

What's An Interactive Notebook?

Interactive notebooks are a visually creative way to engage students in the learning and note taking process. Students will use visual graphics and graphic organizers to learn the material in an engaging way. While learning about the topic, students can use their own creativity to color, decorate and manipulate the materials in their notebooks to make the material more interesting and captivating.

How To Use:

These pages have multiple options for use.

- They can be printed on colored paper, or students can color in the templates.
- They can be glued into an interactive notebook, or be glued onto a separate piece of paper.
- They can be used as a comprehensive unit, or as separate lessons.
- They can be used in individual, small group, or classroom counseling sessions.
- They can be used as stations in group lessons.

**Please note that this resource is a zip file. The materials for each page are included in their own folder for easier use. Please make sure you know how to unzip a file before downloading this resource.

Includes complete template materials for each page

Physical Symptoms

When we experience various feelings, our bodies react in different ways. There are physical cues that let us know we might be feeling a certain way. If we can recognize these symptoms, we can better control and understand our feelings!

Happy Frowning Pacing back and forth

Sad Biting your lip

Mad Smiling

Worried Your face turning red

How Do They Feel?

We can understand how others are feeling based on the situations they are in and what they are doing. This is important because if we can tell how they are feeling, we can know how to respond in a way that is respectful and kind!

Jose is smiling. How is Jose feeling?

She isn't sure if she will make the team. How is Madeline feeling?

Matthew got a bad grade on a test he studied hard for. How is Matthew feeling?

Ways To Show My Feelings

There are many ways to show how we feel. We can show our feelings in positive ways or negative ways. It is important to show how we feel in ways that are respectful, kind, and help us calm down.

You broke your pencil. You drew a picture to show how you feel.

You felt worried so you got quiet and refused to talk.

You felt mad so you walked away from the situation.

You felt mad so you took some deep breaths.

You felt happy so you laughed out loud in the middle of class.

You felt sad so you ran out of the room crying.

You felt happy so you smiled at your friend.

I Can Identify Feelings

If we can identify feelings, it is easier for us to handle our own feelings and respond well to the feelings of others. We can identify feelings by thinking about how someone looks, what they are doing, and what the situation is.

Your sister broke your favorite game. You want to scream. Your face is turning bright red and you feel like calling her a mean name.	Your cat just died. You will miss him a lot. He was one of your best friends. You have been quiet all day because of this. You start to cry a little when you think about your cat.
You have a big spelling test coming up. You are not sure how you will do. You studied, but some of the words are still very hard. Your stomach hurts a little when you think about the test.	You are playing soccer with your friend. You love soccer. You and your friend are smiling and laughing while you play. You are having so much fun.

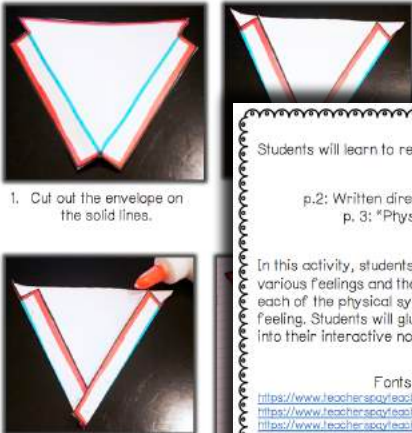
How I Experience Feelings

We all experience feelings in different ways. It is important to know how you experience feelings so that you can recognize them when they happen!

Happy	Sad
Things I do when I am happy	Things I do when I am sad
Things I say when I am happy	Things I say when I am sad
How my body looks when I am happy	How my body looks when I am sad
How my body feels when I am happy	How my body feels when I am sad
Mad	Worried
Things I do when I am mad	Things I do when I am worried
Things I say when I am mad	Things I say when I am worried
How my body looks when I am mad	How my body looks when I am worried
How my body feels when I am mad	How my body feels when I am worried

Includes photo and written directions for each page

Directions for Pockets



1. Cut out the envelope on the solid lines.
3. Dot glue on the tabs.

Objectives:
Students will learn to recognize feelings using physical cues.

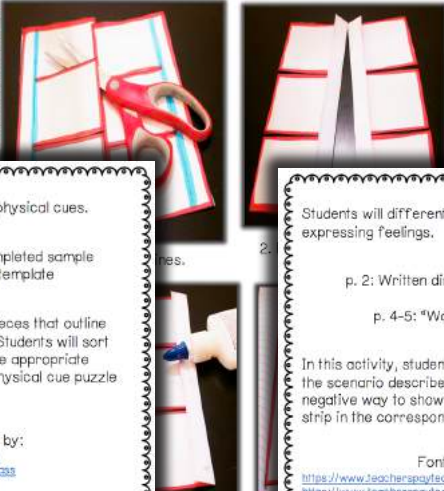
What's Included:
p. 2: Written directions and photo of completed sample
p. 3: "Physical Symptoms" puzzle template

Directions:
In this activity, students will look at 12 puzzle pieces that outline various feelings and their physical symptoms. Students will sort each of the physical symptoms according to the appropriate feeling. Students will glue the correct feeling/physical cue puzzle into their interactive notebooks.

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Directions for Double Doors Center Cut



1. Cut out the door on the solid lines.
2. Glue the door to the notebook.

Objectives:
Students will differentiate between positive and negative ways of expressing feelings.

What's Included:
p. 2: Written directions and photo of completed sample
p. 3: Photo directions
p. 4-5: "Ways To Show My Feelings" Template

Directions:
In this activity, students will look at 12 scenario strips and decide if the scenario describes a positive way to show feelings or a negative way to show feelings. Students will place each scenario strip in the corresponding pocket.

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Directions for Spinners



1. Cut out the spinner parts.
2. Line up the spinner parts.
4. Bend the parts of the brod.
6. Attach to a notebook.

Includes photos of completed samples for each page

