



Down Syndrome Achievement Centers
educate. inspire. believe.

**Social Skills
Purposeful Programs
Emotions**

Welcome

- “Hello ____ . Hello ____”

Books:

- My face tells a story:
<https://www.teacherspayteachers.com/FreeDownload/EmotionsFacial-Expressions-Social-Story-1527186>
- Wow-Feelings:
<https://www.amazon.com/Wow-Babies-Feelings-Worldwide-Limited/dp/1423102460>

Songs: “If you’re happy and you know it” emotions edition

- “If you’re happy and you know it, you can smile.
- “If you sad and you know it, you can cry”
- “If you’re mad and you know it stomp your feet”
- “If you’re scared and you know it hide your eyes”
- “If you’re sleepy and you know it go to bed/go to sleep”
- “If you’re excited and you know it shout hooray”

Activities & Handouts:

- How are you feeling today?
- Emotion Hand outs:
 - <https://lessonpix.com/materials/3426303/Emotions+%28English%29>

Farewell Song:

- “Goodbye ____ . Goodbye ____”

Circle, point to, or find the picture that matches the feeling below. Make sure to talk about the differences in each feeling, pointing out how the child looks. "Look, he is happy, he is smiling, showing his teeth, etc. Look she is mad, she is squinting her eyes, crossing her arms, frowning," etc.

Happy



Mad



Scared





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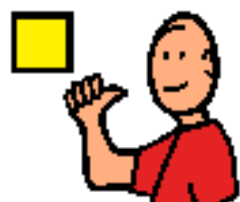
Social Skills Purposeful Programs Emotions

Links to additional books:

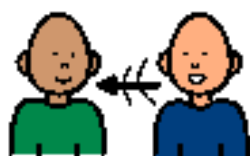
- https://www.amazon.com/Color-Monster-Story-About-Emotions/dp/0316450014/ref=sr_1_5?dchild=1&keywords=emotions+for+kids&qid=1587582664&s=books&sr=1-5
- https://www.amazon.com/Me-Feelings-Understanding-Expressing-Themselves/dp/1641524960/ref=sr_1_6?dchild=1&keywords=emotions+for+kids&qid=1587583725&s=books&sr=1-6
- https://www.amazon.com/Feelings-Book-Todd-Parr/dp/0316012491/ref=sr_1_17?dchild=1&keywords=emotions+for+kids&qid=1587583725&s=books&sr=1-17
- https://www.amazon.com/Way-I-Feel-Janan-Cain/dp/1884734715/ref=sxbs_sxwds-stvp?cv_ct_cx=emotions+for+kids&dchild=1&keywords=emotions+for+kids&pd_rd_i=1884734715&pd_rd_r=a4d0acf7-f165-48ec-90ef-6d7be2e4eaa3&pd_rd_w=EIJFR&pd_rd_wg=Nxfsg&pf_rd_p=183579a1-f0e6-4556-8e39-8fe08e8f8141&pf_rd_r=QY0R1DK1JGM9NY346J4T&psc=1&qid=1587583725&s=books&sr=1-3-dd5817a1-1ba7-46c2-8996-f96e7b0f409c

Resources:

- Lesson Pixs
- Teachers Pay Teachers

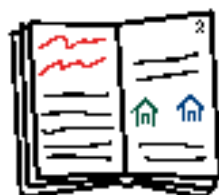


My Face

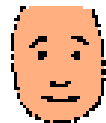
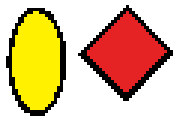


A

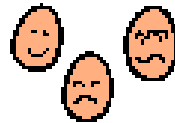
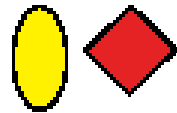
Tells a



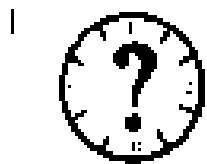
Story



Different faces are used to show



different emotions.

