

Activity Share: Feelings Bag

Age group: Preschool



How Do I Feel Today?

Today especially we are all experiencing feelings that may be to the extreme. For some little ones it might hard to express verbally. There may be feelings that we like to have more often than others, but all feelings are okay. Even for those unpleasant feelings, we can learn to employ strategies that use the information we receive from our feelings to respond to them in ways we feel good about.

The supplies you will need to make the Feeling Bag would be the following.

- 4 or more rocks that you can paint and design
- A bag, either cloth or paper that you can draw a person on.