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Standards Solution Holding

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Feelings Four Corners Activity

Who: This Social Emotional Learning (SEL) activity can be used with any grade level, as the vocabulary can be changed.

What: The teacher will put a feeling word* in each of the four corners of the room prior to students coming in. Students go to the corner that most closely describes how they feel. Give students 3-4 minutes to chat with the people in their group about WHY.

Where: Since this is an SEL topic and is not content-specific, this activity can be used in any subject area.

When: This activity is best suited for use at the beginning of the school day (or class period).

Why: Research has shown that engaging students in social emotional learning activities like this can have many positive effects on students such as improved social-emotional skills, increased positive classroom behavior, decreased emotional stress levels, improved attitudes about self and school.

*Each time you do this, use different words (be sure to include positive and negative feeling words). *

Overwhelmed



Stressed



Joyous



Relieved

