

LESSON PLAN

GR 4-5



Share Your Emotions

Description

Supplies

- Paper
- Crayons or markers

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. Ask students if they can explain what an emotion is. Allow a few students to share.
2. Explain an emotion is something you feel inside, and it can be caused by the things that happen around you, your mood, or your relationships with others.
3. Explain being able to identify your emotions allows you to better understand why you might react a certain way. For example, you might snap at people when you are feeling frustrated or you might want to be alone when you're feeling overwhelmed.

4. Discuss when you recognize how you are feeling, you can better understand yourself and hopefully learn how to best cope with those emotions.
5. Let students know it is also important to be able to express your emotions so others can better understand you. Remind students emotions are nothing to hide.
 - For example, you might be feeling disappointed. Instead of yelling at someone or shutting down, you could let them know how you feel so they can understand, and hopefully, you can talk it out with them.
6. Explain when we use emotion words, we are better able to describe how we are feeling about something. Discuss how it is very easy to think you just feel one emotion, but it's really a whole bunch of different feelings. Have students share examples of when they've felt many different emotions during one situation. For example:
 - Maybe you get a bad grade on a test and you feel sad, but then you realize that you are also disappointed in yourself that you didn't study harder and you're embarrassed that you didn't get a good grade. You might also be nervous to tell your parents.
 - You might be excited and happy to go on a sleepover, but also feel nervous and worried to be away from your family.
7. Tell students we all feel different emotions all the time! Explain sharing those emotions and describing how we feel is a great way to learn more about ourselves and have others be able to understand and help us.
8. See the [Skill Builder Emotional Alphabet](#) for more.

Activity-Emotion Name

1. Tell the students today's activity will be identifying different emotion words using the letters of our names.
2. Pass out a piece of paper and crayons/markers to each student.
3. Have the students write each letter of their name down the paper vertically.
4. Tell them they can come up with more than one emotion word for each letter of their name. If students are having difficulty thinking of an emotion for a particular letter, choose an emotion that has the letter somewhere inside the word and change the placement of the word.
5. Encourage the group to help one another if students are struggling to think of emotion words that fit their letters.
6. Utilize the Skill Builder, Emotional Alphabet, to give students emotions if they can't think of ones with specific letters.

Example for the name CHRIS

Calm

Hopeful

Relaxed

Interested

BaShful

Category

1. Lesson Plans
2. Self-Awareness

Sel-competency-lessons

1. Self-Awareness

Grade-level

1. Grades 4-5