

LESSON PLAN

GR K-1



Share Your Emotions

Description

Supplies

- Book: *The Way I Feel* by Janan Cain

Skill Builder

Emotional Alphabet

A Angry	K Keen	U Upset
B Bored	L Lonely	V Victorious
C Calm	M Mad	W Worried
D Disgusted	N Nervous	X EXcited
E Exhausted	O Overwhelmed	Y Yucky
F Frightened	P Proud	Z Zealous
G Glad	Q Quizzical	
H Happy	R Relaxed	
I Impatient	S Silly	
J Jealous	T Thankful	

**Share
your
emotions**

Lesson

1. Show students the book, *The Way I Feel* by Janan Cain, and tell them we are learning different types of emotions.
2. Remind students there are a variety of emotions we experience, and it is better if we can name the emotion and not always say happy or mad.
3. Ask the group if anyone would like to share an emotion, besides happy or mad, they have felt today. Allow a few students to share.
4. Instruct students to interact during the read-aloud by acting out the emotion on each page. Read the story. Examples of how to act out each page:

- Silly — make a funny face
- Scared — shake body in your seat
- Disappointed — hang head down
- Happy — smile
- Sad — pretend to cry
- Angry — stomp foot
- Thankful — give yourself a hug
- Frustrated — cross arms
- Shy — hide face
- Bored — sigh
- Excited — wiggle in your seat
- Jealous — frown
- Proud — fist pump in the air

5. Ask follow-up questions after reading the story:

- What was a new emotion word you learned today?
- Which emotion could you relate to the most? Share a time you felt a similar emotion and why.
- Does anyone have an emotion they feel a lot that wasn't mentioned in the story?
- Name some positive emotions. Name some negative emotions.

6. Finish by telling students it is okay to experience all different emotions, whether positive or negative, but the important thing to remember is our emotions are nothing to hide and we should always try to identify them.

7. See the [Skill Builder Emotional Alphabet](#) for more.

Activity-How Do You Feel?

1. Have your students practice the “If You’re Happy and you Know It” song.

If you're happy and you know it clap your hands (clap, clap)

If you're happy and you know it clap your hands (clap, clap)

If you're happy and you know it then your face will surely show it

If you're happy and you know it clap your hands (clap, clap)

2. Explain multiple rounds will be played and each round will have a different emotion word and

action that goes along with it.

3. Explain after announcing the emotion word and the action, students will sing the song filling in that emotion word and action. While singing, students also do the action announced.

Example emotions and actions:

- Bored — slump your head
- Proud — put your hands on your hips
- Scared — cover your eyes
- Nervous — bite your nails
- Excited — shout hooray
- Frightened — cover your eyes
- Upbeat — skip around
- Aggravated — cross your arms
- Victorious — fist pump in the air
- Boisterous — make a loud noise
- Elated — give a thumbs up

Category

1. Lesson Plans
2. Self-Awareness

Sel-competency-lessons

1. Self-Awareness

Grade-level

1. Grades K-1