

Name _____

Feeling Reflections Answer Key

Since this activity is based on personal reflection, answers will vary.

Students should demonstrate:

- Clear connection between the emotion and a real event.
- Evidence of understanding the meaning of each emotion word.
- Description of a strategy or thought that helped them manage the feeling.

Teacher's Guide

- **Differentiation Tips:**
 - Provide sentence frames for students needing writing structure (e.g., "I felt ___ when ___. It made me feel ___ because ___").
 - Offer one-on-one or small-group discussions before writing to help students think through emotions.
 - Allow typing or verbal dictation for students with fine motor or writing challenges.
- **Engagement Ideas:**
 - Create a "Feelings Circle" where students share one of their reflections aloud (optional for comfort).
 - Let students draw or color a symbol for each emotion they write about.
 - Use calm background music during writing time to help students reflect deeply.
- **Extension Ideas:**
 - Encourage students to turn one reflection into a short story or poem.
 - Build a class "Emotion Word Wall" from the emotions students use most often.
 - Have students identify a healthy coping strategy connected to each feeling they described.