

Grade 1

Health Objective 1.01

Describe and demonstrate appropriate ways to express and cope with emotions and feelings.

Language Arts Objective 3.04

Apply phonics to write independently, using temporary and/or conventional spelling.

Materials Needed:

How Are You Peeling? Foods with Moods by Saxton Freymann, Joost Elffers

Pictures from newspapers, magazines, or books that demonstrate people expressing a variety of emotions (one for each small group/table)

Appendix 1 – Emotions and Feelings - copies for each student

Focus:

Prior to reading *How Are You Peeling? Foods with Moods* aloud, ask the students to pay attention to all the different feelings that people can experience.

Teacher Input:

[Children develop ideas about how to express emotions primarily through social interaction in their families and later by watching television or movies, playing video games, and reading books.]

Facilitate a class discussion about different ways we express our feelings. For example, we cry when we're sad and smile or laugh when we are happy. Ask the students if we should be careful when expressing our feelings and why. For example, when we feel angry or hurt, it would be inappropriate to yell at another person. Emphasize that it is okay (and even normal to have angry and hurt feelings). We have to be careful when we express these feelings because we do not want to hurt others. Brainstorm a variety of feelings and methods for expressing these feelings in a healthy manner. [It will be important to make sure feelings like frustration, anger, hurt, jealousy, and irritation are discussed with suggestions for positive expressions.]

Discuss strategies for managing emotions before reacting (such as counting to ten, taking a personal time out, stepping away from the situation and returning later, or using "I statements.")

Practice & Assessment:

Activity 1

If the class is seated at tables, give each table a different picture and ask them to write a story that illustrates to how the person the picture is feeling. Distribute a handout of Appendix 1 - Emotions and Feelings. Ask the students to think about how the person in the picture feels and to look for clues as to why they think this person might be feeling this way. The students will also think about safe, positive ways to express these feelings or emotions. If time allows, ask the students to share their responses or personal experiences about expressing feelings and emotions.

Activity 2

To help students perceive how feelings are expressed, play a game of charades with the students. One at a time, the students will look at an index card made by the teacher to

determine which feeling they will act out. The rest of the class will guess which feeling is being acted out. Ask the students if it is easy to determine how a person is feeling by their actions?



EMOTIONS AND FEELINGS

This person feels _____ .

I think this person is _____ because
he/she is _____ .

This person might be _____
because he/she _____ .

This is a _____ way to express your
feelings.

Another way to express this feeling is
_____ .