

Unit 2 Lessons and Activities:

Lesson 1-Drawing and writing about certain emotions

Lesson 2-We played emotion detectives where the students had to figure out how their friends were feeling based on certain clues that their friends showed

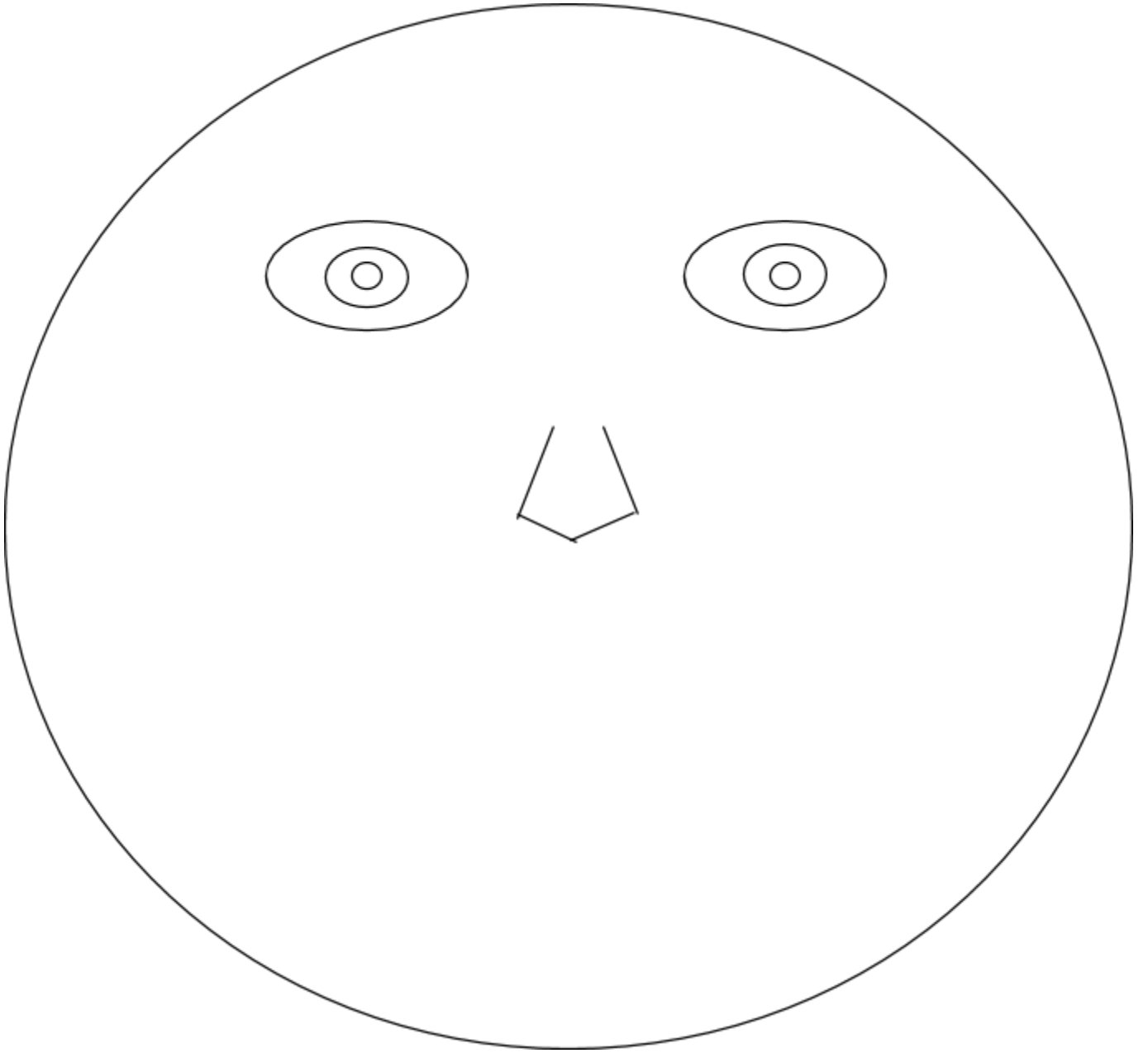
Lesson 3-How to help friends in certain situations

