



LESSON

1

Feelings & Actions Unit Grade 1 • Ages 5-7

TIME FRAME

Preparation: 15 minutes
Instruction: 30 minutes

MATERIALS

Feelings Cards (p. 4), one copy cut apart before class for teacher; one uncut copy for each student

Document camera or smart board (optional)

How Would You Feel? Situation cards (p. 5-6)

[Kindness Concept Posters](#): Self-Care and Caring

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.1.1, 1a-c, 3, 4, 6 Colorado: Comprehensive Health S.3, GLE.1, EO.a,b; Reading, Writing and Communicating S.1, GLE.1, EO.a,c,d; S.1, GLE.2, EO.a,c

[Learning Standards Key](#)

Name That Emotion!

Students will label different emotions they feel and recognize emotions others are feeling in various situations.

Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

CARING Feeling and showing concern for others.

SELF-CARE Taking care of yourself through kind words, actions and thoughts.

FEELINGS OR EMOTIONS How we feel in our body and our heart when something is happening around us.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Reminding students that there is no right answer.
- Interviewing each other for the second part of the activity with the situation cards for those students who might get overwhelmed by responding in a large group.

Resources

Any book or video about unusual animal friendships.

Learn more emotion words with RULER's Feeling Words Curriculum: <http://ei.yale.edu/ruler/the-feeling-words-curriculum/>

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

The **Share** step in the first lesson of each unit is intended to set the tone for teaching kindness.



The RAK paradigm is the framework for teaching and building kindness skills.



Share (3 mins)

Share with students one **emotion** you had this week, then have students share one **emotion** they have felt this week with the person sitting next to them. Have them explain what happened to them that made them **feel** this way.

Inspire (20 mins)

Emotion Game

*Today we are going to play a game with some pictures. I will show a picture with a face on it (use smart board or document camera if available). Raise your hand if you know what **feeling** or **emotion** is being shown on the card.*

*When you call on the student and after they say what **emotion** is on the card, ask him or her: How can you tell the face is showing that **emotion**? For example, the student might say something like: "The face is smiling. The eyes are sad. The mouth is frowning."*

Empower

Feeling Cards Activity and Discussion (15 mins)

Hand out a Feeling Cards sheet to each student and have them cut the sheet apart so they have their own set of feeling cards. Have the students write the **emotion** on the card.

*Now, I am going to show you pictures of people doing things and I want you to hold up your card to show what **emotion** that person or people might be **feeling**.*

Show the situations one at a time. Have students hold up the card that shows how they think the person is **feeling**. Ask the following questions as you look at different situations:

- Why do you think the person or people might be **feeling** that way?
- (If students have different responses, say): We had different responses and that's okay because people may **feel** many ways in situations. Why do you think we might **feel** different ways?
- Have you ever felt that way in that situation? Why or why not?
- How can you show that you **care** to someone who is **feeling** sad or upset?

Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Questions

- How might someone **feel** if their brother or sister pulled their hair and why?
- How might someone **feel** after scoring their first goal at soccer and why?

Reflection Questions

- We talked about different **emotions** today. Do you always **feel** the same way when something happens to you? Why or why not?
- Do other friends always **feel** the same **emotions** that you feel?



Summary

Every day, we all feel different types of **emotions**. Today we practiced labelling some of the **emotions** we feel in different situations. There are many ways you can be a **caring** friend by helping someone who is feeling upset or sad. When you see someone who needs extra care, it is the kind thing to do to recognize their emotions or ask if they are OK.

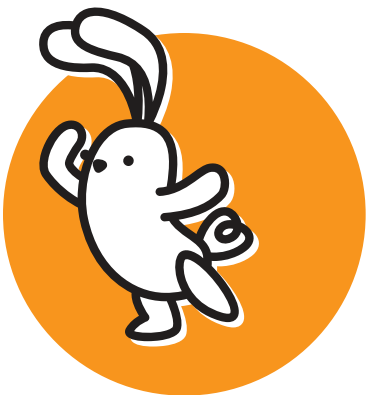
Act (2 mins)

Kindness Minute

Turn to the person next to you and say, "I **feel** happy that you are my classmate/friend!"

Kindness in Action

Draw 3 faces with an emotion that you have felt before. Write the name of the emotion below the face.



Feelings Cards



How Would You Feel? Situation Cards



How Would You Feel? Situation Cards

