

**TOPIC**

Feelings & Emotions

LEVEL

Third Grade

THEME

Feelings are Messages

LEARNING OUTCOMES

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

- Understand that feelings and emotions give information that we can listen and respond to.

MATERIALS

- "The Color Monster" by Anna Llenas
- Color Monster Sheet (one per student)
- Coloring supplies

ESSENTIAL QUESTIONS

- Why are feelings like messengers?
- What messages are our feelings giving to us and to others?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Before we dive into our Aevidum lesson, let's check in with how you're feeling. I'm going to do a 'thumbs check.' That means you're going to give me a thumbs up, thumbs sideways, or thumbs down. A thumbs up means you're feeling good, a thumbs sideways means you're feeling okay or a little in-between, and a thumbs down means you're feeling not so great."

- Demonstrate the thumb check.

Say: "Remember, it's okay to feel more than one thing at a time. You might feel happy and nervous, or maybe you feel sad but also calm. That's totally normal. Okay, now think about how you're feeling today. Are you feeling like a thumbs up, sideways, or thumbs down?"

- Pause for students to respond.

Say: "Great! Now, if you want to, you can share with the class why you gave that thumbs up, sideways, or down. What happened today or this week that made you feel that way?"

- Allow students to share. Encourage them to explain their emotions and give examples.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Thanks for sharing, everyone. Now, let's talk about feelings. Have you ever thought about your feelings as messengers? Let me explain what I mean by that. A messenger is someone who helps deliver information from one place to another. For example, if someone in your house needs help, a messenger might tell the person who can help. Well, your feelings work like that. They send us messages about what we need. When we feel something, it's like our emotions are giving us a signal or a clue about what's happening inside of us. If we understand what that message is, it can be easier to know what we need or what we should do next."

- "For example: When we feel sad, it might mean that we need comfort. Maybe we need a hug, or we need someone to talk to.
- When we feel upset or mad, it might mean that something is unfair or not right. That's a message telling us we might need to talk about it or ask for help."

"So, emotions aren't bad. They're like little messengers that help us understand what's going on inside. Does anyone have a time when they felt something, and it helped them figure out what they needed?"

- Allow students to share examples. Encourage them to reflect on how feelings help us identify needs.

ACTIVITY: THE COLOR MONSTER (20 MINUTES)**Instructions:**

- Say: "Now I'm going to read you a story called "The Color Monster: A Story about Emotions." In this story, the Color Monster has different feelings, and each one is a different color. We're going to learn what each feeling means and how it connects to the messages we get from our emotions."
- Read "The Color Monster" by Anna Llenas.
- Pause throughout the story to ask these questions:
 - "Did you notice how the Color Monster felt different emotions, and each one had a color? That's just like us. Sometimes we feel happy and our feelings are bright and warm, like yellow. Other times, we feel sad or mad, and our feelings are darker, like blue or red."
- Say: "Now I want you to think about your own feelings today. We're going to make our own Color Monsters to show how we feel. Here's the fun part: I'm giving you a Color Monster sheet, and I want you to color it in with the colors that show how you feel."
 - "As you color your Color Monster, think about what messages your feelings are sending you. For example, if your Color Monster is mostly red, what does that say about how you're feeling? Are you mad or frustrated? If your Color Monster is blue, maybe you're feeling sad, and you might need comfort."
- Say: "Once you're done coloring, we'll take a few minutes to share our Color Monsters if you're comfortable. We can talk about what message your monster is giving you!"
- Hand out The Color Monster coloring sheets, and give students time to color.
- Once the students have finished coloring, allow them to share their Color Monsters with the class.
- Say: "Thank you all for sharing! It's really important to pay attention to how we feel, just like we did with the Color Monster. When we understand our emotions, it's easier to figure out what we need. Maybe you need comfort, or maybe you need to talk to someone."

WRAP-UP (5 MINUTES)

Say: "Let's quickly review what we've learned today:"

- "First: Feelings are like messengers. They help us understand what's happening inside and what we might need.
- Second: Feelings tell us what we need. If we're feeling sad, we might need comfort. If we're feeling upset, we might need to talk about it."

Aavidum Challenge

- "This week's Aavidum challenge is to pay attention to your feelings. When you feel something, think about what your feeling is trying to tell you. Is it telling you that you need help? Is it telling you that you need to talk to someone?"
- "Then, share your feelings with an adult you trust like a parent, teacher, or counselor. Tell them what you're feeling and what you think your feelings are telling you that you might need."
- "You can even try sharing your Color Monster with them. I'm excited to hear how you do with this challenge!"