

TOPIC

Feelings & Emotions

LEVEL

Kindergarten

THEME

Identifying Basic Emotions

LEARNING OUTCOMES

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

- Identify the four core emotions.
- Know how your face /body look/respond when you feel the four core emotions.

MATERIALS

- Feelings Chart
- Face Worksheet (one per person)
- Coloring supplies

ESSENTIAL QUESTIONS

- What are emotions?
- How can I identify emotions in myself and others?

CHECK-IN / WELCOME (5 MINUTES)

Say: "How are you all feeling? Let's take a moment to check in with our feelings. We're going to use these fun emoji faces to help us tell how we're feeling today."

Display the Feelings Chart.

Say: "Look at these faces! Some are smiling, some are frowning, and some look a little surprised. You can pick one or even more than one emoji to show how you feel today. Who would like to go first? What emoji best shows how you're feeling?"

- Allow each to share and ask them to explain their choice if they wish.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Now, we are going to talk about four important feelings we all have: Happy, Sad, Angry, and Scared. These are feelings we can feel anytime, anywhere, and they are okay to feel. Let's look at each one and see what they look like on our faces."

Show the four core emotions.

- Happy: "When we feel happy, our faces smile, our eyes twinkle, and we might feel excited to jump around. Can everyone show me their biggest, happiest smile?"
 - Ask: "What are some things that make you feel happy? Maybe your favorite toy, a special treat, or playing with your friends? Who wants to share something that makes them feel happy?"
- Sad: "Sometimes we feel sad. Our faces might look like this with our mouths turn down, and our bodies might feel slow. Let's all show a sad face now."
 - Ask: "What are some things that make you feel sad? Maybe when your toy breaks, or when it's time to say goodbye to your friends? Would anyone like to share when they've felt sad?"
- Angry: "Sometimes we get angry. Our faces might look like this, with our eyebrows squished down and our hands clenched into fists. Let's show our best angry face together!"
 - Ask: "What are some things that make you feel angry? Maybe when someone takes your toy or when things don't go the way you want? Can anyone tell me about a time they've felt angry?"
- Scared: "Sometimes we feel scared. Our eyes might get big, and we might feel like we want to hide or be close to someone we trust. Let's all show our scared faces now."
 - Ask: "What are some things that make you feel scared? Maybe loud noises, the dark, or something in a movie? Would anyone like to share what scares them?"

Say: "See how everyone's faces change depending on how we feel? That's because feelings change. Sometimes we feel happy. Sometimes we feel sad. Sometimes we feel all of them in one day. And that's okay. It doesn't make you a bad person to feel scared or angry or sad. It's just part of being human."

ACTIVITY: FEELINGS FACES (20 MINUTES)**Instructions:**

- Say: "Now it's time for an activity where you get to show how you feel. I'm going to give each of you a paper with a face on it. Your job is to fill in the face showing how you feel today. You can pick any feeling: happy, sad, angry, or scared. After you fill in your face, color it using the color you think matches your feeling best."
- Hand out the blank Face Worksheets.
- Say: "Once you're done, don't forget to label the face with the name of the feeling. You can circle the feeling you feel. You can even circle more than one feeling to your face if you want to show how you're feeling in lots of ways."
- Give students time to complete their drawings. Walk around and engage with students as they color, asking them why they chose the emotion and color.

WRAP-UP (5 MINUTES)

Say: "You all did such a wonderful job showing your feelings today! Let's review the four emotions we learned about: Happy, Sad, Angry, and Scared."

- Ask students to help review the emotions by pointing to the corresponding faces on the emoji chart.
- Ask: "Can anyone remind me what a happy face looks like? What about a sad face? Angry? And scared?"

Say: "Great job, everyone! This week's challenge is to share your feelings with an adult at home. Pick one emotion you learned about today and tell an adult, maybe your mom, dad, or teacher, about a time you've felt that way. You can tell them when you felt happy, sad, angry, or scared. Remember, it's okay to feel all kinds of emotions. Sharing our feelings helps us feel better and helps others understand us. This is part of Aavidum and having our own backs. Can you do that this week? I know you can!"