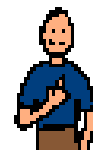
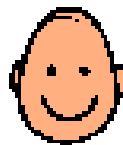


When



I

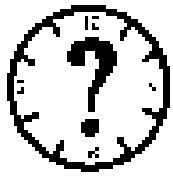
am happy,



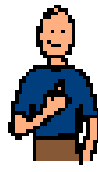
I



smile!

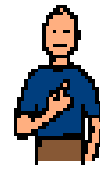
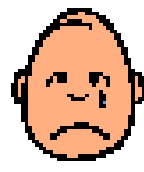


When



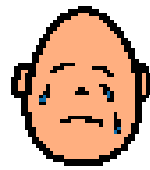
I

am sad,

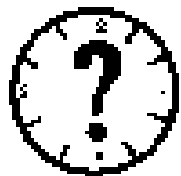


I

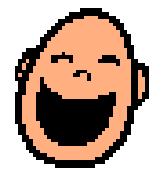
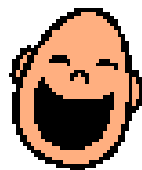
can



cry.

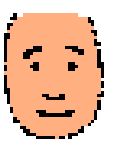
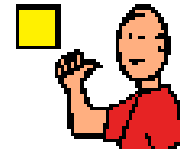
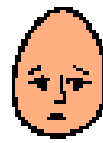


When I think something is

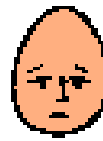


funny, I smile and laugh!

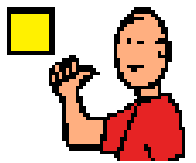
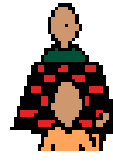
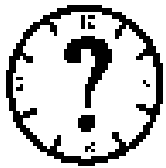
I



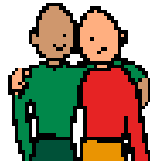
When someone is hurt, my face



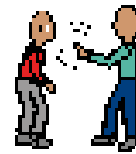
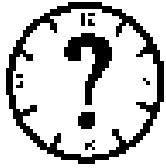
looks serious.



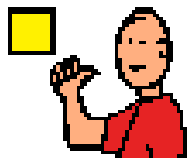
When I am playing with my



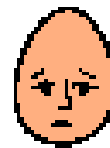
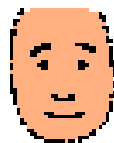
friends, I smile!



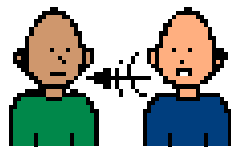
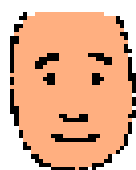
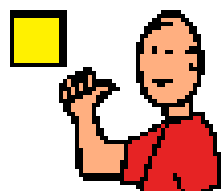
When I am in trouble and



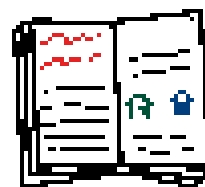
being corrected by an adult, my



face looks serious.



