

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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