Counselor Name: Karen Ward  
Title of Lesson: Fish for Feelings  
Audience: Classroom  Small Group  
Level: Primary (K-2)  Intermediate (3-5)  
Target Grade: 1st  

COUNSELING STANDARDS  

ACADEMIC  
1. Students will acquire attitudes, knowledge and skills that contribute to effective learning in school and across the life span.  
2. Students will complete school with academic preparation essential to choose from a wide range of substantial post-secondary options, including college.  
3. Students will understand the relationship of academics to the world of work and to life at home and in the community.  

CAREER  
4. Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.  
5. Students will employ strategies to achieve future career goals with success and satisfaction.  
6. Students will understand the relationships between personal qualities, education, training and the world of work.  

PERSONAL/SOCIAL  
7. Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.  
8. Students will make decisions, set goals, and take necessary action to achieve goals.  
9. Students will understand safety and survival skills.  

COUNSELING COMPETENCY(IES)  
Identify and express feelings.  

ARIZONA STANDARDS FOR:  
Reading: Relate information and events in a reading selection to life experiences and life experiences to the text.  
Writing: Create pictures and text that is expressive, individualistic, engaging, and lively.  
Math:  

Sheltered Instruction Observation Protocol (SIOP) Strategy:  
Think, pair, share. Pictures.  

MATERIALS/RESOURCES:  
The book, A to Z Do You Ever Feel Like Me? By Bonnie Hausman and Sandi Fellman. (You could do this lesson without the book.) Envelope or glass fish bowl. Pre cut cards with one feeling word on each card.
**ACTIVITY:**
If you use the book, each page has a letter of the alphabet with a story. At the end of each story it says I feel so __________. Students guess the word that fits in the blank. There is a picture that expresses the feeling word. If you don’t have the book, use pictures from magazines, draw them or use patterns from the internet. The A to Z words are in the back of the book, but the following is a feeling word for each letter of the alphabet. The feeling words: angry, brave, confused, delighted, embarrassed, friendly, greedy, happy, impatient, jealous, kind, lonely, mischievous, nervous, overwhelmed, proud, queasy, rambunctious, scared, terrific, upset, vain, worried, exhausted, yucky, and zany. Next, using a fish bowl or envelope with cards or cards shaped like fish. Have each student pick one word. Have students work in pairs to make their own story using a personal situation about one or more of the feeling words they drew. They may draw the story, write or do both. Have students volunteer to share their words and stories with the whole class.

**EVALUATION:**

**Pretest/Posttest:**

How did the student change as a result of this lesson? Students will be able to use vocabulary to express individual feelings.

**Information/Comments/Follow-up:** To extend vocabulary have students think, write and say other words that begin with each letter of the alphabet.