A



My

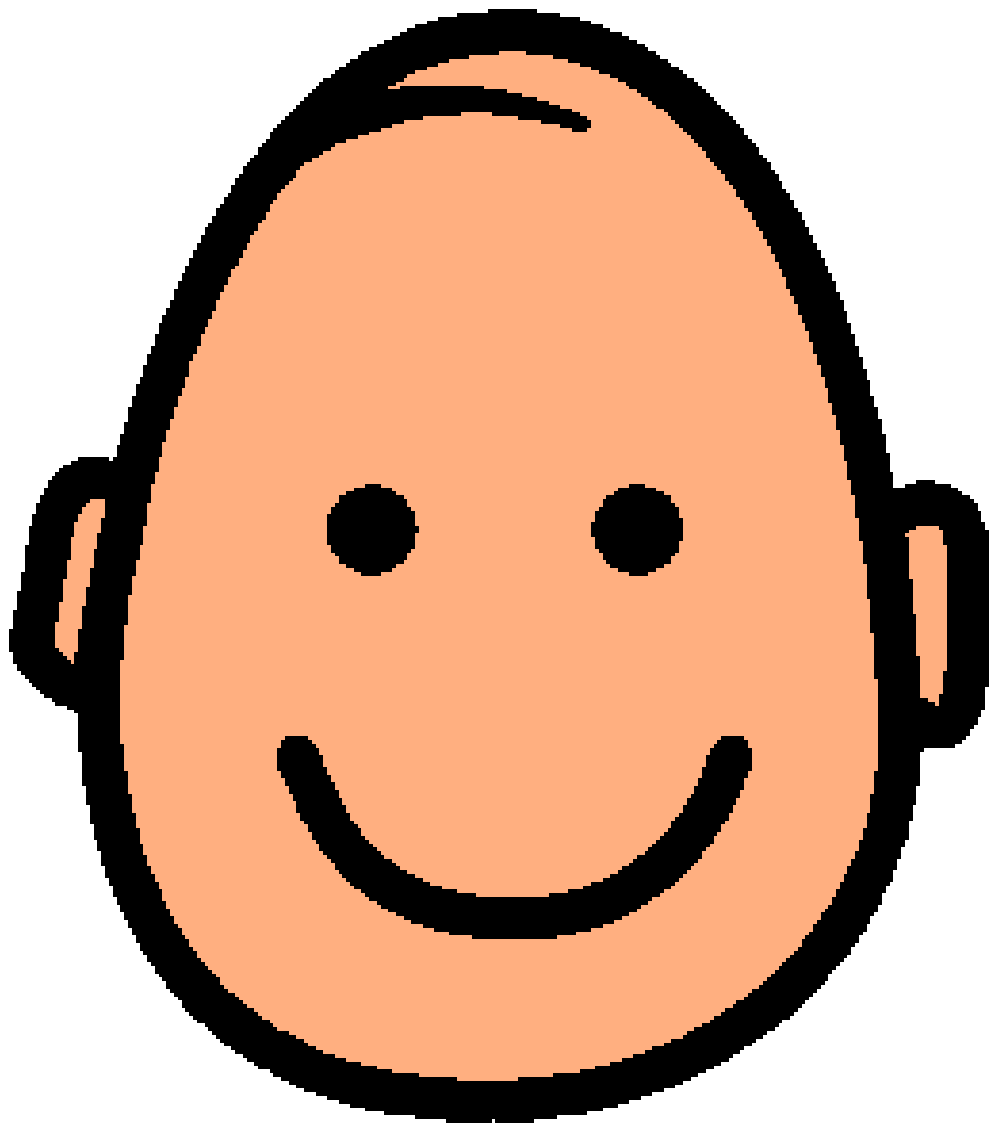
face

