



LESSON

2

Feelings & Behavior Unit Kindergarten • Ages 5-7

TIME FRAME

Preparation: 10 minutes
Instruction: 20 minutes

MATERIALS

Feelings Images, enough for each student to have one image, cut apart before class

One complete set of images for teacher

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

Optional: Envelopes, one for each group

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.K.1a-b, 2, 3, 4, 6; CCSS.ELA-Literacy.L.K.1, 2 Colorado: Comprehensive Health S.3, GLE.2, EO.c; Reading, Writing and Communicating S.1, GLE.1, EO.c,f,h,i,j; S.1, GLE.2, EO.a, c-e; Drama and Theatre Arts S.1, GLE.1, EO.a; S.2, GLE.1, EO.a,b

[Learning standards key](#)

Acting with our Feelings

Students will recognize what our bodies and faces look like when we have certain feelings.

Lesson Background for Teachers

This lesson builds on previous lessons in this unit. Kindness can be expressed in many forms. This lesson focuses on self, others, community and environment.

Key Terms for Students

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

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:

- Their own copy of the cartoon emotion images to use as reference.
- Recording the role-plays (with an iPad or another device) to review and do corrective reframe where needed.

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.



Share (3 mins)

Share with a partner, then as a group when people **feel** the happiest or most peaceful during their day.

Inspire (5 mins)

Cartoon Faces

*Today we are going to think more about how our **feelings** can impact how we act. I am going to give you each a cartoon face. Once you get your face, I want you to get in a group with the other students who have the same face. In your group, I want you to decide one thing you would do if you were **feeling** that way. You might have many ideas but I want you to work together to pick one that you could act out for your classmates. For example, if you have the joyful or laughing face, you might act out skipping or playing with friends.*

Empower (10 mins)

Acting with our Feelings (5 mins)

Hand each student a face and have the students get into their groups. If you want to determine the groups before class, take an envelope and write the names of the students in the group on the outside of the envelope. Put enough copies of one **feeling** image for each member of the group to have their own image. Students each pull an image from their group's envelope before beginning the activity.

Tell students to discuss what they think the **feeling** is as a group and act out the **feeling**. Provide assistance if they are struggling with ideas for how to act out the **feeling**. They can simply mimic the face on the card or you could suggest some of the actions written on the poster sheet you created during the unit introduction.

Have one group at a time act out their **feeling** and then have others give a suggestion of when they might have felt that way.

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 Question

- How do we express our **feelings**?

Reflection Question

- We watched each other acting out **feelings**. When you have those **feelings**, do you act in the same way or a different way?

Summary

*Today we learned that our **emotions** are shown in the way we act and on our faces. You can tell how someone is **feeling** by looking and paying attention to them, but you can also notice your own **feelings** by paying attention to how you act. It is an act of kindness to be aware of how others are **feeling**.*



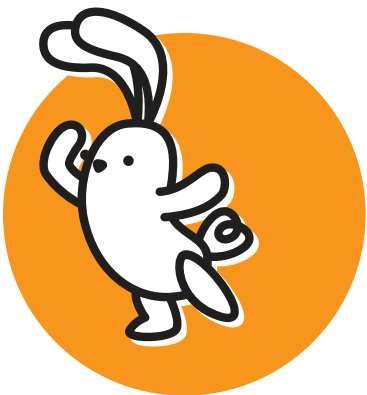
Act (2 mins)

Kindness Minute

Noticing how other people are **feeling** makes them feel like you care. Turn to someone and say, "I can tell you're **feeling**..., sometimes I feel that way too!".

Kindness in Action

Try to name the **emotions** you experienced today.





MAD



PROUD



SAD



CONFUSED



HAPPY



EMBARRASSED



SCARED



EXCITED