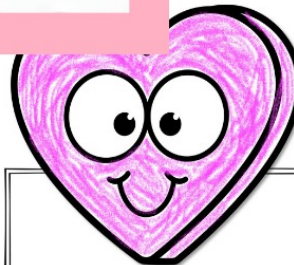
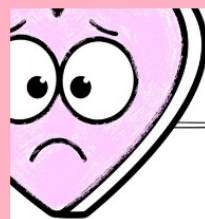
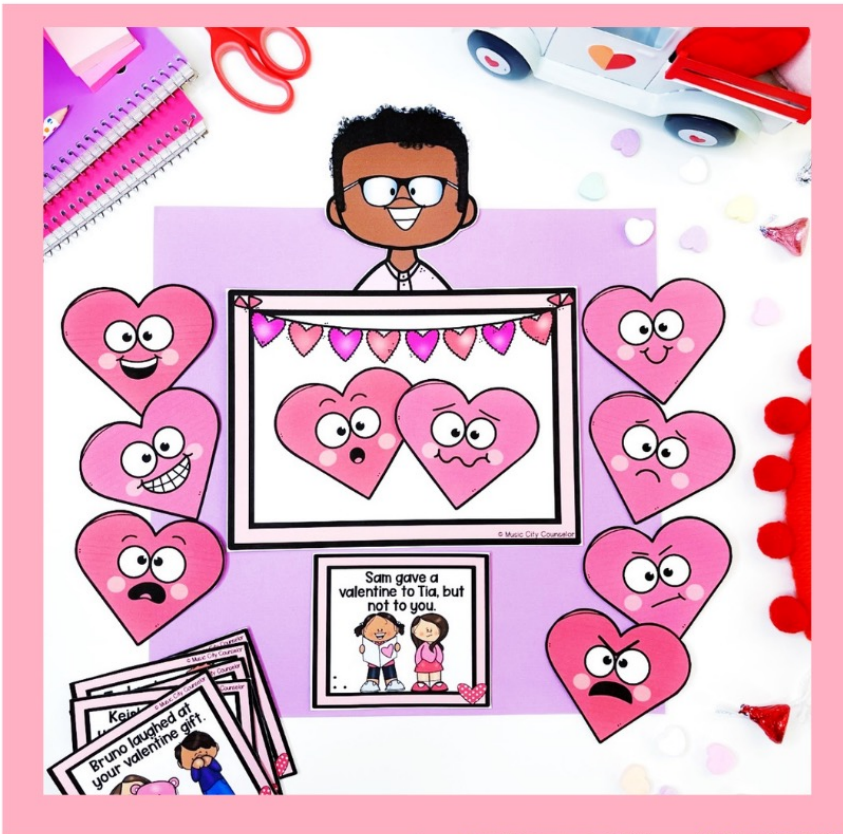


RESOURCE BUNDLE

Valentine's Day

Kindergarten - 4th Grade



Name: Mariana M.
I feel SAD when...
when she doesn't include
me in video games.
I feel SAD, I can...
write happy thoughts and
share my feelings.

Name: Mandy
I feel HAPPY when...
my mom bakes cookies with
me. It's our favorite
thing to do together!
When I feel HAPPY, I can...
share my joy with others
and be present in
the moment.

