

SHAKE THAT FEELING

TEACHING FEELINGS IN A FUN WAY!

Looking for a fun, interactive way to help students explore their emotions and practice effective communication? 'Shake That Feeling' is a winter-themed SEL adventure featuring animated snow globes, engaging scenarios, and hands-on activities to teach feelings and "I" Messages in a way your students will love!

Scroll down to see
what's included!

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Recognizing & Managing **FEELINGS** Interactive Lesson & Activities

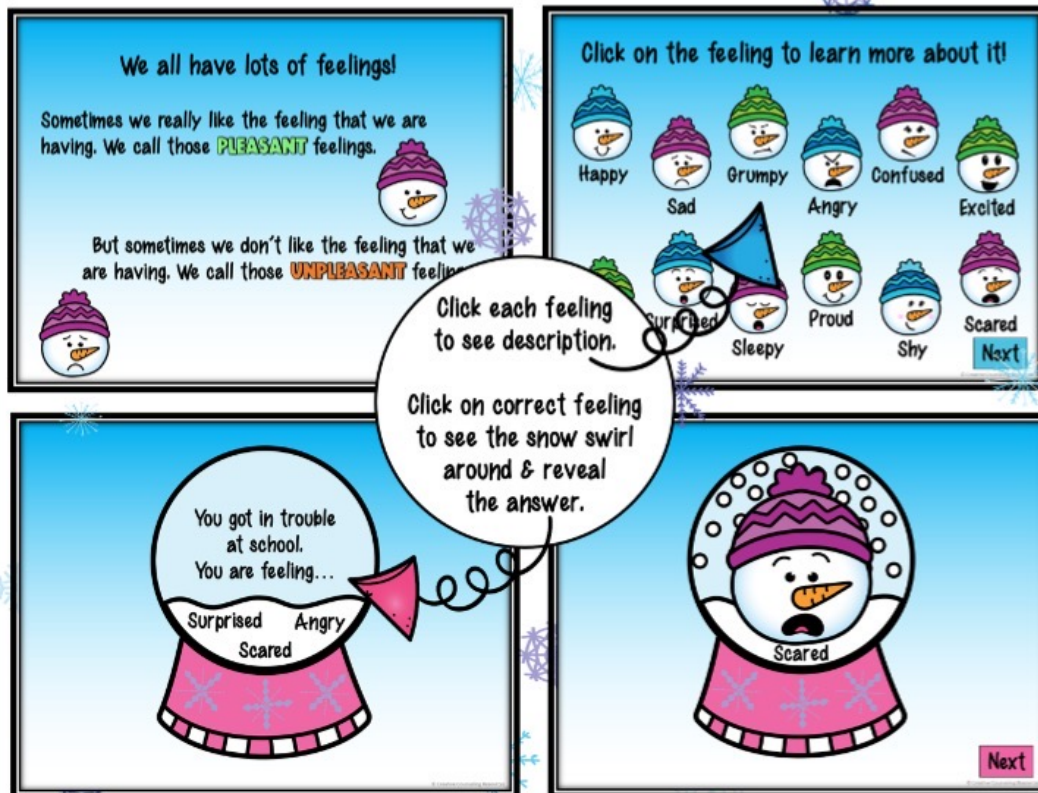
SHAKE THAT FEELING!



ENGAGING & INTERACTIVE

TEACHING FEELINGS & "I" MESSAGES

Interactive Slideshow lesson & discussion
identifying feelings and using I Messages!



The interface consists of four panels. The top-left panel explains pleasant and unpleasant feelings. The top-right panel shows a grid of 12 snowman icons representing different feelings. The bottom-left panel shows a snowman with a speech bubble about a school problem and a list of possible feelings. The bottom-right panel shows a snowman with a speech bubble about a school problem and a list of possible feelings.

We all have lots of feelings!

Sometimes we really like the feeling that we are having. We call those **PLEASANT** feelings.

But sometimes we don't like the feeling that we are having. We call those **UNPLEASANT** feelings.

Click on the feeling to learn more about it!

Happy Sad Grumpy Angry Confused Excited

Surprised Sleepy Proud Shy Scared

Click each feeling to see description.

Click on correct feeling to see the snow swirl around & reveal the answer.

You got in trouble at school. You are feeling...

Surprised Angry Scared

Scared

Next

Engage with Snow Globe Scenarios: Interactive animations make learning about feelings unforgettable!

Master "I Messages": Empower students to express emotions effectively and foster positive communication!

Hands-On Fun: Build a snowman and play games that turn SEL skills into an exciting classroom activity!

Versatile Teaching Tools: Includes printable and digital options for seamless in-person or online use!

