

I feel.

This activity can be used as an ice breaker or as an activity to supplement a unit on health.

Level: All

1. Cut out each picture card. Use card stock or laminate the cut outs to reused them. Optional ~ attach to each card a popsicle stick as a handle.

2. Place the cards on a table, face up.

3. Ask a student to select the picture card that best describes how s/he is feeling. The student holds up the picture card so that everyone can see it. Have the student use the appropriate sentence, "I feel _____." The student places the card back on the table.

4. Continue until all students have described how they feel.

produced by Barbara Bennett 10/08
reproductions allowed

Mix it up!

~ Cover the descriptors so that students must recall the word that describes the feeling.

~ Ask students to choose two feelings to practice adding the word "and" -- "I feel tired and hungry."

~ Ask students to think of synonyms. Example: glad, joyful, cheerful, jovial are synonyms of Happy.

~ Ask students to think of antonyms. Example: sad, unhappy are antonyms of Happy.

~ Ask students to depict their own feelings as a drawing and share it with the class.



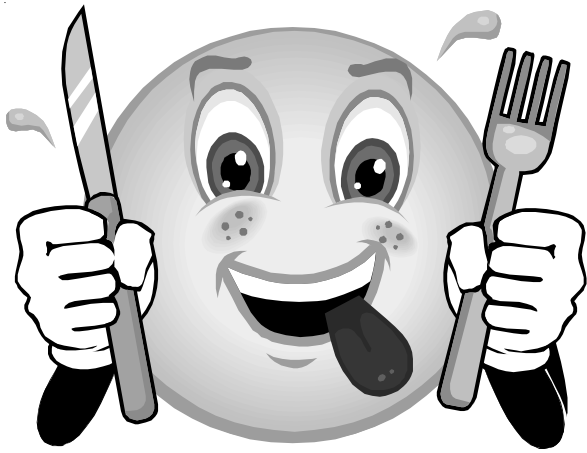
happy



nervous



sad



hungry



tired



sick



angry



confused



silly



worried



good



cold



warm