

Use this no-prep lesson to help your students identify feelings in themselves and others.

This lesson is designed for students in grades K-2, and is just print-and-go.

It's great for small groups and classroom lessons focused on feelings, self-regulation or emotional intelligence.



WHAT'S INCLUDED:

This lesson includes:

- Scripted lesson plan with discussion questions and a whole group activity.
- Visual aid
- “Feelings Check-In” Spinner

IDENTIFYING FEELINGS LESSON PLAN

Opening Discussion:

- For today's lesson, we're going to be talking about feelings.
- One thing that's important to remember is that all feelings are okay. There aren't some feelings that are better than others.
- However, when our feelings get too strong, it might be harder to make good choices. For example, if you're feeling really angry, what are some things you might do?
- What are some choices you can make when you're feeling angry?
- Thankfully, there are things we can do to get back in control.
- One of those things we can do is to name our feelings, and calm down before we start our discussion.
- Before we start our discussion, let's take a moment to think about the feelings we're going to be talking about.
- Display the visual aid for each feeling, and ask students to feel this way.

Activity: Identifying Feelings

- Now that we know we can name our feelings, let's try to identify our feelings. For our activity, I'm going to give you a list of feelings, and you'll have to decide if you're feeling that way or not.
- Display the visual aid for each feeling, and ask students to hold up their hand if they're feeling that way.
- To add in some fun, let's use the spinner to see how many students are feeling each way.
- 1. You can't stop thinking about something.
- 2. You are yawning.
- 3. Your body feels shaky.
- 4. You feel sick.
- 5. You are yelling.
- 6. You are smiling.
- 7. You are feeling nervous.
- 8. Something is bothering you.
- 9. You don't want to do something.
- 10. You are proud.

IDENTIFYING FEELINGS LESSON PLAN (CONT'D)

Discussion

- Do you usually pay attention to how you feel?
- Is it easy or hard for you to figure out how you are feeling?
- Why do you think that is?

Activity: Feelings Review

- One way that we can help us remember how we feel is to use a spinner. To help us with this, let's use the spinner to show how you're feeling. Each student will get a spinner, and you'll have to point to the feeling that you're feeling.
- Give each student a spinner.
- Students will hold up their hand if they're feeling that way.
- If using the spinner, students will show how they're feeling.

ASCA Mindsets & Behaviors:

- M.2. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being
 - B-SMS 1. Responsibility for self and actions
- This lesson covers the CASEL competency of self-awareness.

Objectives:

- Students will become more familiar with 6 different emotions.
- Students will understand how they, and others, may experience different feelings.

Materials Needed:

- Scissors
- Brad (one per student)
- Coloring utensils (optional – students may color in their check-in spinners if using the BW version).

What's Included:

- P. 4-5: Scripted lesson plan
- P. 6: Feelings visual aid (Color)
- P. 8: Feelings spinner (Color)
- P. 9: Feelings spinner (BW)

How To Use This Lesson Plan:

- The scripted lesson is broken down into different sections.
- The bullet points closest to the left side can be read directly by the instructor. The bullet points that are further indented are directions for the instructor and do not need to be read aloud.
- Procedure:
 - Opening Discussion & Feelings Review
 - Activity 1: Whole group activity
 - Discussion
 - Activity 2: Feelings Check-In Spinners

