

Educator's Resource For Social and Emotional Learning



Presented in Partnership By:



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IDENTIFYING EMOTIONS



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Explain the concept of emotions with an emphasis on "motion." Emotions are a part of life. They are what make us connect to the experiences we have. However, they are constantly changing based on our mood and what is occurring. It is important to not get attached to an emotion or carry it with you for too long because soon it will change.

USE THE FOLLOWING LESSON GUIDE TO HELP INTRODUCE THE CONCEPT OF EMOTIONS TO YOUR STUDENTS.

1 Introduction Activity

1 minute write: have students write as many emotions as they can in one minute.

2 Reflection Activity

Ask the students to think about their day. Looking at their list of emotions, circle the ones they felt so far. If they need to write more to include ones they didn't write initially they can.

3 Discussion Questions

How would you define emotions?
 What are some emotions you circled?
 What is the purpose of emotions?
 What are some experiences that could cause us to feel different emotions?

4 Identifying Emotions

Use the Identifying Emotions and Act It Out Worksheets below to help students identify and understand more about emotion names and characteristics.

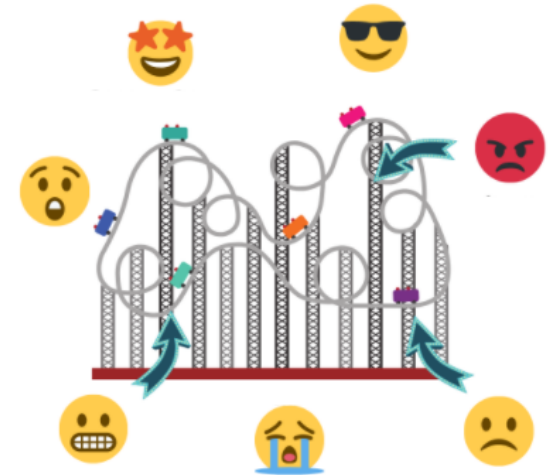
5 Emotions Poster

Students choose one emotion and design a poster about it. These posters are hung up around the room.

6 Emotions Journal

Give students time to reflect and answer the questions in the emotions journal. They can share some of their responses with a partner, small group or part of a whole class discussion.

