

Feelings

Learning Objectives

- I can identify a variety of feelings. (K.1a)
- I can describe how my feelings and emotions influence how I act. (K.2n)

Teacher Notes

- We will cover 5 different Emotions/ Feelings
 - happy, sad, angry, scared, and surprised
- Teachers can pause through the pre assessment after each emotion picture.
 - images are shown and students should identify what emotion is shown in the picture.

Lesson Steps: Video Outline

<https://drive.google.com/file/d/1RzxB17Twz8qUIATXqpMvVBKooahaNuOML/view?usp=sharing>

Step 1 Introduction

- Pre Assessment- students will be shown pictures and asked to identify what emotion is being shown in the image. They will then share how they knew that is how the person was feeling,

Step 2 Activity

- Students will talk about the 3 different ways we show feelings and emotions: body actions, our face, and our voice.
- Movement activity- Students will be given different scenarios. They will be asked to complete the exercise that matches the emotion they feel when that happens to them.

Step 3 Closure

- Post Assessment- students will be asked to share how they identify what feeling or emotion someone is showing. What are some actions we look for to know someone is sad, happy, scared?

Assessments

- Pre Assessment- students will be shown photos in the video. They will be asked to identify what emotion is seen in the image. The teacher can pause the video after each photo to give students a chance to answer.
- Post Assessment- students will be asked to share how they identify what feeling or emotion someone is showing. What are some actions we look for to know someone is sad, happy, scared?



Sample Lesson Plan
Virginia 2021 SOL Edition
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Mental Wellness and SEL
GRK-SE-8
Kindergarten - K.1a, K.2n

- The teacher should call out specific emotions, and the students will discuss what someone looks like or the actions they are showing when they feel that way.

Extensions/Connections/Applications

- Have students identify different situations in their life where they have felt certain feelings or emotions- how did it affect them?
- Have students identify ways they can make themselves feel calm and happy when they are feeling sad, angry or frustrated.