

Feelings Check-In

SOCIAL-EMOTIONAL LEARNING



Overview

Students create videos exploring different emotions, helping build emotional vocabulary and awareness of how feelings affect behavior.

Steps for Teachers

1. Introduce the concept of emotional awareness
2. Students select an emotion to explore (beyond just happy/sad/angry)
3. Students research what causes this feeling and how it affects the body
4. Students write a script showing the emotion in different situations
5. Students demonstrate healthy ways to express and manage the feeling
6. Students record their emotion exploration video
7. Build a class 'Feelings Library' for reference

Example

A student explores frustration. Character: 'Today I'm feeling FRUSTRATED. It happens when things don't go the way I expected.' Shows examples: homework is hard, game won't work, friend cancels plans. 'When I'm frustrated, my face gets hot and I want to give up. But here's what helps me: taking deep breaths, asking for help, or taking a break. Frustration is telling me something is hard—but hard doesn't mean impossible!'

Grading Rubric

Criteria	Excellent	Proficient	Developing
Emotional Understanding	Deeply explores the emotion with nuance	Shows good understanding of the emotion	Superficial exploration of the feeling
Trigger Identification	Identifies multiple realistic causes of the emotion	Shows some causes of the emotion	Triggers are unclear or unrealistic
Coping Strategies	Offers practical, healthy coping strategies	Includes some coping ideas	No strategies or unhealthy suggestions
Relatable Examples	Examples connect to viewers' experiences	Examples are somewhat relatable	Examples don't resonate with audience