

INCLUSION TILES

F.E.E.L.S.

(fun easy emotion lessons)

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Special Olympics
**Unified Champion
Schools®**



excited



**I feel excited
when I am
invited to play
with others.**

happy



**I feel happy
when I sit
with friends
at lunch.**

hopeful



**I feel hopeful
when a friend
speaks up
after someone
is mean.**

proud



**I feel proud
when my
coach says
"Good job!"**

lonely



**I feel lonely
when I am not
invited to sit
with classmates
at lunch.**

sad



**I feel sad when
I am picked
on by my
teammates.**

mad



**I feel mad when
classmates say
mean comments
about how
I learn.**

afraid



**I feel afraid
when someone
says hurtful
things to me.**

calm



**I feel calm when
my teacher says
"Good morning!"**

ACTIVITY CARD

ORDER THE TILES

1. Read each tile with a partner.



2. Work together and order the tiles. Show how emotions change from when you don't belong to when you do belong.



ACTIVITY CARD

3. Meet with other pairs. See how they ordered their tiles.

4. Talk with others about their order!



ACTIVITY CARD

A TIME WHEN

1. Get into groups of 3-5 people.



2. Pick up 1 tile at a time.



3. Read the emotion and example out loud.



4. Each person will take a turn sharing a time when they felt this way.



5. Repeat until the deck is finished.

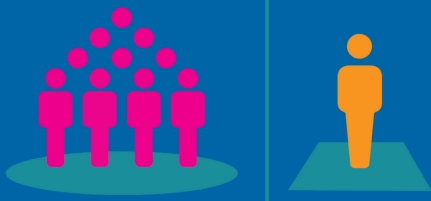
ACTIVITY CARD

**HOW DO I FEEL
WHEN I
BELONG?**



ACTIVITY CARD

**HOW DO I FEEL
WHEN I DON'T
BELONG?**



1. Read each tile with a partner.



2. Place the 'Belong' card and the 'Don't Belong' card at the top of your table.

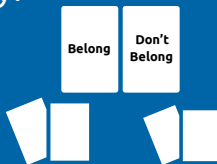


3. Work together to sort the tiles into the 2 categories.

4. Read each tile. Ask, "Is this how you feel when you belong or when you don't belong?"



5. Place each tile under the 'Belong' or the 'Don't Belong' category.



6. Meet with other pairs. See how they sorted their tiles.



ACTIVITY CARD

GUESS THE EMOTION

1. Get into groups of 3-5 people.



2. Mix 2 decks of tiles together.



3. Have 1 person pick a tile and put it above their head. They shouldn't look at the tile.



4. The other members of the group should try and describe the tile. They can:

- use words 
- act it out 
- draw 

5. The person holding the tile will try and guess the tile.



6. Take turns guessing each tile until the deck is finished.