

Potential Integration:
ELA

Health

K.MEH.1.1

Recognize feelings and ways of expressing them

Materials Needed:

- Video Access - Sesame Street Feeling's Game Video:
<https://www.youtube.com/watch?v=vv94NV17Als>
- Book - Today I Feel Silly & Other Moods That Make My Day by Jamie Lee Curtis
ISBN: 0-439-15313-1
- Access to the Internet or Feelings Cards – copied and cut apart (1 pack per student or small group)

Focus:

Ask the students - If a baby cannot talk, how do you know how he/she feels?

OR

Play this video of Ernie's feelings game - <https://www.youtube.com/watch?v=vv94NV17Als> and ask students to look for ways people can tell how we feel. Answers might include: our face and expressions, the way we use our bodies, our voice and our words.

Remind students it is normal to have lots of different kinds of feelings today we are going to explore how to express your feelings in a healthy way.

Statement of Objectives:

By the end of the lesson, you will be able to recognize and describe feelings that we all experience. You will also be able to describe healthy ways to express your feelings.

Teacher Input:

Read the book, Today I Feel Silly & Other Moods That Make My Day. This book explores the different feelings of the main character and how she chooses to express those feelings. After sharing the book, emphasize that there are lots of different emotions that we feel. It is normal to feel a variety of emotions. Ask the students to describe the different feelings of the main character and how the character expressed those feelings. Explain to students these feelings help us understand what we need, want, or do not want. There are no good or bad feelings, though some feelings make us feel better than others. There are good and bad ways of expressing our feelings. When we recognize what we are feeling and why we are feeling this way, we are better able to express our feelings in a positive way that is helpful and not hurtful to others or ourselves.

At the end of the book, the teacher can practice using the feelings wheel to create a picture that reflects certain feelings. After creating new characters using the feelings wheel, asks students to brainstorm different ways of expressing those feelings in positive and healthy ways.

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Some examples of emotions might include:

You are waiting in the car-rider line and all of the other parents have picked up your classmates. You are waiting and looking for your parents, but you do not see them yet. How would you feel? (worried)

What is a healthy way to express your feelings? (Tell your teacher that you are worried, and he or she can call your parents to make sure they are on their way.)

You got a new toy for your birthday. Your mom asks you to share your toy with your neighbor who is visiting for the afternoon. Your neighbor accidentally breaks your toy. How do you feel? (Angry or frustrated)

What is a healthy way to express your feelings? (Close your eyes and take deep breaths, take some time to yourself to settle down and talk to your mom or dad if you need to, realize it is okay to be frustrated but it is not okay to yell or scream at a friend – walk away until you calm down.)

Assessment:

Option 1

Cut apart the cards in the Feelings Table to create a packet for each student or small groups. Ask students to match the feeling with the correct word. Students will then match a healthy way to express or cope with that feeling. Ask students to describe other positive ways to express the emotions or cope with each feeling.

Option 2

If the classroom has access to technology – use this PBS website <http://pbskids.org/wordgirl/games/robotworkshop/> to create a robot that reflects a feeling. Each student can create his/her own or the class can create one as a group using a smart board or projector. Students will be able to choose facial expressions that reflect the feeling they have selected. After students build their robot, they will be able to select the “mood” of their robot, a special talent and power for their robot. Once their robot is created, they can download their robot picture or draw a picture of the robot they created. Ask students to write two sentences using inventive spelling to describe how their robot expresses his/her feelings in a positive way.

Example created using the PBS Robot Workshop at <http://pbskids.org/wordgirl/games/robotworkshop/> :

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This is Ashley and she is excited.
Ashley smiles. My robot dances and claps her hands.

Closure

Today we learned that everyone experiences different feelings and feeling. It is healthy to experience different feelings; however, there are both healthy and unhealthy ways to express our feelings. We need to recognize what we are feeling, think about why we feel this way, and find a healthy way of expressing that feeling that helps and does not hurt others or ourselves.

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Happy



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Photo by Patricia Prudente

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Sad



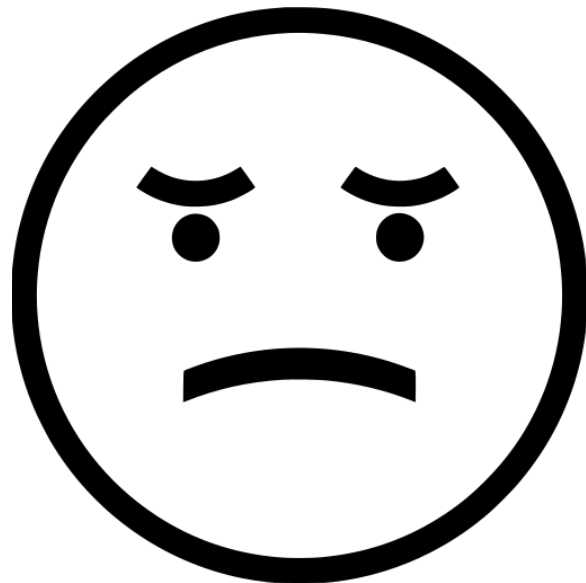
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*Angry/
Mad*



Potential Integration:
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Worried



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