



Activities promoting thoughtfulness

Feelings Board

Create a Feelings Board using paper plates and crayons.

Each child should draw a face of an emotion on a paper plate. Assign one emotion or feeling to each child.

Here are a few feelings to get you started: happy, sad, hurt, angry, frustrated, confused, scarred, troubled.

Ask each child to display his/her paper plate and talk about the feeling. Ask the group how someone experiencing this emotion might look or act? If someone is happy he/she might smile, and stand with his chest pushed out confidently. If someone is sad, he/she might slouch and look down at the ground.

Start with the happy emotions and move toward the sad, worried, frustrated feelings.

Ask the group to share the differences they notice between how someone might look if they are happy compared to how someone might look if they are sad or frustrated.

Ask students to comment about events that cause them to experience difficult emotions like sadness or fear. Ask them what they do to make themselves feel better, or what someone else did to help them feel better.

Explain that opening our eyes to others and being aware of both verbal expression and body language helps us stay connected to the needs of others.

When we listen with our eyes and ears we are better able to understand and offer help.

Being thoughtful

Work with participants and decide on one week when everyone will perform acts of kindness to family members, friends, or teachers. Acts of kindness could be cleaning a room, sending a note with encouraging words, or giving a verbal compliment.

At the end of the week ask everyone to share how others responded to the acts of kindness.