

Kindergarten Lesson Guidance Home Page
“My Personal Rainbow of Feelings”—Intro. Lesson
***Mr. Rauschenberger-School Counselor**



This week in your child’s first Guidance classroom lesson, children were introduced to their School Counselor, Mr. Rauschenberger and his friend “Buddy” during a recent classroom visit. Children learned the guidance class rules which are “Give Me Five.” (Eyes Watching, Ears Listening, Lips Closed, Hands Still, Feet Quiet). The counselor will visit each Kindergarten class six times during the school year. Each lesson will revolve around two or three different feeling words. These feeling words will each be associated with a different color of the rainbow. In our first lesson, children learned about the following feelings words: *Happy, Sad, Angry and Scared*. Children listened to the story, *“Today I Feel Silly, and Other Moods That Make My Day”* by Jamie Lee Curtis. Then children had fun acting out these four feeling words through a fun game of Feelings Charades.

Children learned that each emotion is an honest feeling, should be expressed freely and openly and can be associated with any color of the rainbow to any feeling word. Students continued the lesson by coloring the four feelings faces with their desired color of the rainbow. Then they shared times they felt these different feelings in their lives.

We concluded the lesson by creating a *“Feelings Wheel.”* Children drew the four feelings faces on a paper plate. An arrow was attached to each plate allowing for children to physically say and show how they are feeling today. Children practiced saying the phrase, *“Today I Feel...”* just like in the story by Jamie Lee Curtis! Four more lessons this year will focus on different feeling words and the colors of the rainbow as well as an additional lesson on bully prevention. I look forward to working with your child this year in Kindergarten Guidance!