

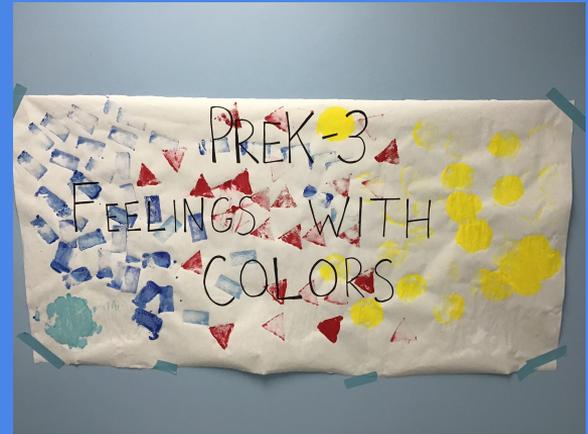
SAS Little Lions  
Pre K-3  
Feelings through Colors!



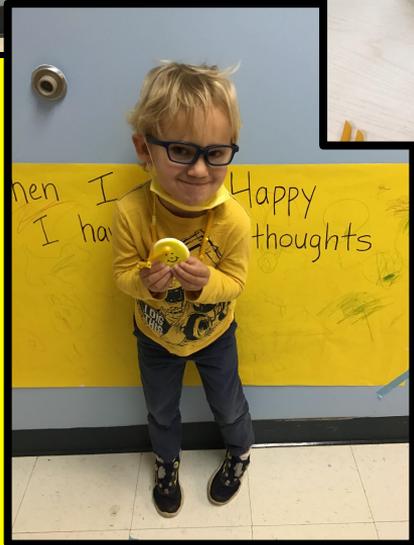
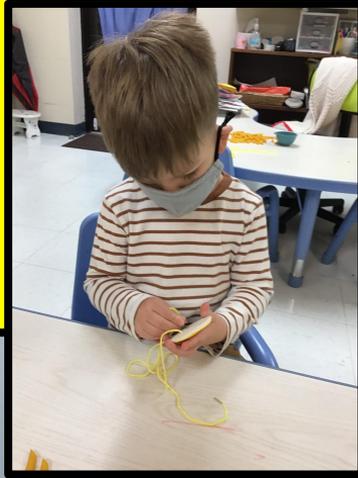
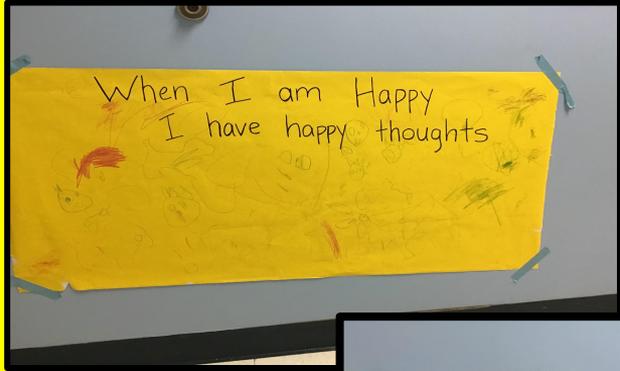
# Feelings through Colors!



Learning about feelings and emotions is an important social/emotional skill for every child. PreK 3 learned ways to express their feelings through colors. They also learned ways to self calm and understand that everyone has feelings.



# Yellow is Happy!



Yellow is a fun  
and bright  
color to  
express when  
we are HAPPY!



[Click here to play video](#)

# Yellow is Happy!



PreK 3 found many ways to express how “Happy” they were through fine motor skills such as tearing yellow paper, beading a necklace, and drawing “Happy” thoughts.

# Blue is Sad!



Blue is to express how SAD we feel. "Are you feeling blue today?"

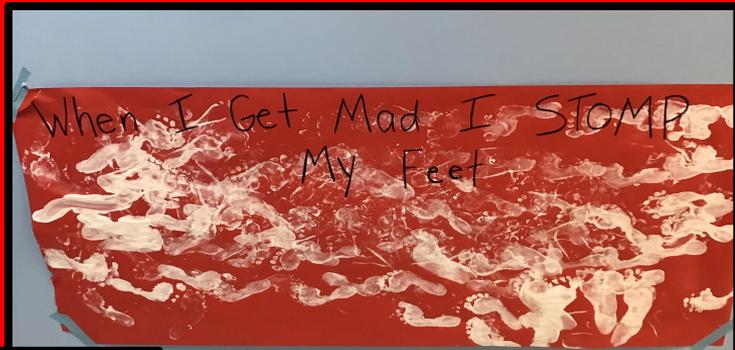
# Blue is Sad!



Calming down and managing BIG emotions can be challenging for our Little Lions. We have a special “Safe Place,” that they can go to when they are feeling sad or need to calm down. In the “Safe Place” there is a calming basket of activities to help reset their emotions.

As we learn how to handle our emotions, we also practice patterns and one to one counting.

# Red is Mad!



[Click here to play video](#)



Through art fun, our Little Lions expressed how MAD they were by stomping on red paper and tearing to strengthen their fingers.

# Red is Mad!

As part of our “M”orning routine, the children checked in with how they were feeling by placing a feelings stick in their Owl pocket.



“M” for Mad Monster! The children designed their own feelings monster, as they worked on face placement, fine motor skills and the letter “M.”



# Feelings through Colors!

Class of 2035

August Aragon

Emmett Boan

Finley Brennan

Olivia Clay

Jacob Davis

Carl Hurtig

Wolf Keifer

Charlie Phillips

Harry Prout



[Click here to play video](#)

Thank you for watching Pre K-3 express their feelings through colors, art, music and learning.

How do you feel today?