WHAT'S INCLUDED?

A SNAPSHOT OF EVERYTHING!

- Shake that Feeling Lesson Plan (2 pages)
- Shake that Feeling Interactive Slide Show (65 slides)
- Color by Code Frosty's Feelings (1 page)
- I Message Memory Game Cards (3 pages)

71 PAGES!



GETTING STARTED

DISCUSSING EMOTIONS

Start by sparking some conversation with Slide 3:

- Ask, "What are some feelings you like having? What about ones you don't?"
- This sets the tone and gets your class comfortable talking about emotions.

Then, move into the feeling review (Slides 4-16).

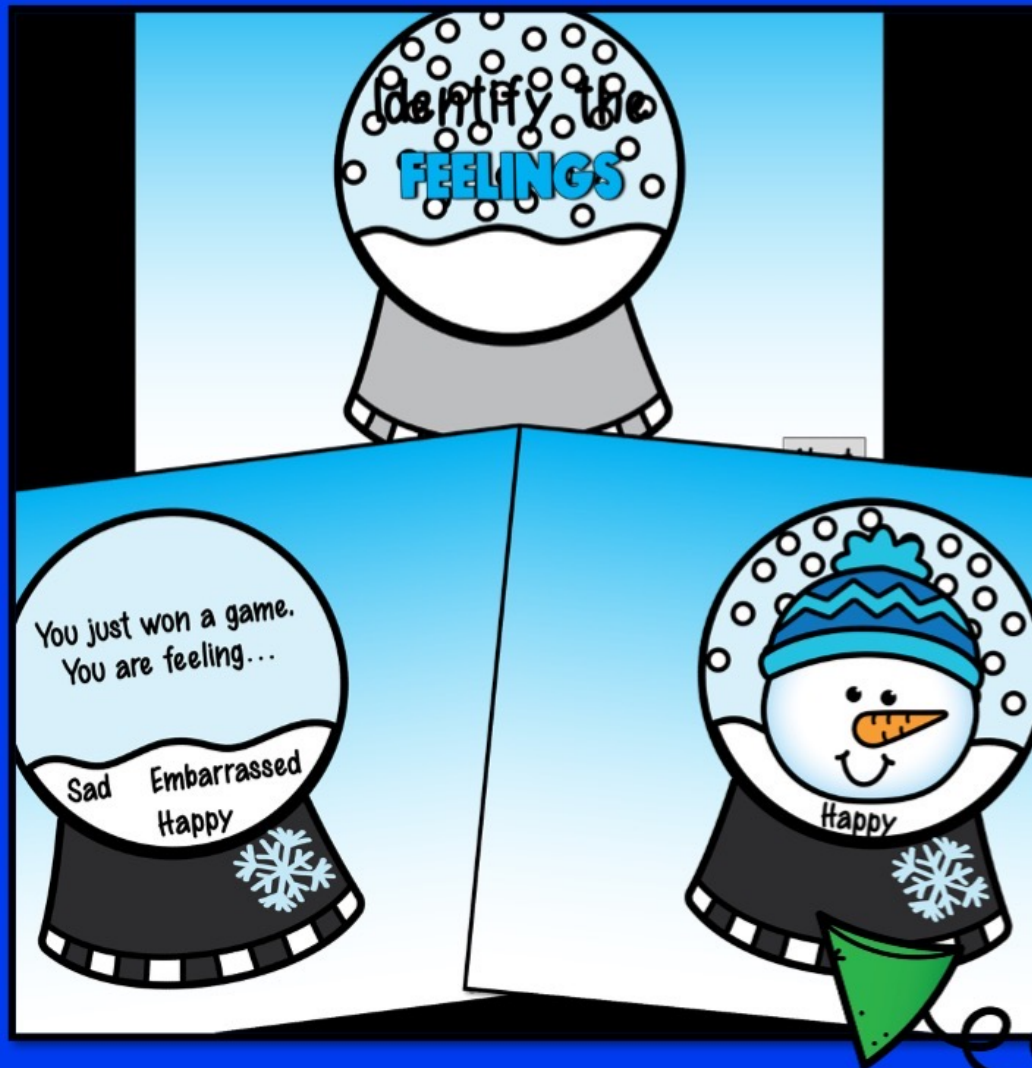
- Just click on each feeling, and watch your students light up as they learn more about each one!

The collage consists of three overlapping slides with a light blue background and snowman illustrations.