tells

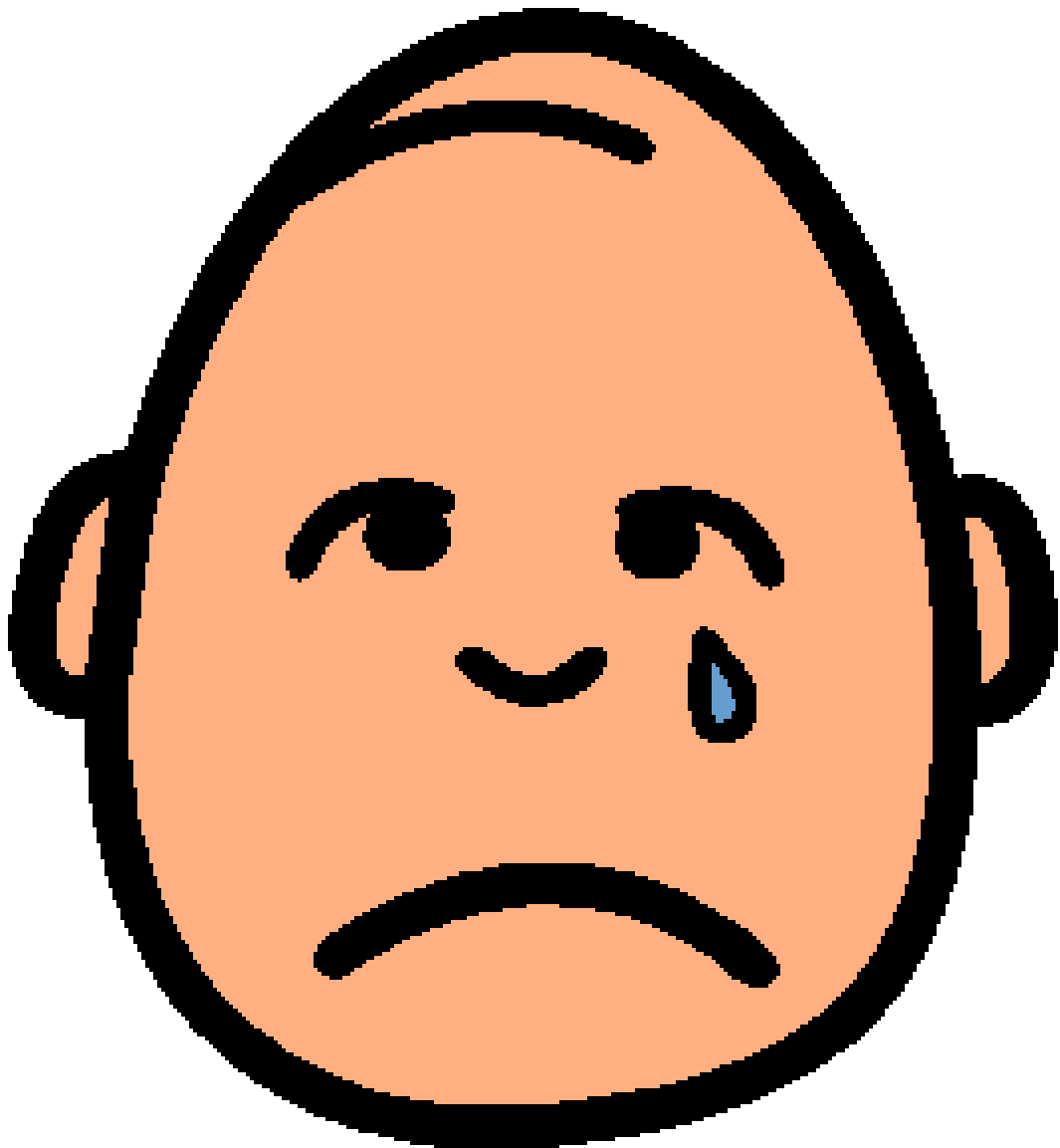
a

story!

