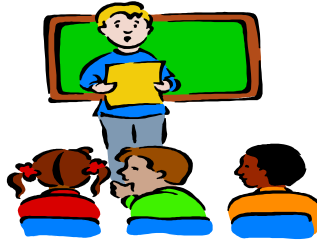


***Kindergarten Guidance Lesson Home Page**

***My Personal Rainbow of Feelings--From Blue to Indigo/Sad to Happy**

***Mr. Rauschenberger**



During this week's guidance lesson, students in Kindergarten recalled times when they felt sad and shared some of the things they did during those times. Then the book *I'll Always Love You*, by Hans Wilhelm, was read. The story is about a boy and his dog. The story has a sad ending, with the boy's dog dying of old age. For most, this caused a feeling of sadness, and they were encouraged to be aware of their sadness. The children were taught that feeling sad is natural, but that most people do not like to stay sad for a long time. By relaxing and using their imagination, the children learned some ways to change that sadness into a brighter feeling. They were told they could do this because they knew how to use their imaginations.

Using music and their imaginations the children were encouraged to think of a birthday party. The children were read a story about attending a birthday party. With their eyes closed, they were asked to imagine balloons, beautifully wrapped presents, and a colorful cake. After imagining these elements of the party, they were asked to recognize the feelings that occurred while they were thinking of the party. Students were then asked to draw a picture about one part of the party that they had imagined. It was reviewed that we all have a powerful tool called our imagination that can help us to change our sad feelings and turn them into happy ones!

We concluded the lesson by creating a "Feelings Wheel." Students had fun practicing "I Feel" messages and then turning their arrows to different feelings faces on their feelings wheel!

