

TOPIC

Feelings & Emotions

LEVEL

Sixth Grade

THEME

Emotions & the Body

LEARNING OUTCOMES

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

- Understand how emotions show up in the body.
- Develop awareness of emotional layers.

MATERIALS

- Feelings Wheel
- Body Map Worksheet
- Coloring supplies

ESSENTIAL QUESTIONS

- How do emotions show up in the body?
- How do emotions show up in layers?

CHECK-IN / WELCOME (5 MINUTES)

Say: "How's everyone feeling? For our Aevidum lesson today, we're going to talk about emotions, specifically how we feel them in our minds AND in our bodies. But first, let's check in. What emotions have you felt this week?"

Display the Feeling Wheel on the board or screen or give students copies.

Say: "Here's a Feeling Wheel to help you think about different emotions. You can point to any emotion that stands out to you, or you can describe how you've been feeling. Don't forget, you can pick more than one emotion if you've felt a few different things."

- Allow students to share their emotions.

Say: "Now let's go a step further: Did you feel any of those emotions in your body? For example, let's say you had a big test this week. How might you feel if you were nervous? Where might that nervousness show up in your body?"

- Example Scenario: A student taking a big test
- Say: "Maybe you feel your heart racing, your hands getting sweaty, or even your stomach might hurt. Nervousness can show up in a lot of ways!"
- Encourage students to provide their examples.

Say: "Okay, now that we've shared, we're going to dive deeper into how our emotions don't just live in our brains. They live in our bodies too. Ready?"

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Our emotions don't just stay in our brains. They show up in our bodies. Our bodies are kind of like emotional detectors! Let's think about it this way: Our brains are the part of us that think about our emotions, but our bodies are the part that feel them. Let's break down how some of these emotions might feel in different parts of our bodies."

Put these emotions and body connections on the board as you discuss them:

- Anger: "When you're angry, your body might feel hot. You might notice your fists clenching or your face getting red. You might feel tense all over."
 - Ask: Have you ever felt that way? Maybe when something didn't go the way you wanted?"

CONTINUED GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

- Sadness: "Sadness can make you feel tired or heavy, like you just want to curl up and not do much. Sometimes, it's hard to even move around."
 - Ask: "When was the last time you felt really sad? What did your body feel like?"
- Anxiety/Worry: "When we're anxious or worried, we might feel like our hearts are racing. We could have sweaty palms or feel like we can't breathe very well."
 - Ask: "Have you ever had a time when you worried about something and your body just couldn't calm down?"
- Excitement: "Excitement is a big one! You might feel super energized or bubbly inside. Your legs might feel like they want to jump or run around. Your heart might feel like it's pounding."
 - Ask: "What's something that gets you super excited? How do you feel in your body when you're excited?"

Say: "Pretty cool, right? Our bodies really help us understand what's going on inside our minds. But guess what? Sometimes our emotions aren't just one thing. They can be layered, just like a cake."

- Show a simple cake diagram on the board to represent layers.

Say: "Sometimes, we might feel angry, but underneath that anger, we're actually feeling hurt, embarrassed, or even scared. So, our anger is just the top layer of something else. Have you ever had a time when you felt one emotion, but it turned out you were really feeling something else underneath?"

- Allow students to share.
- Show an image of a cake that has different layers of emotions.

ACTIVITY: BODY MAP (20 MINUTES)

Instructions:

- Say: "Now it's time for an activity that will help us explore how emotions show up in our bodies. I'm going to give each of you a Body Map sheet and you'll get to fill it out with how your body feels when you experience different emotions."
- Hand out the Body Map sheets to students.
- Say: "I want you to think about one emotion you've felt recently. It could be anger, sadness, excitement, whatever you choose. Then, on the Body Map, draw where you feel that emotion in your body using symbols, colors, or words. For example, if you felt nervous, you might draw your heart racing in your chest. If you felt angry, you might draw tense shoulders or a clenched fist."
- "Once you've drawn how your emotion feels, I want you to label the emotion and the body part. And if you're ready, try to think of any other emotions you've felt and where they might show up in your body. For example, 'I felt excited, and my feet were tapping!'"
- Give students time to complete their Body Maps. Walk around, offer support, and encourage them to think deeply about the physical sensations of their emotions.

WRAP-UP (5 MINUTES)

Say: "Awesome job, everyone! Now that we've finished our Body Maps, let's quickly review what we learned today. Remember, our emotions don't just stay in our brains. They live in our bodies too. And when we pay attention to how our bodies feel, it helps us understand what we're going through emotionally. By listening to our bodies, we can become better at identifying our emotions. And when we notice how our bodies are reacting, it helps us understand what's going on inside. It's like having a personal emotional guide!"

Challenge: "Here's your challenge for the week: Pay attention to the signals your body is sending you. When you feel a strong emotion like anger, excitement, or nervousness, pause for a moment and ask yourself: 'What emotion is this? Is there something else underneath it? What does my body feel like?' By practicing this, you'll become more aware of your emotions and your body's reactions. It's a great way to understand yourself better and know when you need help or when you need to take a deep breath. I'm really proud of how you shared your feelings and noticed how your bodies reacted. Remember to listen to your body this week because having your own back and taking care of yourself is part of Aavidum."