



## LESSON

# 2

### Feelings and Emotions Unit Grade 3 • Ages 8-9

#### TIME FRAME

Preparation: 15 minutes  
Instruction: 30 minutes

#### MATERIALS

How Did I Feel? activity sheet, one for each student

[Kindness Concept Posters](#) for Responsibility, Self-Discipline

#### LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.W.3.2, 3; CCSS.ELA-Literacy.SL.3.1, 1b-d, 2, 3, 6; CCSS.ELA-Literacy.L.3.1, 3.2 Colorado: Comprehensive Health S.3, GLE.1, EO.f; S.3, GLE.2, EO.a; Reading, Writing and Communicating S.1, GLE.1, EO.b, f, g; S.1, GLE.2, EO.a,b,c; S.3, GLE.1, EO.b,c; S.3, GLE.2, EO.a

[Learning standards key](#)

## How Did I Feel?

Students will reflect on a situation in their own life and identify how they felt and reacted as a result. Students will also be able to recognize ways of showing kindness to others.

### Lesson Background for Teachers

This lesson builds on previous lessons in this unit.

Often students get hung up on the top few emotions: happy, sad, angry. There are thousands of words to describe the subtlety of our emotions. Students may need some guidance using a feelings chart. You can challenge them to use different words or “forbid” them from using happy, sad or angry to encourage further exploration and new vocabulary.

### Key Terms for Students

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

**RESPONSIBILITY** Being reliable to do the things that are expected or required of you.

**SELF-DISCIPLINE** Controlling what you do or say so you don't hurt yourself or others.

**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:

- Using a visual format to answer the questions, such as a comic strip.
- Allow student to dictate their responses to a partner or the teacher.

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

However, each lesson starts with the **Share** step to reinforce learning from previous lessons.



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



## Resources

- If students need a bit more emotion vocabulary, try using a feelings list such as the one here, provided by the Center for Non-violent Communication: [https://www.cnvc.org/sites/default/files/feelings\\_inventory\\_0.pdf](https://www.cnvc.org/sites/default/files/feelings_inventory_0.pdf)
- Paul Ekman is a world renowned researcher of emotions and facial expressions. To learn more about Paul Ekman's, go to his website: [www.paulekman.com](http://www.paulekman.com)
- To test your facial expression recognition, take this quiz: [http://greatergood.berkeley.edu/ei\\_quiz/](http://greatergood.berkeley.edu/ei_quiz/)

## Share (3 mins)

Ask a few students to **share** their kindness cards with the class. Combine everyone's cards into one basket and let the students know that these cards are for the class to use when they notice that someone needs a card. Students can take a card, sign it, and give it to the person. If students enjoy designing cards, they can continue to add new cards to the basket throughout the year.

## Inspire

### Reflection (5 mins)

*From the game that we played, we saw how people might feel in certain situations. You didn't have a choice about what **feeling** you were acting out in the game, because you were told to act a certain way. However, in real life we may react in different ways depending on how we feel or what we need at that moment and sometimes we can even choose how we act. If a friend decides they can't play together with us, we may react in many different ways. What is one way that you might feel if a friend cancelled a play date? Allow students to respond.*

## Empower

### Activity Sheet and Discussion (15 mins)

Hand out the How Do I Feel? Activity sheet.

On the activity sheet, I want you to write down a situation at home, with friends or at school that has happened recently, how you felt in that situation, and whether you feel any different now that time has passed. They can be positive or negative experiences. Then write if anyone showed kindness in the situation.

If students need help coming up with a situation, provide guiding suggestions such as:

- Something that happened on the playground.
- Something that happened right before bed time.
- Something that happened that made you anxious, grateful, surprised.
- Something that caused someone else to be anxious, grateful, surprised.

Have the students complete the activity sheet independently.

Divide students into pairs or into small groups where they will be comfortable sharing and have students discuss their responses.

### Optional Writing Activity (20 mins)

Have students write a creative story based on the situation they wrote about while completing the How Did I Feel? activity, adding details, events and characters to make the story interesting, exciting or dramatic as they see fit.

### Wrap Up (5 mins)

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

### Evaluation Questions

- Does everyone have the same reaction to the same situation?
- Do you **feel** the same way when something is happening as you do a few hours or days later?
- When you are having a hard time, how does it **feel** when someone shows you kindness?

### Reflection Questions

- Are you always able to control how you **feel**? Why or why not?
- Can we choose how we **feel** when something happens to us? Why or why not?
- If someone is unkind to us, what are ways that we can respond? If someone is kind to us, what are ways that we can respond?

### Summary

*Today we spent some time reflecting on how we felt and reacted to a situation in our own lives. We also thought about we have showed kindness in these situations, as well as others. Let's continue to show kindness, even in difficult situations when it isn't always easy.*



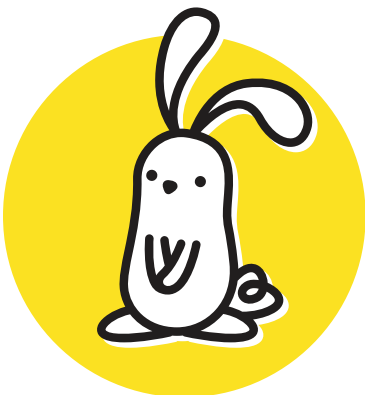
### Act (2 mins)

#### Kindness Minute

*Write a thank you note for the school librarian, secretary, principal, or other school staff.*

#### Kindness in Action

Encourage students to finish and decorate their thank you notes and bring to next class.



# How Do I Feel?

In the space below, write about one thing that happened to you in the past week; it can be fun or hard. Then write how it made you feel and whether anyone showed kindness.

NAME

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PLEASE RETURN BY

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Describe something that happened to you at home, with your friends or at school in the past week.

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What feelings did you have when that happened?

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Did you feel anything inside your body when that happened?

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Do you feel differently about it now?

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Did you or anyone else show kindness?

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