It's O.K. to Feel

This Interactive Bulletin Board highlights the phrase It's okay to feel _____.... I've felt that way too. Select different emotions and have students work collaboratively to create visuals to accompany the emotions. To help with this project, select a 4th or 5th grade class to pair up with each 1st grade student.

Caring Sub-Concept(s)
Compassion, Kindness

Project Timeframe
25-30 minutes

Required Materials
❏ Basic art supplies
❏ Poster board
❏ Color paper
❏ Scissors, tape, etc.
❏ Yarn
❏ Paint

This bulletin board is best suited for your hallway if possible. Design the bulletin board so that the phrase, "It's okay to feel _____.... I've felt that way too." Is in the middle.

- Assign every pair an emotion to illustrate together. Using small paper plates (dessert size work best), have each pair create one face to express their assigned emotion. If time allows, use a variety of media to complete the face (yarn, cardstock, paint, etc.).

Note: To connect this project with the empathy lesson, focus on the following emotions: Happy, Sad, Angry, Surprised, Nervous, and Scared.

- After all of the emotion faces are completed, have students share an example of a time they felt this way. Have the student's older partner write the example down on a sticky note. Older students can also add a sticky note with a personal example as well.

Provide a small instruction box for passersby to participate as well. Invite them to write a time they felt one of the emotions on the board using the sticky notes provided and place it onto the bulletin board. Make sure to leave space on the bulletin board for others to add their personal experiences with each emotion as well!

Extension Activity

As a class, read aloud each post-it at the end of the week. Not only can you empathize with their experiences, they were able to empathize with yours!

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SELect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

https://casel.org/guide/kindness-in-the-classroom/

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