

Feelings Check-In

SOCIAL-EMOTIONAL LEARNING



Book Builder

Overview

Students build a book that names and shows different feelings, giving a class shared vocabulary for talking about them.

Steps for Teachers

1. As a class, list as many feeling words as students can name
2. Sort them together into families: happy, sad, angry, afraid, surprised
3. Each student chooses six feelings, including at least two harder ones
4. For each feeling, students note what it looks like, what it feels like in the body, and one thing that helps
5. Students plan one page per feeling
6. Students write each page with the feeling's name large, and the three notes beneath
7. Students photograph or draw a face for each feeling
8. Keep the finished books in the reading corner for anyone to use

Example

A student's page for 'frustrated' shows a photo of her own face, and reads: 'It looks like tight shoulders. It feels like a hot fizzy chest. It helps to put it down and come back.'

Grading Rubric

Criteria	Excellent	Proficient	Developing
Emotional Vocabulary	Feelings named are varied and precise, including nuanced ones	Feelings named are correct but stay with the basic five	Feeling words are used interchangeably or incorrectly
Self-Awareness	Body-and-behaviour descriptions are specific and personal	Descriptions are accurate but generic	Descriptions are copied or absent
Coping Strategies	Each strategy is concrete and something the student could actually do	Strategies are reasonable but vague	Strategies are missing or unrealistic
Book Craft	Text is easy to read, art supports every page, and the layout is consistent throughout	Pages are readable with some crowding or uneven placement	Text overlaps art or is hard to read; layout is inconsistent