ALL ABOARD THE EMOTIONAL ROLLERCOASTER



**EVERY DAY IS LIKE A ROLLER COASTER.
 OUR EMOTIONS ARE CONSTANTLY CHANGING.**

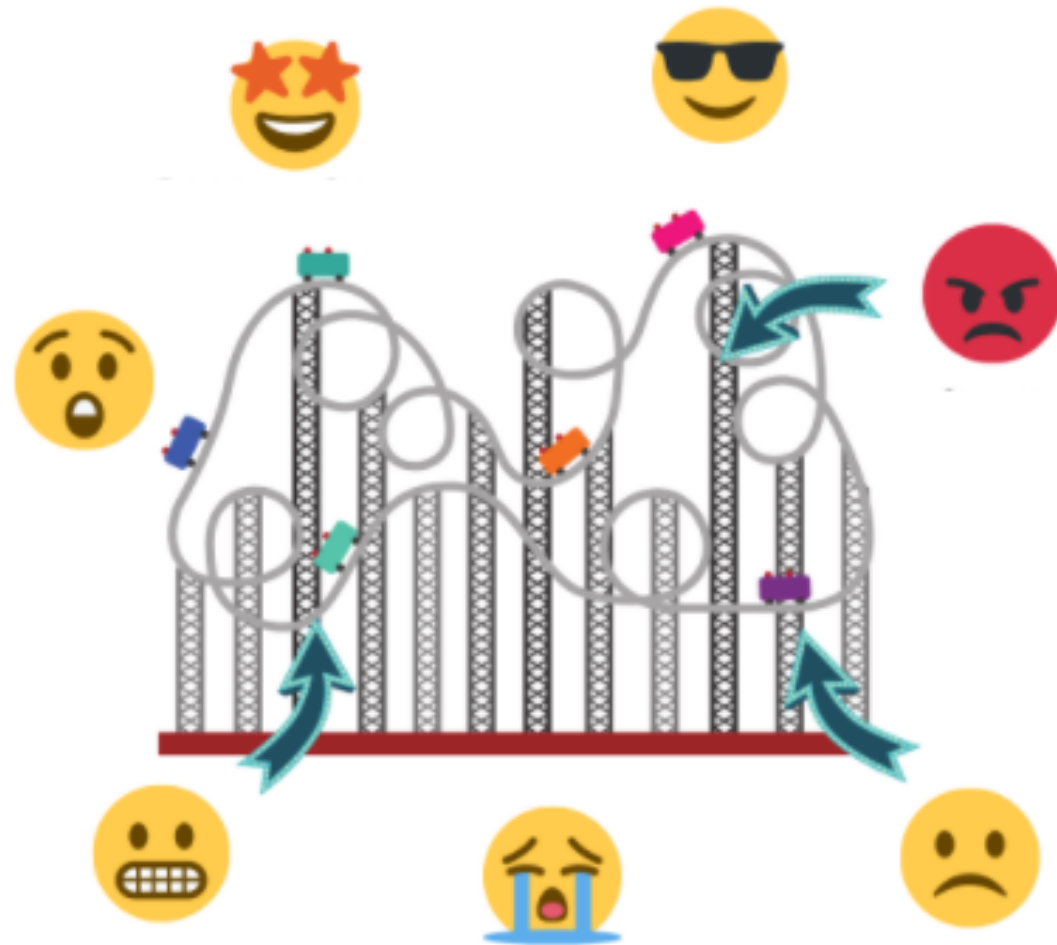
7 Managing Emotions

Discuss ways to help manage your emotions when feeling angry, tired, stressed, annoyed, etc. Have students list ideas on the final worksheet which they can use as a reference.

TOPICS:

- Emotion Names
- Identifying Emotions
- Act It Out Emotions
- Emotions Journal
- Managing Emotions
- Group Discussion Questions

ALL ABOARD THE EMOTIONAL ROLLERCOASTER

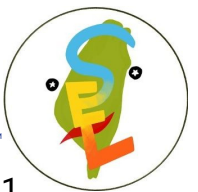


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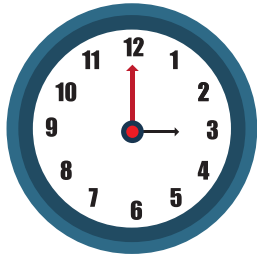
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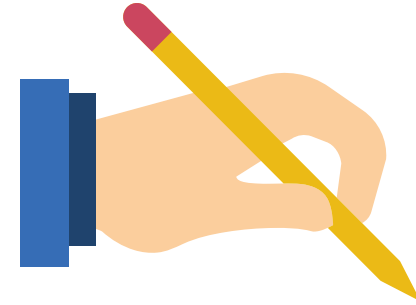


Name: _____

Date: _____



One Minute Write
You have one minute to write as many emotions as you can think of on the lines below.





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Identifying Emotions

Sad
Scared

Surprised
Angry

Lonely
Proud

Shy
Happy

Understanding emotions is important. Knowing what our emotions are and when we feel them is an important step in knowing how to manage them. On the line write the name of the emotion.



1



2



3



4



5



6



7



8

Name _____

Date _____



Identifying Emotions

Sad
Scared

Surprised
Angry

Lonely
Proud

Shy
Happy

Understanding emotions is important. Knowing what our emotions are and when we feel them is an important step in knowing how to manage them. On the line write the name of the emotion.



1

Happy



2

Sad



3

Shy



4

Angry



5

Scared



6

Proud



7

Lonely



8

Surprised

Name _____

Date _____



Identifying Emotions

Sad
Scared

Surprised
Angry

Lonely
Proud

Shy
Happy

Understanding emotions is important. Knowing what our emotions are and when we feel them is an important step in knowing how to manage them. On the line write the name of the emotion.



1



2



3



4



5



6



7



8

Name _____

Date _____



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Identifying Emotions

Sad
Scared

Surprised
Angry

Lonely
Proud

Shy
Happy

Understanding emotions is important. Knowing what our emotions are and when we feel them is an important step in knowing how to manage them. On the line write the name of the emotion.



