

# FREE Resources

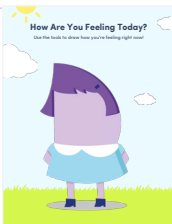
for school counselors and their students



**problem-solving • social skills development • identifying feelings • coping skills • and more**

## Within this activity you'll find...

1. Overview
2. A sample script to use with students to introduce the topic and activity
3. Ideas for engaging students using these resources



## "How Are You Feeling Today" Worksheets

We hope you find this just as useful in your work with students as other school counselors have! Please let us know if you have any feedback.



## ACTIVITY: Hopscotch “How Are You Feeling Today?” Worksheets

---

### Objectives:

- Provide a simple yet effective way for school counselors to connect with their students on an emotional level.
- Help students explore their emotions and express how they’re feeling.
- Provide students with the support they need to thrive academically, socially, and emotionally.

### Materials Needed:

- Download and print the **Hopscotch Problem-solving worksheet**
- Pen, pencil, or marker for each group/student

### OVERVIEW

Identifying and understanding emotions is an important aspect of social and emotional development in children. Here are some reasons why:

1. Emotional regulation: By recognizing their feelings, children can take steps to manage them in a healthy way, such as by talking to someone, taking deep breaths, or engaging in a calming activity.
2. Self-awareness: By identifying their feelings, they can learn to manage their emotions better, make more informed decisions, and communicate their needs effectively.
3. Social interaction: When children can understand the feelings of others, they are more likely to communicate effectively and empathize with others.
4. Academic performance: Research has shown that emotional intelligence is positively linked to academic performance. Children who can recognize and manage their emotions are more likely to be engaged in learning, have better problem-solving skills, and cope better with stress.
5. Mental health: Children who can recognize and manage their emotions are less likely to experience anxiety, depression, and other mental health issues.
6. Communication: When children can identify and label their emotions, they are better able to communicate their feelings to parents, teachers, and peers.
7. Empathy: When children learn to identify and label their own emotions, they are more likely to be able to understand and empathize with the emotions of others.
8. Problem-solving: By understanding their emotions and what triggers them, children can make more informed choices and respond in a more effective way.

#### *As a school counselor,*

you may be tasked with helping your students develop strong emotional regulation and awareness skills. School counselors often check in with their students and provide them with a safe space to share their feelings.



## IDEAS FOR ENGAGING STUDENTS & SCRIPT

Introducing the Hopscotch “How Are You Feeling Today?” activity. This activity involves students choosing one of three Hopscotch characters – Francis, Rowan, or Grant – and drawing on the character to reflect their current emotions. By doing so, students can learn to recognize and label their feelings, which is an important step towards regulating and managing their emotions. Additionally, this activity can help students feel heard and validated, which can increase their sense of connection and belonging within the school community.

To begin the activity, simply ask the student how they’re feeling today. This can be done in a casual and non-threatening way, such as

*“Hey there, how are you feeling today?” or “How’s your day going so far?”*

Encourage the student to answer honestly and openly, and address the limits to confidentiality. (Assure them that whatever they share will be kept confidential unless you are concerned that they might be a danger to themselves or someone else or you learn that someone is hurting them.)

Once the student has shared their initial response, follow up with some more specific questions to gain a deeper understanding of their emotions. For example, you could ask

*“What’s been going well for you lately?” or “Is there anything that’s been causing you stress or anxiety?”*

Be sure to listen actively and show empathy throughout the conversation, and offer any support or resources that may be helpful for the student.

During the activity, you can encourage your students to use descriptive language to express how they are feeling, and to identify the specific triggers that may be contributing to their emotions. You can also use this opportunity to teach students coping strategies and problem-solving skills that they can use to manage difficult emotions.

Students will be given a choice between three Hopscotch characters, each with their own unique personality and expression. After choosing a character, students will be encouraged to draw or write on the character’s body to reflect how they’re feeling at that moment.

Now ask the student to draw on a Hopscotch character how they are feeling. The Hopscotch character can be a fun and engaging way for students to express themselves. Encourage them to use different colors, shapes, and facial expressions to represent how they’re feeling. For example, they can draw a sad Hopscotch character with droopy eyes and a frown, or a happy Hopscotch character with a big smile and bright colors. This allows them to visually represent how they feel without having to find the right words to express themselves. Ask the student to let them know when they are finished (if you have limited time, you may need to discuss this with the student and set a visual timer).

**...continued on next page**



## **IDEAS FOR ENGAGING STUDENTS & SCRIPT...continued**

Once the student has completed their drawing, use open-ended questions to encourage students to share what they drew. They may also share why they chose certain colors or shapes or they may not have the words to express this.. Open-ended questions can help you understand their emotions and identify any potential issues they may be facing. Avoid labeling in your questions or comments, such as “you drew that in blue” or “why is there a triangle there?” “or he looks sad.” Instead notice/draw attention to things in the drawing. For example,

*“I noticed you used this color here and another color there” or “this side has three of these and this side has two.”*

And then pause to allow the student time to reflect and comment if they wish.

Overall, the “How Are You Feeling Today” activity is a great way to start a conversation about emotions and mental health with your students in a fun and engaging way. It can help students feel heard and validated, and it can also give you insight into how to support them in the future. As we know, emotions can be complex and sometimes difficult to express. By using these characters, students can visually represent their feelings safely and creatively.

