

Potential Integration:

ELA

Health
1.MEH.1.1
Use effective communication to express and cope with emotions.

Materials:

- Write 6 different emotions on index cards
- Book – Green Eggs and Ham by Dr. Seuss (ISBN: 0-394-80016-8)

Focus Step:

Play emotions charades. Write 6 different emotions on index cards and ask students to draw a card and act out that emotion using only their facial expressions and body language – no talking. Let the class take turns guess until they offer the correct answer. Ask students how we know the emotions other’s are feeling? Ask students if we ever use words to express our emotions and how do these words affect others?

Statement of Objectives:

After this lesson, you will be able to express and cope with your emotions using appropriate and effective communication skills.

Teacher Input:

Explain to students that everyone has feelings and emotions and that it is normal to feel a wide range of emotions – happy, glad, sad, afraid, angry, mad, tired, and frustrated. Sometimes when people experience emotions that make them feel badly, they use a rude tone or mean words to communicate these feelings to other people. Remember it is okay to experience negative emotions; however, it is not okay to treat others badly because we are sad, or mad, or frustrated. One way to express our emotions is through the use of “I” statements. Read the book Green Eggs and Ham and ask students to record the types of emotions the main character experiences (frustration, anger, irritation,). Ask students how the main character expresses these emotions to Sam-I-Am (he uses “I” messages to describe how he feels like I do not like ...let me be – not accusing messages like – you are making me angry or you need to leave me alone).

I messages describe your feelings or emotions and begin with the word “I” instead of “you” which shows that you are assuming responsibility for your feelings and not blaming the other person. You are also sharing how you feel in a respectful way.

When developing I messages construct them using these sentence starters (write on the board):

- I feel...(tell how you feel)
- When... (tell why you feel that way)
- I would like... (tell what you want to happen instead)

Assessment:

Give the class the following sentence stems and ask them to think-pair-and share “I” messages with a partner.

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EXAMPLE: Janice borrowed your pencil without asking and you were looking for it everywhere.

I statement: Janice, I feel frustrated when you borrow my pencil without asking. I am glad to share with you. In the future, please ask me first so I can take find one we both can use.

Carl jumped in front of you in line after you had been waiting for a turn at the water fountain.

Jackson ate some of your snack without asking.

Jessica left you out of a game that you really wanted to play with your friends.

Closure:

Today you learned how to express your feelings without hurting others. Continue to communicate using I-messages to share your emotions in a respectful way.