



INDICATORS

Sometimes it can be easy to tell how someone feels, and sometimes it's more difficult, especially if that person does not talk about how they feel. Why is it important to know how someone feels? Is it possible to learn to tell how someone feels?



Steps:

Talk with students about body language and facial expressions. Have them think about what all the body parts do with feelings.

- Eyebrows
- Mouth
- Eyes
- Arms
- Posture

Think about big signs like frowns and smiles, but also less obvious ones like someone's head hanging down, furrowed forehead/eyebrows, tight lips.

As a class, come up with specific non-verbal cues students can use to show others how they feel

- Thumbs up, down, or sideways
- Sign language (learn the actual signs!)
- List other physical ways they can let each other know what they're feeling without having to say it out loud, which can be difficult.

Practice and play with students in pairs, or as a class play feelings charades. You can also use this opportunity to help kids understand how to use feelings statements to talk to each other "I feel... because"