



LESSON 4

Feelings & Behavior Unit
Kindergarten • Ages 5-7

TIME FRAME

Preparation: 10 minutes
Instruction: 20 minutes (spaced throughout the day)

MATERIALS

How Do I Feel Today? Sheet, one per student (or more if you want students to keep track of their feelings for more than one day)

[Kindness Concept Poster](#): Self-Care

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.K.1a-b, 2, 3, 4, 6; CCSS.ELA-Literacy.L.K.1, 2, 4, 6; CCSS.Math.Content.K.MD.A.1, B.3 Colorado: Comprehensive Health S.3, GLE.2, EO.c; Reading, Writing and Communicating S.1, GLE.1, EO.c,h,i,j; S.1, GLE.2, EO.a; Mathematics S.4, GLE.2, EO.a,b

[Learning standards key](#)

Counting our Feelings Math Activity

Students will become aware of how they feel throughout the day and how their friends feel.

Lesson Background for Teachers

This lesson builds on previous lessons in this unit.

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:

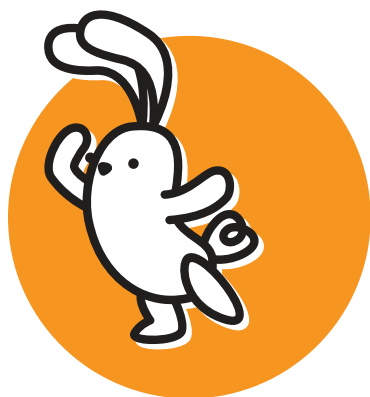
- Using highlighters to call attention to each separate column.
- Seeing the How Do I feel Today? sheet on a document camera or smart board while the teacher describes the emotions and points to the boxes. This would be particularly helpful for students who have difficulty figuring out which box to check.
- Working with a partner or in a small group so they have enough time to process and are prepared to share.
- Creating a bar graph of the class feelings, with time of day on one axis and the feelings on the other axis.

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)

*In a group of 3, tell each other who you gave your tiny picture to last lesson, Feelings Book lesson. What did they say? Alternatively, ask students to name as many **emotions** as they can.*

WEW (5 mins)

How Do I Feel Today? Activity Sheet

Hand each student the How Do I Feel Today? activity sheet.

Explain, holding up the sheet so that students can follow along: *At different times today, you are going to mark on this sheet how you **feel**. At the end of today, we are going to review how we felt. I will collect the sheets and we will see how many people felt sad, happy, excited, etc. at different times of the day.*

Empower (10-20 mins)

Counting our Feelings (5-10 mins)

At times noted on the sheet, have students mark the box indicating how they felt at that time.

Leave enough time at the end of the day to collect the sheets and complete a How Do I Feel Today? sheet for the whole class. In the boxes, write the number of people who felt happy, excited, embarrassed, etc. in each box on each day. Either project the sheet on a smart board or draw a chart on the board so that all students can see the results

Then ask the following questions:

- What was the most common **feeling** that people had in the morning? Recess? Before lunch? After lunch? In the afternoon?
- Why do you think that was the common **feeling**? Can you remember something that happened that might have caused most of you to **feel** that way?

One option would be to do this activity for more than one day and compare how students feel on different days.

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

- Which **feelings** did you have most often today?
- What **feelings** did most of the class feel?

Reflection Question

- Do you think we would have the same number of people **feeling** these same **feelings** on a different day?

Summary

*Today we got to count how many people had each **feeling** today. Everyday we can feel a lot of different **feelings**! Noticing other people's **feelings** is a kind thing to do.*



Act (2 mins)

Kindness Minute

This afternoon, conserve energy by turning off half the lights in the classroom while you work.









Kindness in Action

Count how many times people smile at you today!



How Do I Feel Today? Activity Sheet









Directions: Put an X in the box that shows the feeling you had at different times of the day.

	 HAPPY	 EXCITED	 EMBARRASSED	 SAD	 CONFUSED	 MAD	 LAUGHING	 SCARED
MORNING								
RECESS								
LUNCH								
AFTER LUNCH								
AFTERNOON								



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