

Share Your Feelings

Every person has feelings. However, how we define them or express them can look very different! When we invite others to share their experiences with each feeling, we are showing compassion and empathy for their feelings as well. This interactive activity invites passersby the opportunity to illustrate what common types of feelings look like or sound like to them.

Integrity Sub-Concept(s)

Compassion, Empathy, Kindness

Project Timeframe

25-30 minutes

Required Materials

- Basic Bulletin Board materials
- 4 different colored post it packs
- Dictionaries
- Construction paper
- Markers
- String or yarn

Step 1:

As a class, decide which feelings you would like to include on your board. You may wish to include a mixture of both easy ones (happy/sad) and more complex ones (confused/excited/interested) to allow younger and older students a chance to participate throughout the week.

Step 2:

Break up the class into corresponding groups and help them to define their emotion. Provide each group with a dictionary, construction paper, and basic art supplies. Each group must write the word in large print and write the definition of the word below.

Step 3:

Assemble the bulletin board. Organize your 4 emotions across the top with the labels and definitions affixed. Have each student share a memory and place it under the corresponding emotion. *Example- I felt excited when my cousins came to visit! I felt sad when I scraped my knee.*

Step 4:

Add simple instructions:

- Choose one feeling.
- Take an empty sticky note below that feeling and share one time you felt this feeling!
- Don't forget to put your sticky note back on our board.
- Thanks for helping our class!

Step 5:

At the end of the week (or longer if desired), collect all of the completed sticky notes and review them as a class. What similarities did you see in the sticky notes under one particular feeling? Were you able to empathize with any of the memories posted? If so, which one, and why?



The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>