Name: S
I feel
my bro
He's a
things
When
take

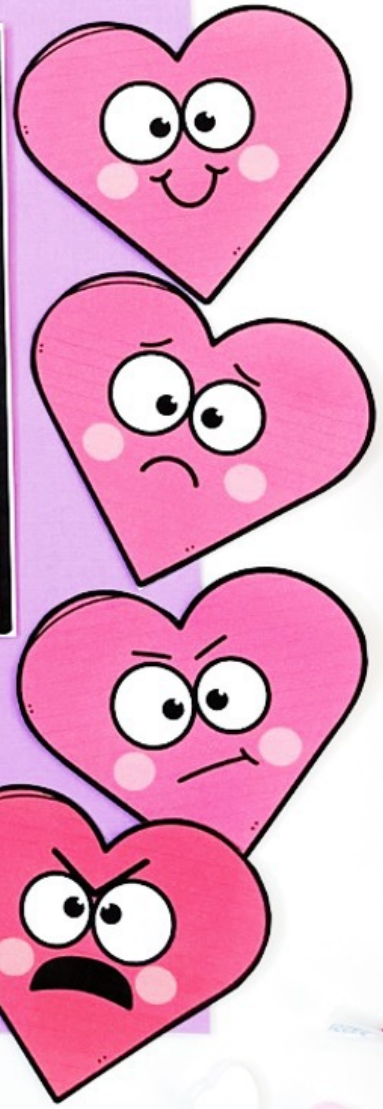
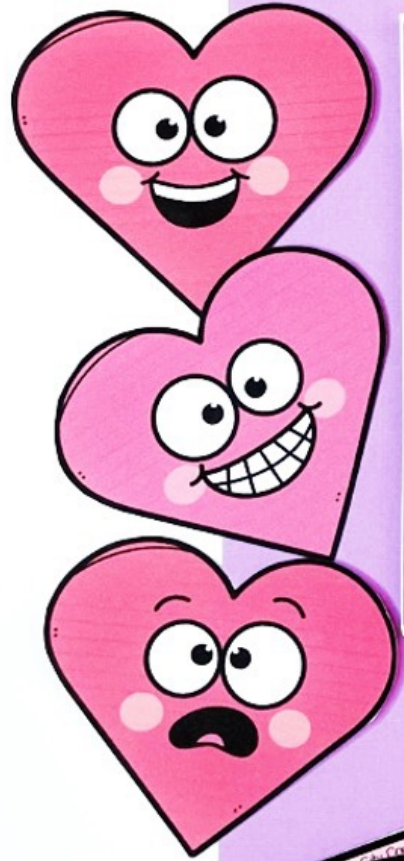
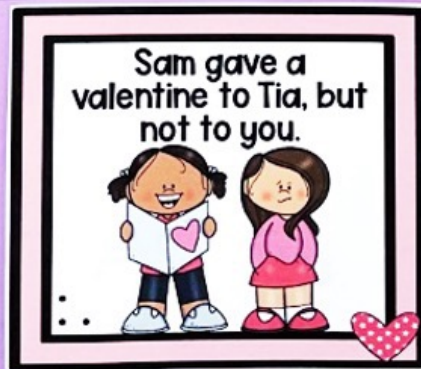
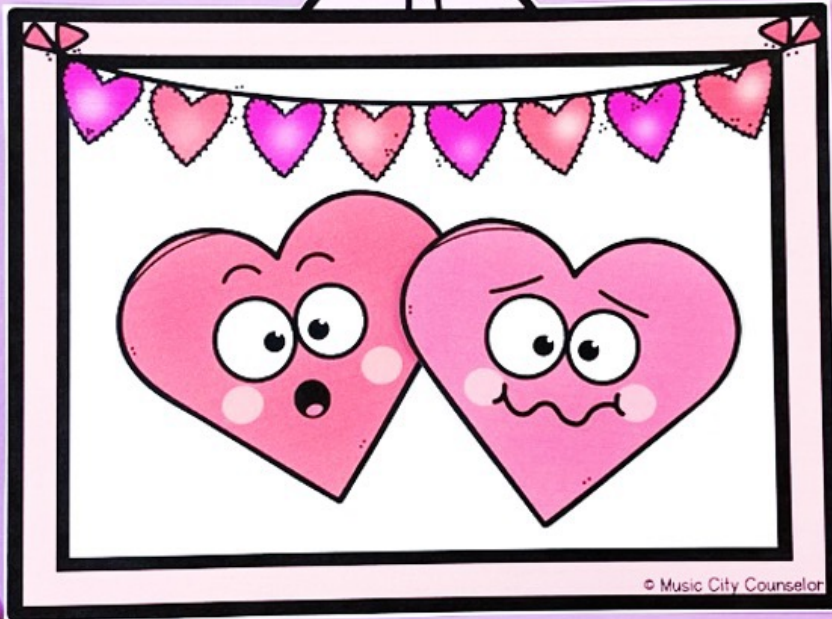
THIS BUNDLE INCLUDES

3 Resources

- Valentine's Day Feelings Game
- Valentine's Day Feelings & Coping Skills Lesson
- Valentine's Day Kindness Notes

**classroom, group,
& individuals**

FEELINGS GAME



FEELINGS & COPING SKILLS

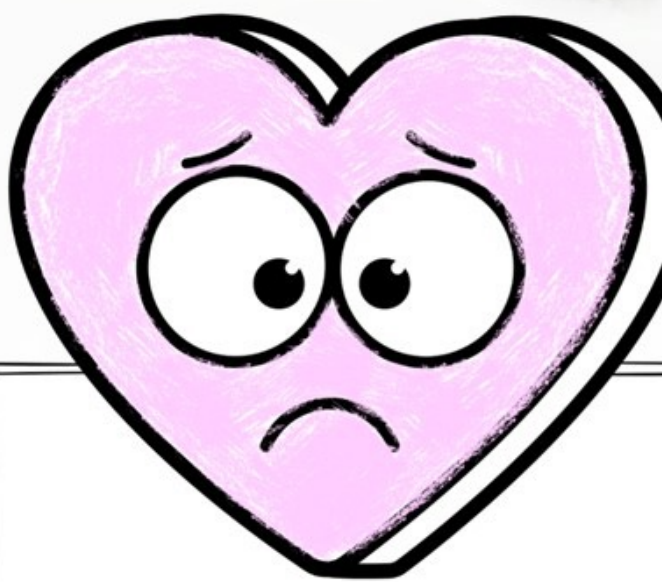


COPING SKILLS

Drag the ✓ to your favorite coping strategies.