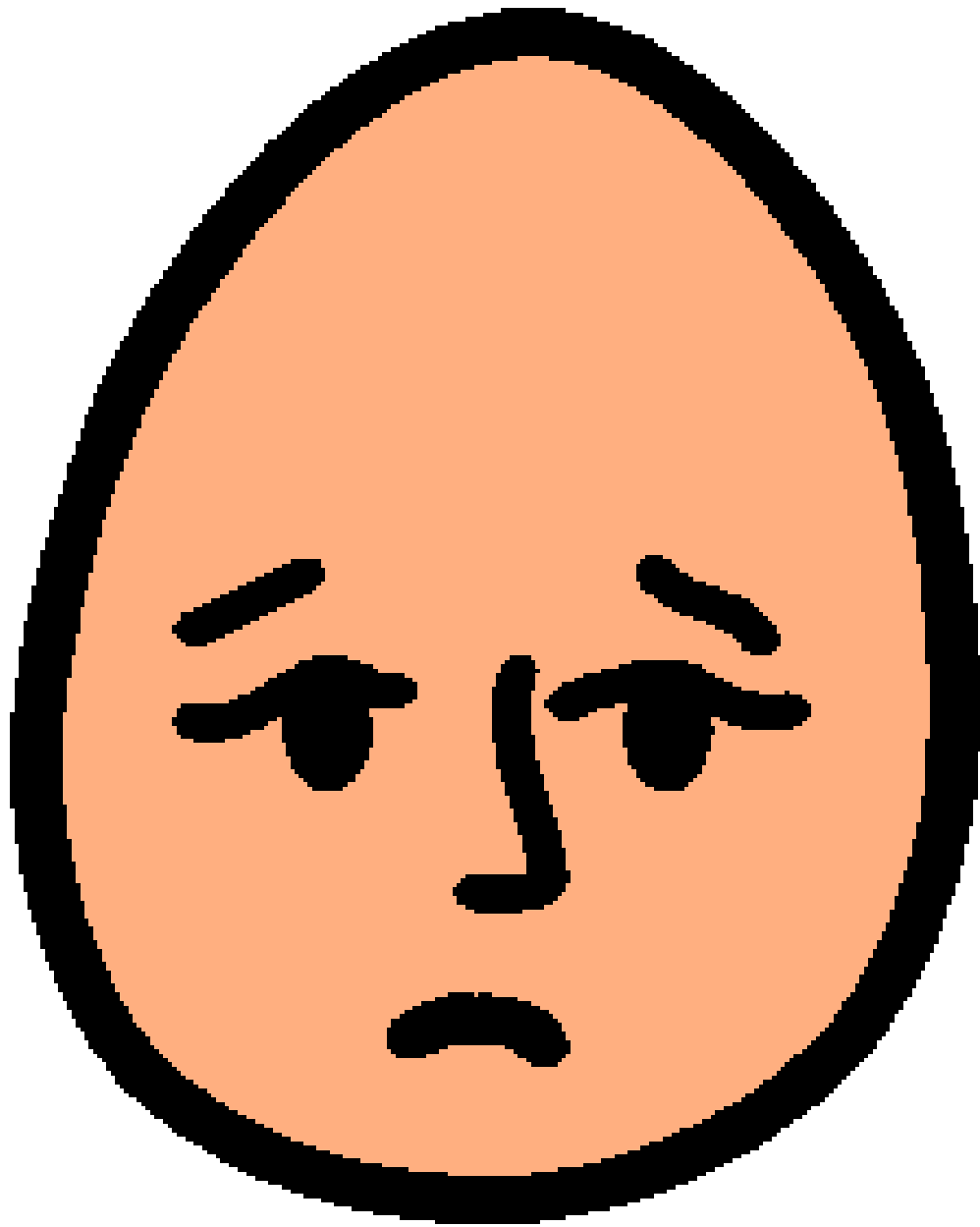
happy



sad

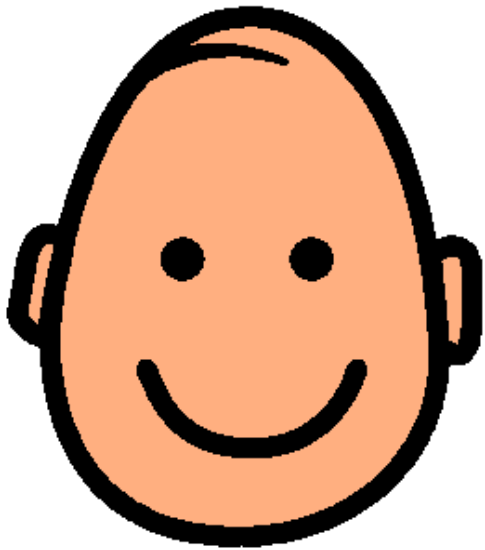


serious

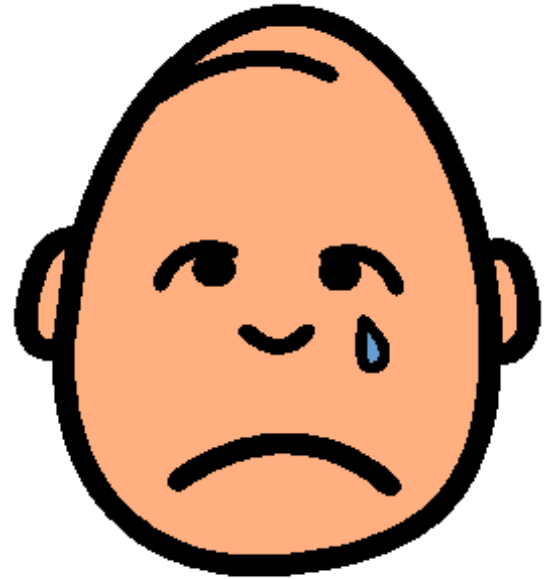


Picture Cards

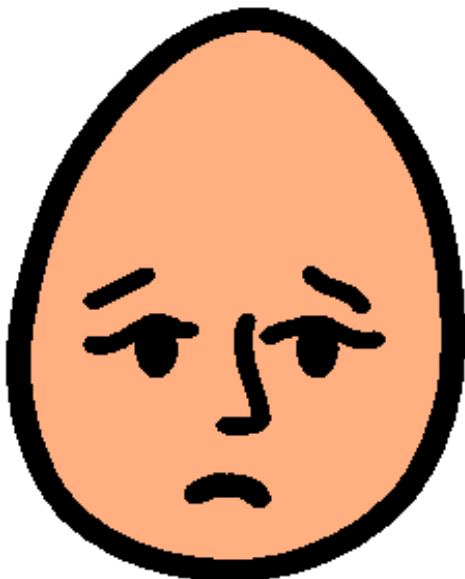
happy



