



TOPIC

Feelings & Emotions

LEVEL

Second Grade

THEME

Emotions & Behavior

LEARNING OUTCOMES

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

- Understand the connections between emotions and behavior.
- Learn to stay in control when they experience big feelings.

MATERIALS

- Whiteboard or chart paper or Slides
- Markers
- Blank paper
- Coloring supplies
- Pencils

ESSENTIAL QUESTIONS

- What is the connection between emotions and behavior?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Before we get started, I want you to think about something. Can anyone finish this sentence for me? 'One emotion I felt today was _____.'"

- Put the sentence starter on the board for reference.

Say: "Let's take turns sharing what emotion we felt and what happened to make us feel that way. For example, if I say, 'One emotion I felt today was happy because I saw a beautiful rainbow outside,' what about you?"

Allow students to share their emotions and events that caused them. Encourage a few students to elaborate on why they felt that way.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Thanks for sharing. So today we are going to talk about emotions and how they make us feel inside. But guess what? All feelings are okay. It's normal to feel happy, sad, mad, or even frustrated. The key thing to remember is that it's not the feeling itself that can cause problems. It's what we do with that feeling. For example, sometimes we feel angry. Feeling angry is okay. But what if I kicked someone because I was angry? That's not okay, right?"

- Pause to give students time to think.

Say: "Can anyone think of another example where a feeling is okay, but the action might not be? Maybe someone feels sad, but what if they throw something because of it? That's not a good way to deal with sadness."

- Encourage students to share other examples. Some may suggest feelings like frustration or nervousness.

Say: "The feeling is okay, but we always need to choose what we do next. If we feel frustrated, can we control what happens next? Yes, we can. One way to help us feel calmer is by taking deep breaths. When we breathe deeply, it helps our bodies calm down. We'll practice this in just a minute. But first, let's think about what we can do when we feel different emotions inside. Let's start with a fun activity to explore that!"

ACTIVITY: INSIDE FEELINGS, OUTSIDE ACTIONS (20 MINUTES)**Instructions:**

- Say: "Now, I'm going to give each of you a piece of paper. We're going to fold the paper in half, like this."
- Demonstrate folding the paper in half so that students can see the two sections.
- Say: "On the left side, I want you to write, or draw if you like, 'What I feel inside.' This is where you'll show the emotions you feel. For example, you might write 'angry,' 'sad,' 'excited,' or 'nervous.'"
- Say: "On the right side, we're going to write 'What I can do outside.' This is where we'll think of actions that can help us feel better, like taking deep breaths, asking for help, or even counting to ten."
- Write "What I feel inside" on the left side of the whiteboard, and "What I can do outside" on the right side.
- Say: "For example, if I'm feeling angry, what can I do? Maybe I can take a deep breath and count to 5. That's a great way to cool down! So on my paper, I would write:
 - Inside: Angry
 - Outside: Take a deep breath."
- Say: "Now, I'll give you a few minutes to fill out your paper. Think about a time when you felt a big emotion, and think about what you could do to handle it in a positive way."
- Allow students time to write or draw. Walk around to help as needed.
- Say: "Great job, everyone! Once you're done, let's talk about some of the ideas you came up with. Who wants to share what they wrote or drew?"
 - Allow a few students to share their "Inside" and "Outside" examples. Encourage the group to think of other positive actions for each emotion.

WRAP-UP (5 MINUTES)

Say: "That was awesome, everyone. You all came up with some great ideas for how to handle big feelings in a healthy way. Let's quickly review two important things we learned today."

- "First, feelings are okay. It's normal to feel happy, sad, mad, or frustrated. Those feelings are a part of who we are."
- "Second, not all actions are okay. Even if we feel mad or upset, we need to think about what we do next. It's okay to feel a certain way, but it's our job to make good choices about what to do."

Say: "This week's challenge for you is: Choose one action from your paper that you can practice when you feel a big emotion. Maybe it's breathing deeply, asking for help, or just taking a moment to calm down. Try practicing it this week and see how it helps you! Remember, when we have big feelings, we have the power to choose what we do next."