<p>Take deep breaths.</p>	<p>Spread kindness and joy.</p>	<p>Talk it out.</p>	<p>Think happy thoughts</p>
<p>Count to 10.</p>	<p>Ask for a hug.</p>	<p>Relax in a safe spot.</p>	<p>Take a walk.</p>

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Name: Juana M.

I feel SAD when...
my brother doesn't include me in his videogames.

When I feel SAD, I can...
think happy thoughts and talk out my feelings.

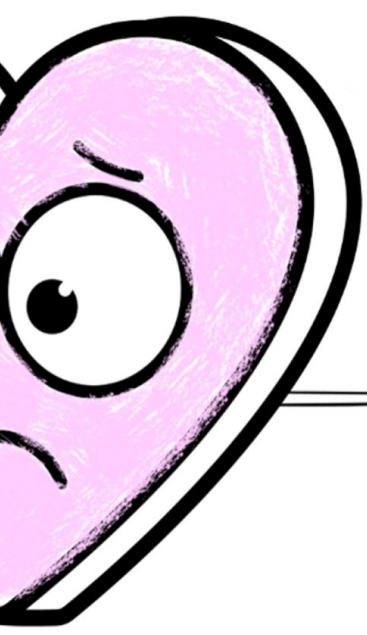


My Valentine's Day FEELINGS

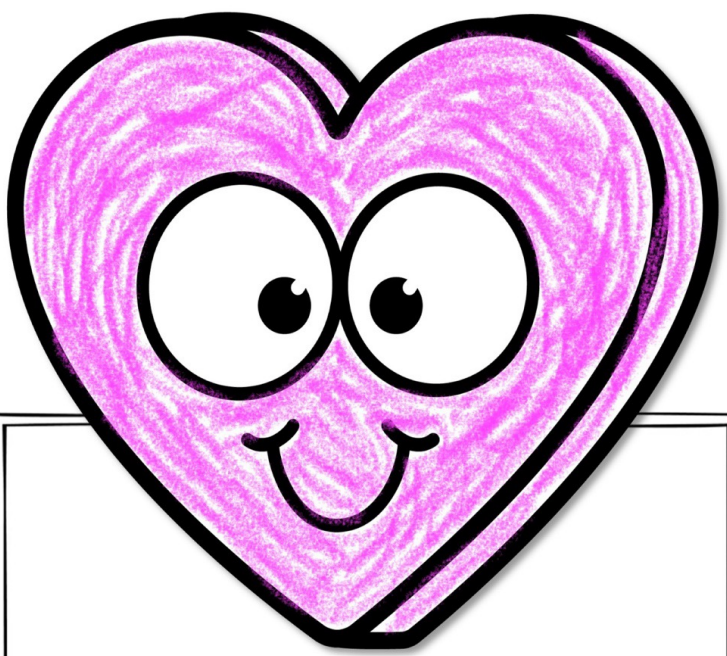
 Happy	 Angry	 Nervous	 Scared
 Sad	 Excited	 Proud	 Surprised

MUSIC city COUNCILOR

FEELINGS & COPING SKILLS



Name: _____
I feel SAD when...
_____ doesn't include _____
_____ games.
When I feel SAD, I can...
_____ thoughts and _____
_____ feelings.



Name: Mandy
I feel HAPPY when...
my mom bakes cookies with
me. It's our favorite
thing to do together!
When I feel HAPPY, I can...
share my joy with others
and be present in
the moment.



Name: Juan Ca
I feel ANGRY when...
my brother bro
He's always bre
things.
When I feel ANGRY, I can...
take deep brea
10, and talk out
feelings.

KINDNESS NOTES



Let's spread
VALENTINE CHEER
and
KINDNESS
to our peers!

MUSIC CITY COUNSELOR

KINDNESS VALENTINE

To: Carla
From: Amy

You brighten my day when you...
greet me with a hug every morning at
the bus stop. You start my day in such
a friendly way!

KINDNESS VALENTINE

To: Thomas
From: Carey

Thanks for always
being kind to me.

KINDNESS VALENTINE

To: Easton
From: Cherrie

Thanks for teaching me
how to score a
goal in soccer.
You're the best!

KINDNESS VALENTINE

To: Kimmy
From: Jessie

My favorite thing about you is...
you shared your special jean jacket
with me. I was so excited to wear it!