



Grade K - Mental Wellness/Social Emotional Skills Sample Lesson Plan 2 How Are You Feeling Today?

Objectives/Goals

- The student will identify emotions
- The student will practice using words to identify emotions.
- The student will discuss how to express and handle emotions appropriately

Materials

- PowerPoint: K-All About Me Emotions
- Worksheet: My Feelings

Procedure

- Using the Powerpoint as a guide, begin the lesson by reviewing the topic of the lesson on slide 2. Inform students that they will be identifying different emotions and learn how to express and handle emotions appropriately.
- Slide 3: As a class, read the scenario, What Should I Do? Allow students to share their answers. Discuss the negative emotions of sadness, disappointment, and jealousy. Watch the video clip to reinforce the wide range of emotions that people feel.
- Slide 4: Discuss the importance of expressing emotions. Provide an example using the format on the slide. Allow students to volunteer and practice using the scenario from slide 2.
- Option: Give students other scenarios that occur in class and allow them to practice.
- Slide 5: As a class, read the scenario, What Should I Do? Allow students to share their answers. Discuss the negative emotions of anger and stress.

- Slide 6: Again, discuss the importance of expressing emotions. Provide another example using the format on the slide. Allow students to volunteer and practice using the scenario from slide 5.
- Option: Give students other scenarios that occur in class and allow them to practice.
- Slide 7: As a class, allow students to discuss situations when they were stressed and how they coped with this emotion.
- Slide 8: As a class, allow students to share other negative emotions and how they can positively cope with the emotion.
- Slide 9: Summarize strategies to cope with negative emotions. Discuss negative and positive strategies. Ask students to share other strategies. Emphasize to students that it is normal to have negative emotions but it is important to learn and practice how to cope with these emotions in a positive way.
- Slide 10: As a class, discuss positive emotions. Allow students to share their positive emotions and what triggers these emotions.
- Slide 11: Instruct students to complete the worksheet, My Feelings. They can write or draw based on their ability level.
- Slide 12: End class with a classroom energizer.

References

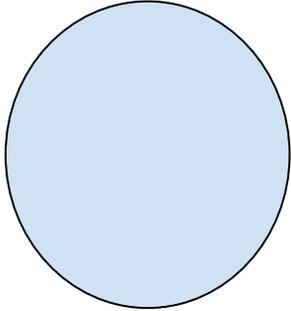
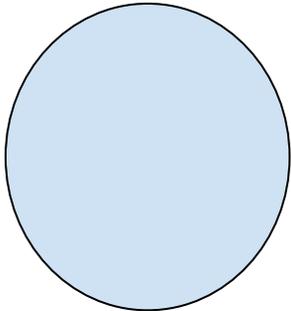
Mary McCarley, 2018

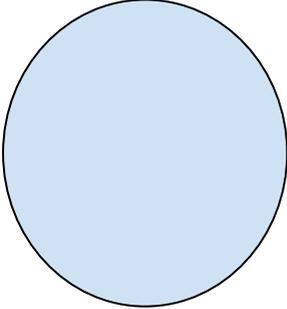
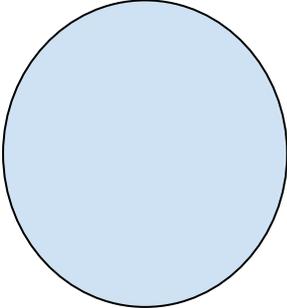
Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

My Feelings

Draw your emotion on the face. Describe (draw or write) when you feel the emotion. For the negative emotions of sad and mad, describe (draw or write) what makes you feel better.

| I Feel.... | When.... | To feel better, I like to... |
|---|----------|------------------------------|
| <p data-bbox="386 520 456 552">Sad</p>  | | |
| <p data-bbox="386 1029 456 1060">Mad</p>  | | |

| I Feel... | When... |
|---|----------------|
| <p data-bbox="472 373 589 415">Happy</p>  | |
| <p data-bbox="485 995 576 1037">Love</p>  | |