

LESSON PLAN

GR 2-3



Share Your Emotions

Description

Supplies

- No supplies needed

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. Explain there are many different emotions people can experience and that an emotion is a feeling that you get inside.
2. Ask the students to share some of the emotion words they know.
3. As students name words, challenge them to think of other emotion words that have a similar meaning. For example, if a student says happy, some other words that relate to happy would be elated, joyful, wonderful, and excited. If students can't think of any emotions, you can help them by using the [Emotional Alphabet Skill Builder](#).

4. Discuss how there are many different emotion words and many times people feel more than one emotion at once.
5. Explain naming your emotions makes it easier for you to determine what's really going on and it helps people to better understand what you are feeling so they can help you.
6. Ask students if they have ever been upset about something, but when asked what's wrong they said, "Nothing" or just shrugged their shoulders. Explain by doing this, you aren't sharing your emotions, so it makes it difficult for people to understand how you feel or what you need.
7. Discuss how sharing our emotions allows people to better understand what we might need. Tell students that hiding emotions sometimes only makes us feel worse and sometimes can lead to more negative emotions building up.
8. Talk with students about learning new emotion words so we can better describe how we are feeling. Explain we can better identify the emotions we feel, and what may trigger those emotions in the future, and we can allow people to better understand how we are truly feeling.

Activity- We're Going on an Adventure

1. Have students raise their hands if they've ever played the "We're Going on a Picnic" game. Explain everyone gets a turn to share what they would bring on a picnic. The trick to the game is on your turn to share, you must remember what everyone else who went before you said.
2. Let the students know they will be playing a game like the Picnic game, but with an added twist! There will be multiple rounds played and they will be imagining how they would feel on different adventures.
3. Explain you will announce where the adventure is and how you would feel on that adventure. Then the student sitting next to you says location, your emotion, and adds in their own emotion. Then the next student goes, etc.

Example:

- Leader: "We're going on a cruise and I'm feeling excited."
 - Student 1: "We're going on a cruise and I'm feeling excited and nervous."
 - Student 2: "We're going on a cruise and I'm feeling excited, nervous, and joyful."
4. Explain this continues around the circle until every student has said their emotion. Students can not repeat an emotion word that was already stated. Remind students we all have different emotions and they are nothing to hide.
 5. Let them know a new student will start each time, so it is fair, and the same student is not always last.
 6. Explain if a student forgets an emotion that was said before their turn, they must do 5 jumping jacks, and then the group can work together to help remind them of the emotions they forgot.

Sample adventures

- "We're going to a haunted house and I'm feeling scary."
- "We're going to an amusement park and I'm feeling happy."
- "We're going camping and I'm feeling tired."
- "We're going to a new school and I'm feeling nervous."

- I'm going to the mountains and I'm feeling!
- I'm going on an airplane and I'm feeling!

Category

1. Lesson Plans
2. Self-Awareness

Sel-competency-lessons

1. Self-Awareness

Grade-level

1. Grades 2-3