By engaging in this activity, students can develop a deeper understanding of their emotions and learn how to express themselves in a healthy way. It can also provide valuable insight for counselors to better understand the emotional state of their students, allowing for more personalized and effective support.

### **Group or individual activity**

The “How Are You Feeling Today?” activity can be done as both a group or individual activity, depending on the counselor’s preference and the needs of the students. The important thing is to create a safe and supportive environment where students feel comfortable expressing themselves and exploring their emotions.

#### **Group:**

As a group activity, students can work together to choose their Hopscotch characters and share their drawings or writings with one another. This can create a supportive and inclusive environment where students can learn from one another and feel less alone in their emotions.

#### **Individual:**

As an individual activity, students can work one-on-one with the counselor to discuss their emotions in more detail and receive personalized support. This can be especially helpful for students who may feel more comfortable expressing themselves privately or who have more complex emotional needs.

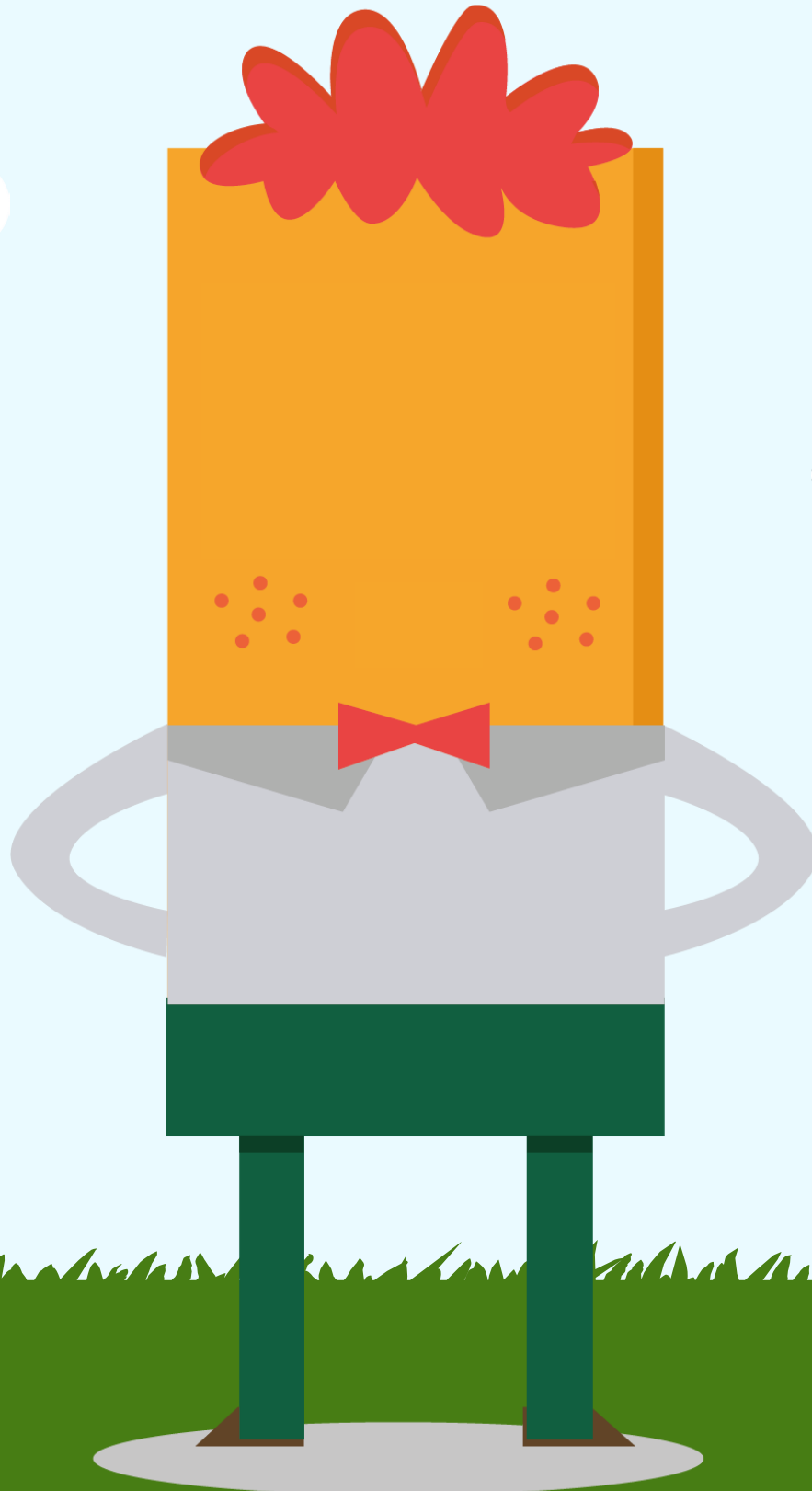
# How Are You Feeling Today?

Use the tools to draw how you're feeling right now!



# How Are You Feeling Today?

Use the tools to draw how you're feeling right now!



# How Are You Feeling Today?

Use the tools to draw how you're feeling right now!