Lesson 4-We learned about

Questions to ask your child before, during, and after the story:

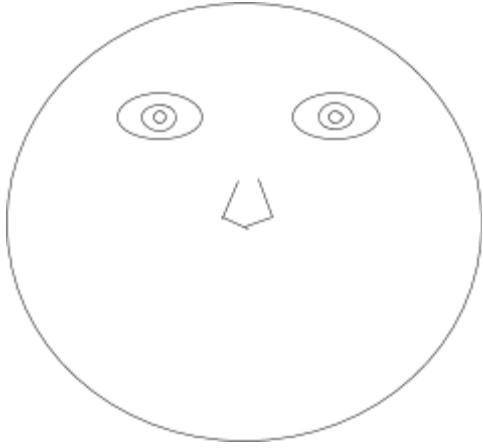
1. In this story, Z has to figure out why one of the kids is feeling sad. The rest of the kids help Z learn how to be a “feelings detective,” by looking for clues and by thinking back about what happened first, in order to understand why their friend feels sad.
2. As you listen to the story, pay attention to what Z has to think about to figure out why one of the children is feeling sad.
3. What were some of the clues as to how you knew how Kenny was feeling?
4. How did Kim and Z make Kenny feel better?

Happy

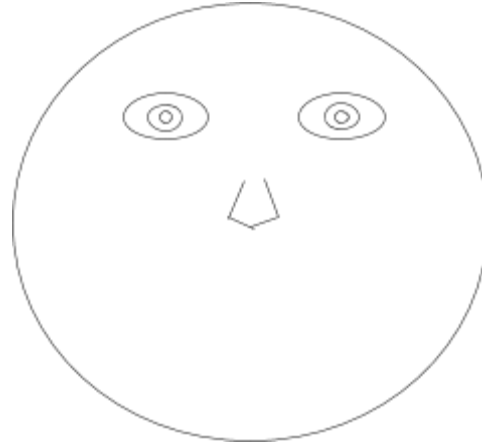


Surprised

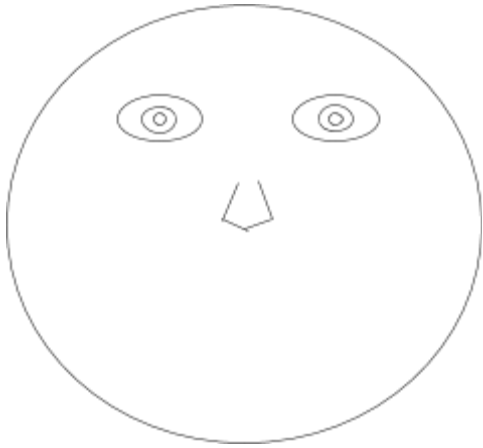
Mad



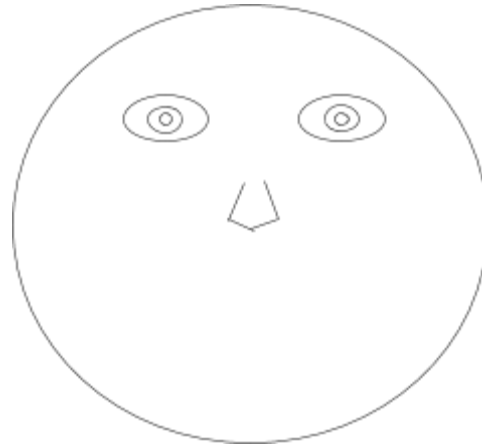
Sad



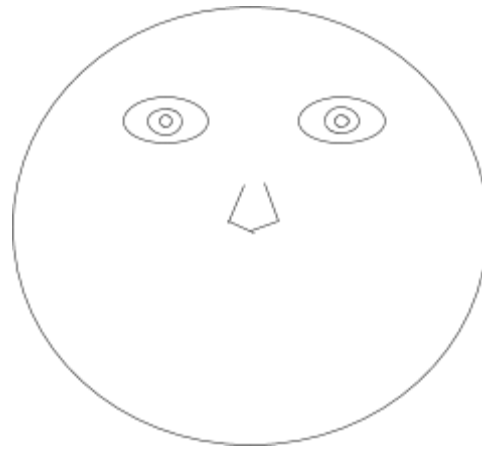
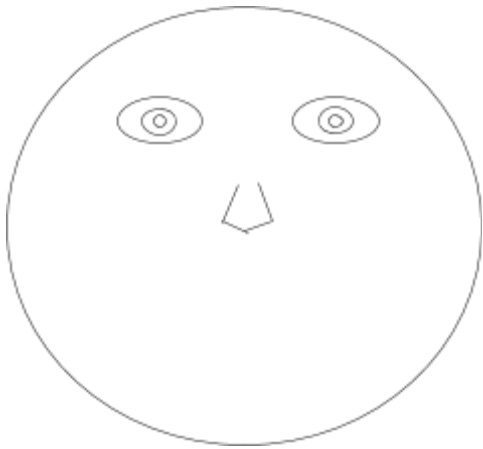
Excited



Confused



Frustrated



Afraid



Embarrassed



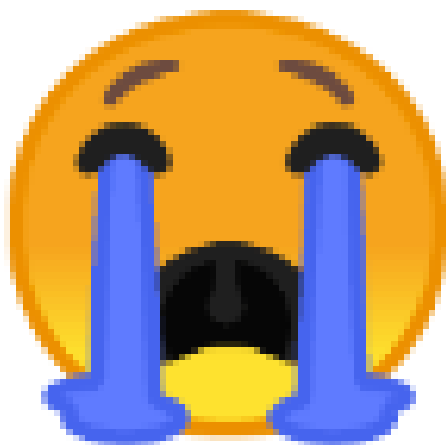
Happy



Mad



Sad



Surprised



Afraid



Fire alarm, someone
screamed

Embarrassed



Fell down, slipped
on ice

Happy



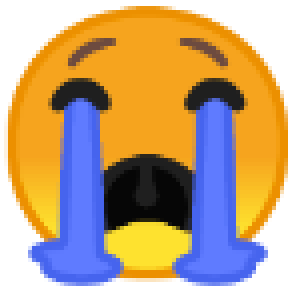
Party, Christmas,
Halloween

Mad



Toys taken, timeout,
no activity

Sad



Hurt my hands, legs,
or head

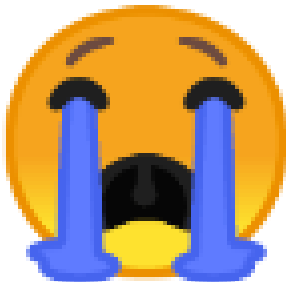
Surprised



Surprise party,
singing

My feelings

I feel...



when...

Empathy Scenarios

For the first day we will have the students come up to the front of the room and the students will have to raise their hands for how they will help. The next week two students will act out what they would do in that scenario.

(Volunteer's name) is...

- Sad and crying because he/she fell off the swing
- Excited to tell you that she got a new puppy
- Afraid of climbing the ladder to the slide
- Frustrated that he can't open the glue bottle
- Scared of the loud ambulance siren outside
- Happy and smiling because she just made a really huge tower of blocks
- Sad because he can't find his jacket
- Disappointed that all the swings are being used by other kids

Remember as I read these scenarios we have to remember to put ourselves in their shoes. While we may do kind and caring acts we have to know how to better help in that situation. For example, if you were in one of these think about what you want someone to do if that happened to you.

