

PRESENTER GUIDE

Naming Feelings

A gentle 30-minute flow for the verified Chalkie Health lesson

30 MINUTES • LIVE CHALKIE LESSON • PRINT OR OPEN ACTIVITY SHEET

TEACH LINK <https://app.chalkie.ai/lessons/a2e3a1bc-f9de-4455-b739-fbb5483c7f73>

WORKSHEET <https://app.chalkie.ai/documents/a2e3a240-3420-4031-875a-05d5c1e242b7>

Before the girls sit down

READY CHECK

1. Open both links and confirm the Week 5 titles. 2. Set out pencils, crayons, and Oaklynn's portfolio binder. 3. Use Teach view and allow an answer before confirming it.

Learning target

I CAN name a feeling, notice a body clue, and choose a safe, helpful response.

What success looks like

OAKLYNN Names the feeling, body clue, and one safe response in a scenario. Save the completed sheet.

BROOKSLEY Points, circles, matches, draws, answers orally, or dictates. All feelings are acceptable.

Minute-by-minute flow

30 minutes • stop when the time is complete

1

3 min • Welcome

Say: All feelings give us information. Feelings are not good or bad; choices can be safe and helpful.

2

9 min • Teach with Chalkie

Name common feelings and notice face, hands, posture, voice, and body clues.

3

5 min • Move + practice

Act out one body clue. Pause, name the feeling, take one star breath, and practice asking for help.

4

10 min • Activity Sheet

Oaklynn names a feeling, body clue, and safe response. Brooksley may point, circle, match, draw, answer orally, or dictate.

5

3 min • Check + close

Each learner completes: I feel ___ when ___. Name one trusted adult who can help.

Evidence to save

Names the feeling, body clue, and one safe response in a scenario. Save the completed sheet. Points, circles, matches, draws, answers orally, or dictates. All feelings are acceptable.