



LESSON

# 3

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

### TIME FRAME

Preparation: 15 minutes  
Instruction: 30 minutes

### MATERIALS

Three pieces of chart paper, with these phrases written, one on each sheet: Hurtful Ways to Respond; Ways to Calm Down and Focus; Working Through Anger

Ways to Respond to Anger or other Hurtful Feelings, one copy for the teacher

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

### LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy. SL.3.1, 1b-d, 2, 3, 6 Colorado: Comprehensive Health S.3, GLE.1, EO.f; S.3, GLE.2, EO.a; S.4, GLE.2, EO.c; Reading, Writing and Communicating S.1, GLE.1, EO.b, f, g; S.1, GLE.2, EO.a,b,c;

[Learning standards key](#)

## Ways to Respond

Students will identify helpful strategies they can use when they feel angry or upset and practice having kind responses in situations where they are feeling angry.

### Lesson Background for Teachers

This lesson builds on previous lessons in this unit.

Sometimes people refer to emotions such as angry, frustrated or sad as negative emotions. Emotions are neither negative or positive, they just provide us information about the situation we are in and how we need to react.

### 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:

- Having copies of the Focusing Strategies during the activity.
- Partnering students to do the activity, particularly if a student has a difficult time doing activities like this alone.
- Providing copies of the kindness meters for students to keep at their desks; have them write in words or phrases that describe how they feel when they are in the different zones.

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

Adapted from Cool Down and Work Through Anger by Cheri J. Meiners, M.Ed., Copyright © 2010. Used with permission of Free Spirit Publishing Inc., Minneapolis, MN; 800-735-7323; [www.freespirit.com](http://www.freespirit.com). All rights reserved.

### Share (3 mins)

*Ask students to share their thank you note with the person next to them and have them explain why they chose to write their thank you card to this person. Encourage both students to share.*

### Inspire

#### Discussion (5 mins)

*We have been talking about different ways that we feel. Think about a specific time when something happy or joyful happened to you. How did you act when that happened? Allow students to respond. Now think about a specific time when something confusing or upsetting happened to you. How did you act when that happened? Allow students to respond.*

### Empower

#### Discussion (15 mins)

*It isn't unusual to feel angry, upset or scared in situations, and there is nothing wrong with any of our feelings. Sometimes we feel happy and excited and sometimes we feel sad or angry. Anger is a natural emotion that we feel and it gives us information just like all our emotions. But since it is a strong emotion, it is helpful to find ways to act when we are angry so that our anger doesn't hurt others or ourselves or get out of control. What are some hurtful ways that we act when we are angry or scared? What can we do to stop and calm down so we can handle our anger or fear in a better way?*

Write "Hurtful Ways to Respond" on a piece of chart paper. Allow students to respond or make suggestions from the sheet and discuss responses.

*A helpful thing to do when we are angry is to calm down before we react, which is hard to do! Even for adults sometimes! It's hard to talk to somebody about how you feel when you want to yell at or hit something. Can you think of any ways that can help you calm down when you feel angry?*

Write "Ways to Calm Down and Focus when I'm Angry or Upset" on a self-adhesive poster sheet. Allow students to respond or make suggestions from the sheet and discuss responses.

*Once you have calmed down, it is helpful to have some ways to work through the anger. Can anyone suggest some ways to work through anger so you don't feel so upset anymore? Write "Ways to Work Through Anger or Fear" on a self-adhesive poster sheet.*

Let students brainstorm in smaller groups, then hand out the Ways to Respond activity sheet and have them add their ideas to it.

Make a master list on your chart paper and let students write them on their own papers as well. Save these sheets to use in the next lesson.

### 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

- *What are the three responses we can have to strong feelings of anger or hurt?*
- *What can you do to be in control of how you act when you angry? How you can be responsible for your actions?*
- *What can you do you if your feelings of anger are overwhelming?*

#### Reflection Questions

- *Do you think it's important to calm down when you're feeling upset? Why?*
- *Do you think these ways of calming down or dealing with anger could help when you are angry? Why or why not?*
- *What ways do you think you are good at? What ways do you think you need to work on?*

#### Summary

*Today we talked about hurtful ways we sometimes act when we are angry and brainstormed together ways that we can instead calm down and focus when we're angry. It's important once we are calm to work through the anger that we feel. It's a way of being kind to ourselves and others through our words, feelings and actions.*



### Act (2 mins)

#### Kindness Minute

*Try your best to forgive someone who has hurt you. When we forgive others, it is good for ourselves.*

#### Kindness in Action

Ask students to complete the Home Extension Activity for Kindness in Action.



NAME \_\_\_\_\_

## Ways to Respond to Anger or other hurtful feelings.

**Directions:** Cut out the Kindness Meter (next page) and use a brad to attach the arrow to the meter. If desired, color the red zone red, the yellow zone yellow, and the green zone green. You could laminate it or make a larger version.

### HURTFUL WAYS (RED zone)

- Hitting or punching
- Yelling
- Biting
- Making mean faces
- Saying hurtful things to yourself or others`
- Kicking

### WAYS TO CALM DOWN AND FOCUS (YELLOW zone)

- Count to 10 or take big breaths
- Take a walk
- Play a game outside
- Turn on quiet music
- Sing a favorite song to yourself
- Exercise or do stretches
- Walk away until you feel calm
- Squish a stress ball or play dough
- Find a quiet place to think things over
- Try to relax
- Say how you're feeling, for example "I'm so angry right now!"
- Look away from the person who's making you mad.
- Say, I can't talk to you right now, I'm too angry

### WAYS TO WORK THROUGH ANGER (GREEN zone)

- Talk with and listen to the person who made you angry
- Look at the problem in a different way
- Decide to forget about it and let it go
- Talk to a friend or a trusted adult about it
- Draw a picture or write in a journal
- Forgive that person
- Accept that you can't change some things
- If appropriate, apologize for getting angry and for your part in the problem



