

# Emotions (Grades K-5)



**Overview:** Students will practice caring by recognizing and showing compassion for the emotions of others.

## **Character Education Objectives:**

Students will:

- sort and label the different emotions on the Faces of Emotion Handouts.
- discuss how having compassion for another person's emotions shows you care.
- illustrate emotion and share it with a friend.

## **Materials:**

- Faces of Emotion Handout (1-4)
  1. Students will write in the emotion
  2. Students will trace the emotion
  3. Students will cut and paste an emotion
  4. Students will draw the emotion
- I Feel Handout
  - The teacher can also take pictures of familiar faces around the school posing with different faces of emotion to make the lesson more personal to the students in the building
- Discussion prompts (below)
- Family Connection Handout

## Lesson Plan:

- Students work in a group or individually to sort and label the *Faces of Emotion Handouts* (5 min)
  - Depending on skill levels students can write, trace, or use a drawing or emoticon to label.
- Discussion Prompts (5-7 mins)
  - What emotion do you feel today?
    - Teacher: I feel happy because I get to teach you today.
  - What is hard about knowing how other people feel?
  - Why do some people cry, and some people yell when they are angry?
  - How can you show you care for someone when they are feeling (insert emotion)?
- Complete the I Feel Handout (5-7 mins)
  - Choose an emotion you feel.
  - Draw a picture of yourself when you feel that emotion.
  - Write (depending on skill level) what emotion you are feeling and why.
- Share your picture with a friend (1-2 mins)

## References

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