- Top Slide:** Features the text "We all have lots of feelings!" at the top. Below it, it says "Sometimes we really like the feeling that we are having. We call those **PLEASANT** feelings." with a snowman wearing a pink hat. Below that, it says "But sometimes we don't like the feeling that we are having. We call those **UNPLEASANT** feelings." with a snowman wearing a purple hat.
- Bottom-Left Slide:** Features the text "When someone is **PLEASED** or **CONTENT**, they feel..." above a large snowman wearing a blue hat with the word **HAPPY** below it.
- Bottom-Right Slide:** Features the text "Click on the feeling to learn more about it!" above a grid of snowman icons with various expressions. The emotions listed are: Grumpy, Angry, Confused, Excited, Proud, Shy, Scared, and Nervous.

SNOW GLOBE SCENARIOS

IDENTIFY THE FEELING



Here's where the fun begins!

★ Each snow globe shows a real-life scenario!

★ Have students guess the feeling, then click to see if they're right and watch the snow swirl!

★ Tip: Pause and chat about why certain feelings match the scenario. It's a great way to deepen their understanding!

TEACHING I MESSAGES

GAME CHANGING COMMUNICATION

Ready to tackle communication skills? This part is so helpful for kids!

1. Start by explaining the 3 parts of an "I Message" ("I feel...", "When...", "Please...").
2. Use the examples to let your class practice predicting how to express their feelings.
3. Quick Tip: Highlight the difference between saying "I" (asking for help) and "You" (blaming). It's a game-changer for them!

When we have **UNPLEASANT FEELINGS**, it is important to **SHARE HOW YOU FEEL!**

Sad Angry Confused

If you don't say anything, nothing will **CHANGE** and you will continue to be unhappy.

Use an **I MESSAGE** to share how you feel and state what you need.

Messages

I FEEL...

WHEN...

PLEASE...

Your best friend is playing with someone else at recess.

I FEEL... ... confused.

WHEN... ... you play with someone else at recess.

PLEASE... ... don't forget about me! I want to play with you too.

BUILD A SNOWMAN

SELECT THE "I" MESSAGE



Time for some teamwork!

- In this activity, students identify "I Messages" in scenarios.
- Each correct answer adds a piece to the snowman—can they build it before time runs out?
- It's interactive, collaborative, and super engaging for your class!

EXTENSION ACTIVITIES

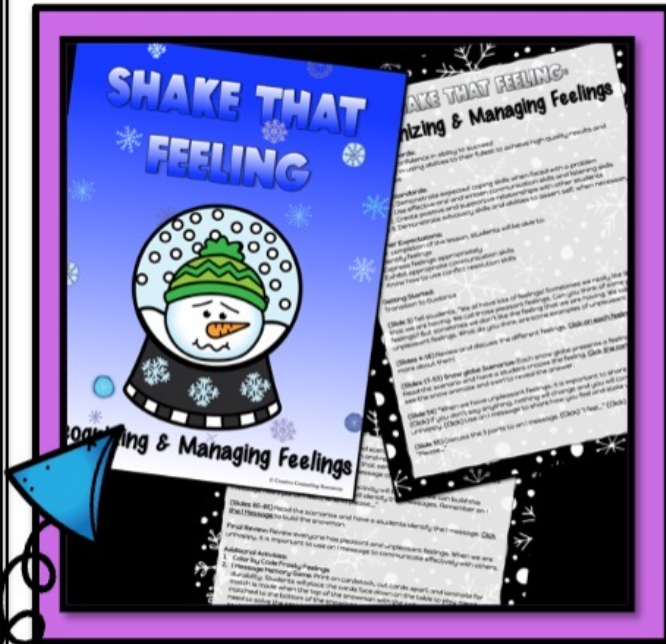
CONTINUE THE LEARNING

- Color by Code: A calming way to match feelings with colors!
- "I" Message Memory Game: Cut, laminate, and let the kids match snowman pieces!
- Perfect for centers or small groups!



SHAKE THAT FEELING

TEACHING FEELINGS IN A FUN WAY!



Easy to Teach with
Detailed Instructions!

Super Engaging for
Students!



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Packed with
Meaningful SEL
Content!

WHY YOU WILL LOVE IT...



- ★ **Engaging and Interactive:** Clickable animations and hands-on activities make teaching SEL effortless and fun!
- ★ **Fun and Relatable:** Real-life scenarios and animations keep students engaged and invested in learning about feelings!
- ★ **Aligned with SEL Standards:** Helps students build emotional awareness and communication skills in a meaningful way!
- ★ **Easy to Facilitate:** Clear instructions and scaffolded slides let you focus on connecting with students, not prepping!
- ★ **Built-in Review and Practice:** From snow globe scenarios to "I" Message exercises, students will keep practicing without realizing they're learning!