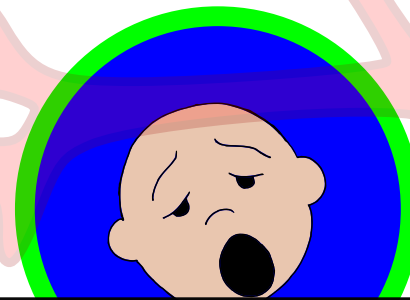
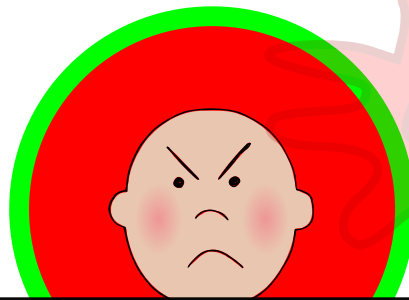
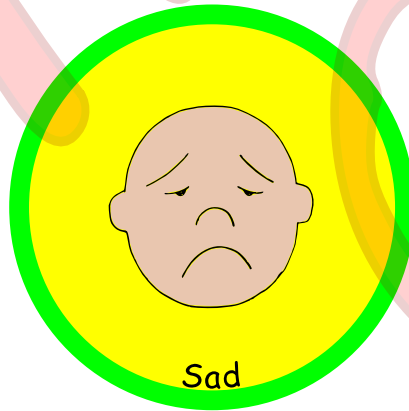
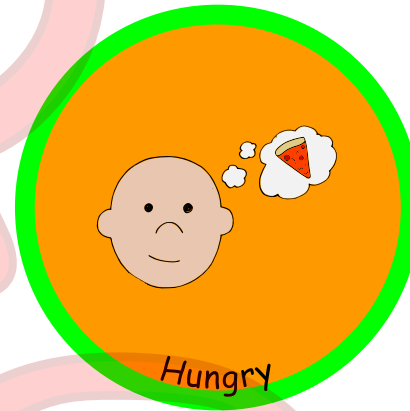
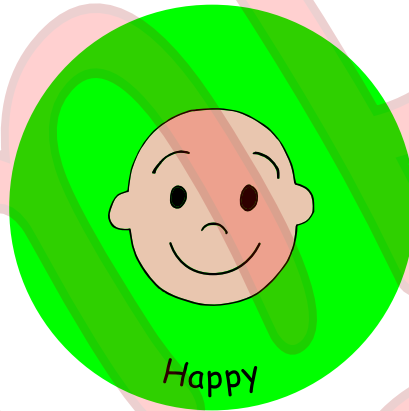
sad



