

Unit 2 Lessons and Activities:

Lesson 1-Got to express what it looks, sounds, and feels like when we are feeling certain emotions

Lesson 2-Emotion match-up, students were partnered up with someone in their grade class and they had to decide as a pair if a situation they have in their stack of cards matches the emotion I stated.

Lesson 3-Looking into how our emotions affect our thoughts and feelings

Lesson 4-Talked about empathy and how to help others when they feel a certain way.

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

1. Have you and a friend ever had very different feelings about the same thing? Have you ever been surprised by the way someone else reacted to something?
2. In this story, two friends have a hard time getting along because they each react in different ways to a task they are supposed to work on together.
3. What did Kenny think would happen during the dance?
4. If Annie had known Kenny's real thoughts and feelings about the dance, do you think she would still be angry with him? What should she have done instead?

Lesson 1 Activity



Emotion	Can Look Like	Can Sound Like	Can Feel Like
Anger	Lowered inner eyebrows Bulging eyes Squinting eyes Tightly pressed lips Crossed arms Clenched fists Stiff body	Yelling Shouting Stomping	Hot Boiling Bubbling Tight
Disgust	Crinkled nose Puckered mouth Furrowed brow Squinting eyes	Gagging	Tight Shaky Sick
Embarrassed	Eyes down Red Cheeks Hands over face Biting lip "Nervous" shaky smile	Shaking voice Quivering voice Quiet voice Silence	Hot Shaky Racing, pounding heart
Fear	Raised eyebrows Opened eyes Opened mouth Pulled back corners of the mouth Limbs pulled into body Shaking body	Shaking voice Quivering voice Whimpering	Dry mouth Tight Stiff Sweating Racing, pounding heart
Frustration	Furrowed brow Squinting eyes Tight lips Stiff body	Grunting Growling Stomping	Stuck Tight
Happiness	Raised corners of the mouth Crinkled eyes	Clapping Cheerful voice Squealing Laughing	Bubbling Jumping Relaxed
Sadness	Raised inner eyebrows Lowered eyelids Lowered corner of the mouth Trembling lip Slumped, drooping body	Crying Sobbing Moaning Whining	Weak Weepy Droopy
Surprise	Arched eyebrows	Gasping	Racing, pounding heart

	Widely opened eyes Dropped jaw Palms raised Sudden backward movement	Screaming Cheering	jumpy
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#	Feeling	Why
1.		
2.		
3.		
4.		

5.		
6.		
7.		
8.		
9.		
10.		

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<p>The person in front of you in the cafeteria trips and drops his lunch tray all over the floor.</p> <p>Has anything like that ever happened to you? How would that person feel? What could you do to be caring?</p>	<p>A friend tells you that her family is moving to another city next month.</p> <p>Has anything like that ever happened to you? How would that person feel? What could you do to be caring?</p>
<p>During the last few seconds of your soccer game, your goalie misses a shot so your team loses the game.</p> <p>Has anything like that ever happened to you? How would that person feel? What could you do to be caring?</p>	<p>You hear a friend tell the teacher that his dog ran away last night.</p> <p>Has anything like that ever happened to you? How would that person feel? What could you do to be caring?</p>
<p>You see a group of kids laughing at a friend on the playground, and then she walks away with her head down.</p> <p>Has anything like that ever happened to you? How would that person feel? What could you do to be caring?</p>	<p>A friend tells you that she is going to a fun carnival this weekend.</p> <p>Has anything like that ever happened to you? How would that person feel? What could you do to be caring?</p>
<p>A friend tells your class that she made it into the soccer finals.</p> <p>Has anything like that ever happened to you? How would that person feel?</p>	<p>A very quiet friend is called to read out loud in front of the class. You see her hands and lips shaking as she stands up.</p> <p>Has anything like that ever</p>

<p>What could you do to be caring?</p>	<p>happened to you? How would that person feel? What could you do to be caring?</p>
<p>You see a friend waiting in front of the school building, long after school has ended. He is frowning and keeps looking up and down the street.</p> <p>Has anything like that ever happened to you? How would that person feel? What could you do to be caring?</p>	<p>You see a friend wad up his drawing, throw it down on the desk, and then sit back with a big frown on his face.</p> <p>Has anything like that ever happened to you? How would that person feel? What could you do to be caring?</p>
<p>As teams are being chosen for a game at recess, you see the last person waiting with his head down but no one wants to choose him for their team.</p> <p>Has anything like that ever happened to you? How would that person feel? What could you do to be caring?</p>	<p>You see a friend searching through his backpack after school, and he tells you that he can't find his glasses.</p> <p>Has anything like that ever happened to you? How would that person feel? What could you do to be caring?</p>