

**TOPIC**

Feelings & Emotions

LEVEL

First Grade

THEME

Feelings Change

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Learn to recognize kind and caring words.
- Practice using compassionate language.
- Understand how positive words help themselves and others feel better.

MATERIALS

- Weather Image Slides
- Today's Weather Sheet (one per student)
- Coloring supplies

ESSENTIAL QUESTIONS

- How are our feelings like the weather?
- What are things we can do when we experience big emotions?

CHECK-IN / WELCOME (5 MINUTES)

Say: How are you feeling? For our Aavidum lesson today, let's talk about it using something fun. Today, we're going to think of our feelings like the weather. You know, the weather changes every day. Sometimes it's sunny. Sometimes it's cloudy, and sometimes there's a storm. And guess what? Our feelings can change just like that too."

- Display a simple weather chart with symbols for sun, clouds, rain, and stormy weather.

Say: "Let's see how you're feeling today! Do you feel like the sun is shining inside you, or do you feel a little cloudy, or maybe stormy? Or maybe it's a mix of sunshine and clouds? I'm going to ask each of you to choose how you feel today, and you can use the weather to explain it! Are you feeling sunny, stormy, cloudy, rainy, or a mix of those things?"

Allow students to respond and encourage them to explain their choices.

Say: "Wow! We have some sunshine, some clouds, and a few storms going on today! Remember, just like the weather changes, our feelings can change too. It's okay to feel stormy sometimes, and it's okay to feel sunny sometimes. Let's learn more about it!"

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Now, let's talk more about feelings and weather. Just like the weather changes, our feelings can change too. Sometimes we feel bright and happy, just like the sun. Other times, we might feel stormy or cloudy. And sometimes we feel a mix of emotions, like sun and clouds together. But here's something really important: When there's a storm in the sky, does it last forever?"

- Pause and wait for students to respond.

Explain: "That's right. The storm always goes away eventually so the sun can come back. Our feelings work the same way. When we're feeling stormy or sad or mad, it doesn't last forever. Just like the weather, those big feelings can pass. So, if you feel stormy or cloudy right now, remember: It's okay, and it won't last forever. The sun might come out again soon, just like in the sky!"

Say: "Let's try something fun now! You're going to create your own weather picture to show how you're feeling today."

ACTIVITY: DRAW TODAY'S WEATHER (20 MINUTES)**Instructions:**

- Say: "Now it's time to draw. On your paper, you'll create your very own weather picture, just like we talked about. If you're feeling sunny, you can draw a big, bright sun. If you're feeling stormy, you might draw some clouds and lightning. If you're feeling a little bit of everything, like sun and clouds, you can mix those together. Don't forget to draw yourself in the picture too. Are you standing in the sun? Are you walking through a rainstorm? You can draw yourself however you feel today."
 - Provide students with crayons or markers and paper.
- Say: "Remember, your picture can look however you feel. You can add other weather things too, like rainbows, raindrops, or even snowflakes if that feels right for you. Take your time and really think about what weather matches how you feel."
 - Allow students time to draw, walking around and offering encouragement as they work.

WRAP-UP (5 MINUTES)

Say: "Wow, look at all your amazing weather pictures. You all did a wonderful job showing how you feel with your drawings. Now, let's talk about something special we can do when we feel stormy, or even if we feel a little sad or mad. Sometimes, when we feel those big emotions, it can help to take a deep breath and slow down. I want to share with you a nice way to calm down when we're feeling stormy or upset. Sometimes taking a deep breath in... and then breathing out slowly can really help. That's something we can do when we feel big emotions, whether we're feeling sunny or stormy. It helps our bodies feel calm."

Say: "Let's try it together! Ready? We're going to take a big breath in through our noses... and then slowly breathe out through our mouths."

- Guide the students through 2 or 3 deep breaths.

Say: "Good job. Taking deep breaths helps our bodies feel better, especially when we have big feelings. It's like a little weather break for your heart and your mind."

Say: "Here's your challenge for this week: When you're feeling a big emotion like when you're feeling stormy, try to take a deep breath in and slowly breathe out. See if it helps you feel a little better. Remember, your big feelings won't last forever, just like the weather!"