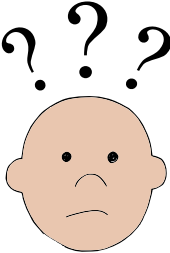

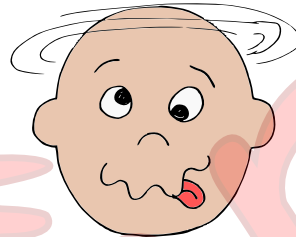
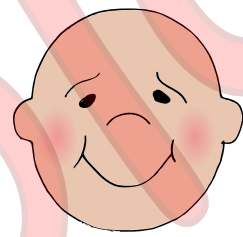
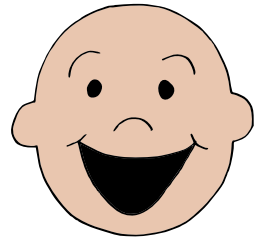


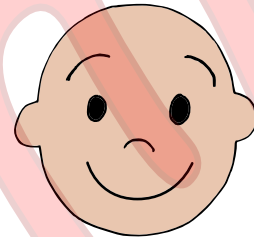
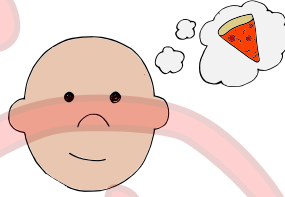
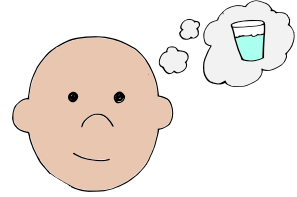

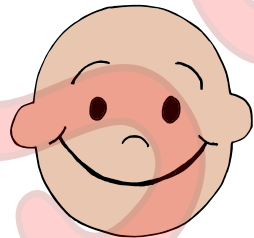
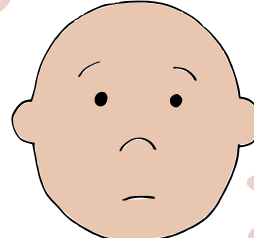
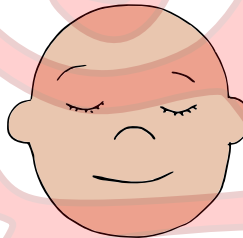
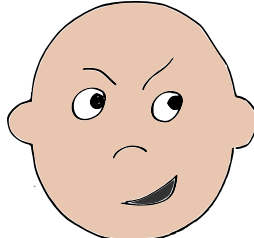
serious



HOW ARE YOU FEELING TODAY?



Emotions (English)

<p>Confused</p> 	<p>Sad</p> 	<p>Dizzy</p> 	<p>Embarrassed</p> 	<p>Excited</p> 
<p>Frustrated</p> 	<p>Angry</p> 	<p>Happy</p> 	<p>Hungry</p> 	<p>Thirsty</p> 
<p>Upset</p> 	<p>Proud</p> 	<p>Serious</p> 	<p>Sleepy</p> 	<p>Sneaky</p> 

Emotions (English)

Surprised	Thinking	Tired	Uncomfortable	