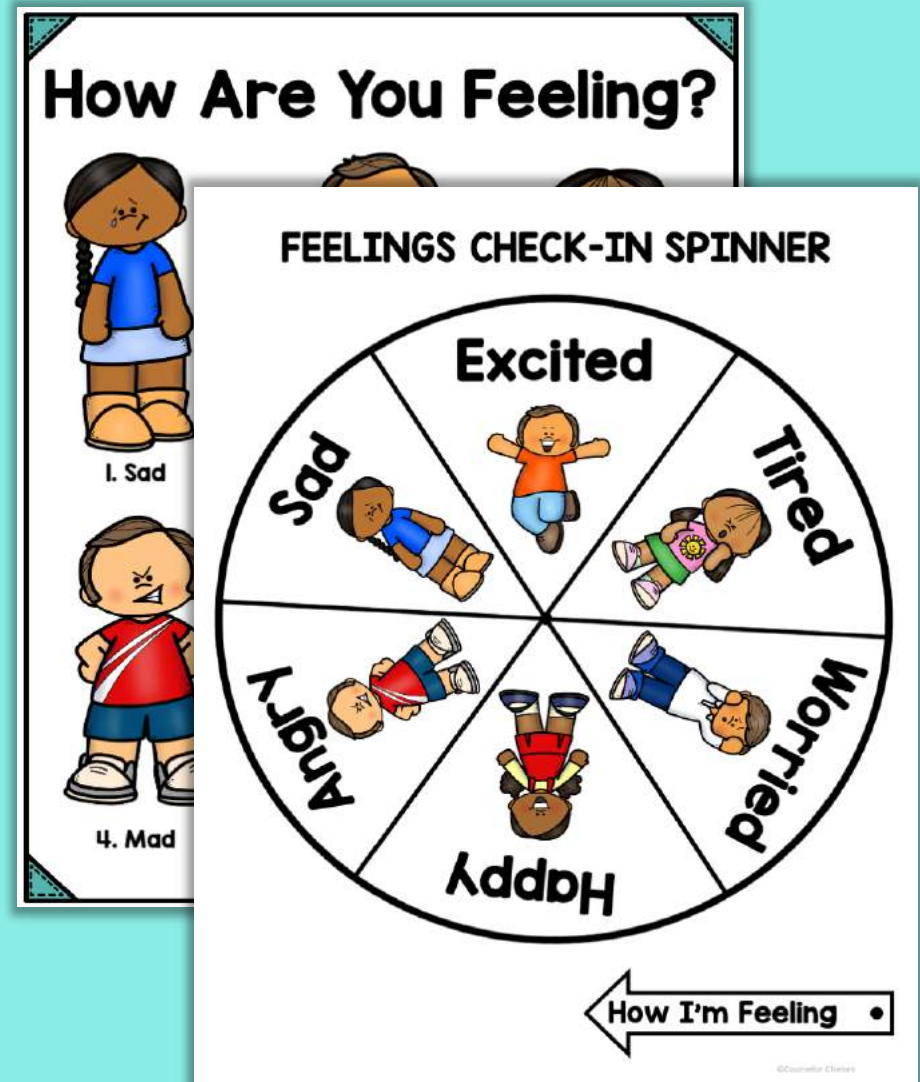
Book Recommendations For This Lesson:

- *Theo's Mood* by MaryAnn Cocco-Leffler
- *Glad Monster, Sad Monster* by Ed Emberly
- *In My Heart: A Book Of Feelings* by Jo Witek

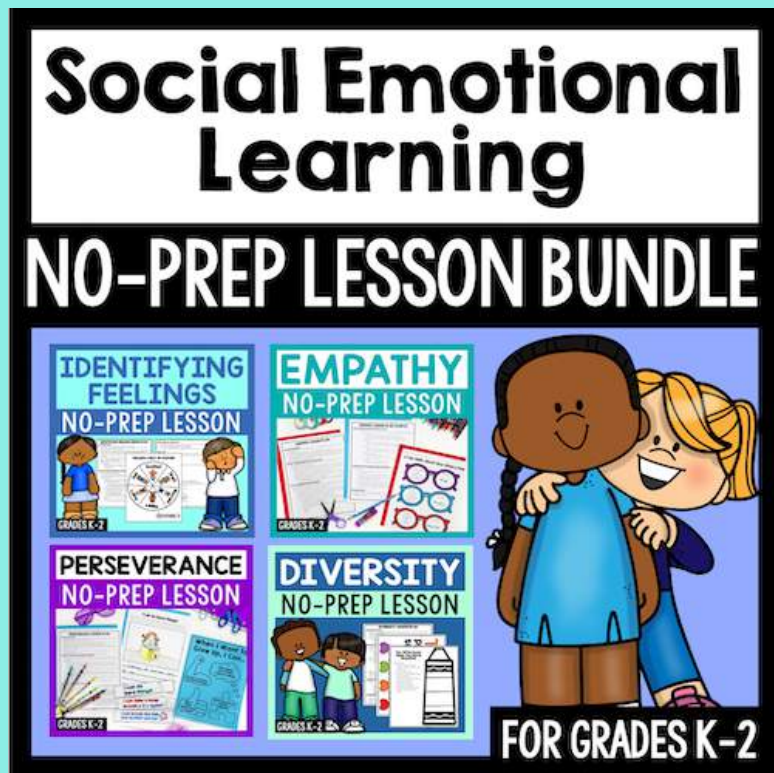
WHAT STUDENTS WILL LEARN:

In this lesson, students will become more familiar with 6 different feelings.

They will think about what it feels like to experience each emotion. They will also consider why it's important to notice how they're feeling.



WANT MORE NO-PREP LESSONS FOR GRADES K-2?



This lesson is a part of a bundle that includes 4 no-prep lessons designed for kids in grades K-2.

Kids will learn about feelings, empathy, perseverance and diversity in fun and meaningful ways!

SEE THE BUNDLE HERE