1

Happy



2

Sad



3

Shy



4

Angry



5

Scared



6

Proud



7

Lonely



8

Baking bread dough

Surprised

Name _____

Date _____



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Act It Out

Cut the circles out. Put them in a box. Have students choose one and act it out in front of the class or small group. Other students guess which emotion it is. After they guess, ask the students, "How did you know that was the emotion?"





Emotions Journal

NAME:

DATE:

Answer the prompt in each box with words or drawings.



I'm happiest when I am...

I feel lonely when....

Something I feel proud of myself for is....

Things that make me feel angry or scared are....

When I feel sad I feel better by....



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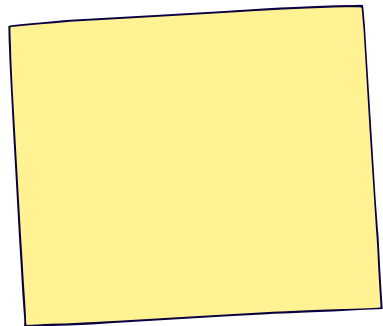
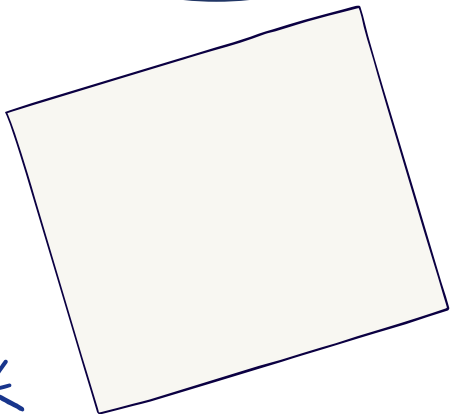
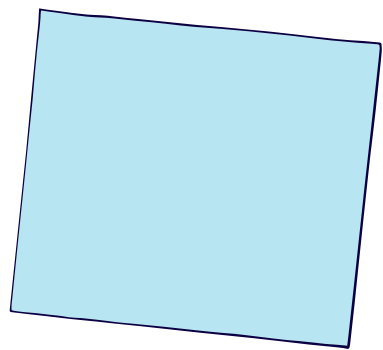
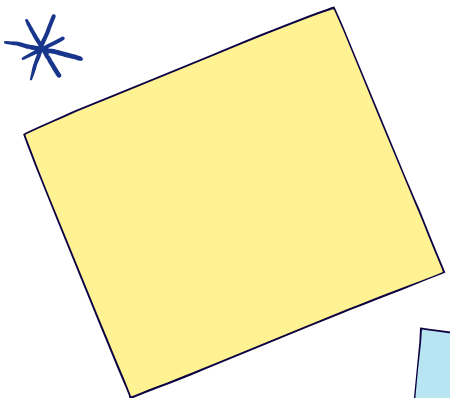
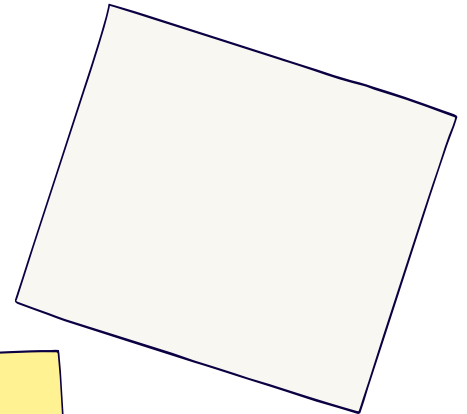
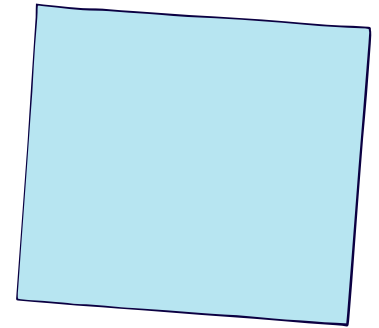
Managing Emotions

NAME:

DATE:

When we feel negative feelings it's important to do things that will help us feel better. Write things that you enjoy doing or things that will help you feel better in the boxes.

When I feel lonely I can call a friend.



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Emotions Poster

Choose one of the emotions from your list.

Design a poster about that emotion. You can use words and images.

A large, empty rectangular box with a blue border, intended for students to design their emotion poster.

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