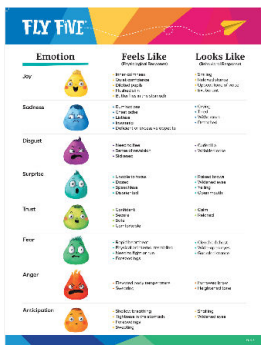
Helpful Hint: For example: anger helps us take action, while sadness shows us what is important.



The Range of Emotions

Emotions represent a wide range of feelings. Think, write or act out a time you felt yourself go from the lowest emotion to the highest range.

Helpful Hint: can you think of a time you went from serenity, joy to ecstasy?



Emotions Looks Like, Feels Like

Emotions can look and feel different in us all. Act out or play charades as an example for how emotions can feel for your class and notice any differences.

Helpful Hint: Acting out by “looks like, feels like” can help students understand when they’re feeling a certain way and begin to navigate complexities.



Using the Emotions Posters

Emotions posters can be incorporated throughout the school day, with any type of learning. Whether it's with the whole class, or during a one-on-one check in with a student, using the posters daily will continue to foster emotional awareness amongst your students. Consider these additional strategies on how to use your emotions posters:

- **Conversation creates normalcy.** Hold a discussion group about each poster. (K-8)
- **Visual cues inspire daily interaction.** Hanging the posters can help students discuss what they're feeling any given day. (K-8)
- **Reflect through art.** Looking at that emotion and drawing a portrait of yourself (K-8)



- **Turn a phrase.** Share a metaphor for an emotion. Ex: I'm walking on air! (2-8)
- **Combine emotions and literacy.** Write a letter to a friend or family member about why each emotion is important, or a six word summary that represents that emotion. (3-8)



- **Explore emotional memories.** Have students tell a story about something that happened over the summer and an emotion that they felt at that time (3-8).
- **Use posters for storytelling.** Write a vignette about a scene where a character is connecting to that emotion (5-8).
- **Express emotions through creativity.** Write a poem or song about an emotion that you most connect with. (5-8)

