

Lessons and Activities Guide for Teachers and Educators

Pre-K through 3rd grade

Feelings and Emotions

Encourage children to identify their own feelings and the feelings and emotions of others through the use of picture books, class discussions, art, song and movement.

The Exploration of Feelings and Emotions with young children teaches:

- socially appropriate behavior in expressing emotions.
- empathy for others through shared personal experiences.
- a greater understanding of one's own emotions.
- that people emotionalize in different ways.
- children to connect words, actions and feelings.



Class Discussions:

Lead a discussion about feelings and emotions

Ask questions such as:

- What are feelings?
- Does everyone have feelings?
- Does everyone show their feelings the same way?
- What are some ways people show what they are feeling?

****In discussing feelings, acknowledge that ALL emotions and feelings are a natural part of life. By accepting and identifying feelings such as sadness and anger, healthy emotional development is encouraged. The opportunity is also presented to discuss socially appropriate ways of expressing them.**

Discuss feelings and emotions shown in *Sneezy Louise*

Ask students *How do you feel . . .*

- when you have a cold?
- when people get angry at you?
- when you want one thing for breakfast but Mommy (or Daddy) give you something else?
- when you lose things like your favorite glitter pencil?
- when you can't get your printing to fit between the lines?
- when you are not chosen to be the class leader and your best friend is?
- when Daddy (or Mommy) does what your brother or sister wants instead of what you want (like read their favorite story instead of yours?)
- when Daddy or Mommy kiss you?
- when Daddy laughs?

****Discuss that although all feelings are acceptable, what we might want to do with our feeling might not be. For example: When we are angry, it is okay to talk about it or let someone know but it is not okay to hit, call someone a name or throw things.**



Create a Visual!

Based on students' answers and classroom discussions, list all feelings and/or emotions on a large sheet of chart paper or poster board.



Art Suggestions based on Class Discussions:



Feelings Poster/Collage:

Materials Needed:

- Chart paper or Poster Board
- markers and/or crayons
- magazines containing pictures of people and emotions
- glue or glue sticks
- Scissors

1. Working off of the list of emotions that were brainstormed in class, re-create the list onto a large piece of poster board or chart paper (you may need to tape a few pieces of poster board or chart paper together). As you list the feelings and/or emotions down, leave adequate space after each word for pictures to be added.
2. Explain to the children that, as a class, they will work together to create a "Feelings Poster" that will hang in the classroom.
3. Separate the children into several small groups and distribute the magazines.
4. Working with one word at a time, point to a feeling/emotion on the list and read the word. Have children search through their magazines and cut out pictures of people showing that emotion.
**Teachable moment: What other parts of the body are people using to express their feelings?*
5. When the children have collected pictures of all the emotions and feelings listed, have them paste the pictures next to the corresponding word on the group list.

NOTE: For hard to find "emotions", have children draw a picture of a person showing that emotion. Then have them cut it out and paste it to the "Feelings Poster"

Hang the Feelings Poster up in the classroom or on the bulletin board. Refer to it often or whenever a teachable moment regarding feelings occurs!

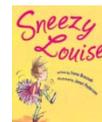


Feelings Book:

Materials Needed:

- Construction paper
- markers and/or crayons
- a variety of magazines
- glue or glue sticks
- Scissors

1. Have the children draw or cut out pictures of People, Places and Things that make them feel different emotions.
2. Each page in their book should be labeled with a different feeling that they can add their drawings or cuttings to.
3. Have children share during group time with others.





Song:

When You're Happy and You Know It!

Sing the ever popular "When you're happy and you know it, clap your hands" song. Substitute different emotions such as fear, anger, etc. Be sure to sing the song in its entirety to reinforce that face and body oftentimes work together to show emotions!

When you're scared and you know it, cover your eyes!
When you're scared and you know it, cover your eyes!
When you're scared and you know it, then your face will really show it,
When you're scared and you know it, cover your eyes!

Ideas for alternate emotions:

- "When you're angry and you know it, stomp your feet"
- "When you're sad and you know it, say "boo-hoo"
- "When you're excited and you know it, shout "hooray"



Movement:

Feelings Dance

1. Play music with different tempos and moods.
2. Ask the children to share how the music makes them feel.
3. Have them move to the different tempos of the music expressing the feelings that the music evokes in them.

Acting

Have children take turns acting out different emotions by prompting them with different emotional scenarios.

****Before beginning, remind them that feelings and emotions are often shown in the face, in body movement and in behavior.**

PROMPTS:

How would you look or move if

- you were lost in the store and couldn't find your mother or father?
- you just found a \$5 bill on ground on your way home from school?
- your brother called you a mean name and broke your favorite toy?
- your parents told you that you were going on a surprise trip to Disney World and you had to pack?
- your mother told you that it was time for bed and your favorite television show just came on?
- Your pet hermit crab just died?

****Discuss inappropriate displays of emotion. For example, if you are angry, a foot stomp may be okay (depending where and when) but hitting or name calling is not.**

