

Emotion from Commotion

Learning Objectives

- I can describe feelings that result from hearing kind and unkind words and when experiencing problems. [1.1.o and 1.1.p]

Teacher Notes

- Feelings - such as happy, excited, sad, angry, mad, afraid, upset, hurt, frustrated

Lesson Steps: Video Outline

<https://youtu.be/YI8qXGYrfAY>

Step 1 Introduction

- How would you feel when hearing a kind message?
- How would you feel when hearing unkind words?
- How would you feel if someone took something from you without asking?

Step 2 Activity

- We all have feelings.
- It is important to communicate how we feel with others.
- Personal space/boundaries describe an area in which you or others feel comfortable and safe. If someone is in your personal space it can cause discomfort. Therefore it is respectful to give others space so they feel safe.
- Balance pose hold then Thumbs Up or Thumbs Down with how you would feel if you heard... then Jump 1, 2 or 3 times to show your personal space bubble with the person stated (repeat)

Step 3 Closure

- What kind of feelings come from kind messages? What kind of feelings come from unkind messages? Why is it important to respect the personal space of others?

Assessments

- Pre-Assessment: Show me how you would feel if someone gave you a kind message. Show me how you would feel if hearing an unkind message.
- Post-Assessment: Why is it important to respect the personal space of others? And what feelings come with kindness?



Sample Lesson Plan
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1st Grade - 1.1.o/p

Extensions/Connections/Applications

- Connection with prior learned knowledge from K.1.q, K.2.q, K.3.q

Resources/References

- <https://www.sociallyskilledkids.com/personal-space>