



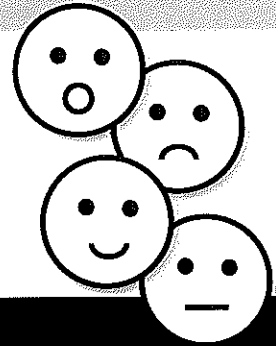
LESSON 4

So Many Different Feelings

Student Learning Objectives:	National Health Education Standards:
1. Identify different kinds of feelings.	• Core Concepts
2. Describe different kinds of feelings.	• Core Concepts

Lesson Synopsis

Introduce the idea that everyone has many different feelings. Describe and show how people may look or behave when having three main categories of feelings: happy, upset, and surprised. Read a book about feelings to help students identify words describing feelings that belong to each of the feeling groups. Practice expressing different types of feelings.



Activity	Time in Minutes	Materials Needed
Introduction	2	Health Education Materials <ul style="list-style-type: none"> • Set of Pictures: "Black and White vs. Color," Michigan Model for Health Clearinghouse
Teacher Input	12	Health Education Materials <ul style="list-style-type: none"> • Poster Set: "Feeling Faces—Happy, Upset, Surprised, and Calm," Michigan Model for Health Clearinghouse • Book: <i>The Way I Feel</i>, by Janan Cain • Video [DVD]: <i>Left Out</i>, from the "Getting Along" series, SVE and Churchill (15 minutes; Extension Activity) • Book: <i>Today I Feel Silly: and Other Moods That Make My Day</i>, by Jamie Lee Curtis and Laura Cornell (Extension Activity) • Book: <i>On Monday When It Rained</i>, by Cherryl Kachenmeister (Extension Activity) Teacher Manual Resources <ul style="list-style-type: none"> • Teacher Reference: "Vocabulary Words for the Poster Set, 'Feeling Faces'" Supplied by the Teacher <ul style="list-style-type: none"> • Nonpermanent marker for writing on posters • AV equipment (Extension Activity)
Application or Skill Practice	4	Supplied by the Teacher <ul style="list-style-type: none"> • Art supplies (Extension Activity) • Pens or pencils (Extension Activity) • Paper (Extension Activity) • Card stock (Extension Activity)
Closure	2	Teacher Manual Resources <ul style="list-style-type: none"> • Teacher Reference: "If You Are Happy and You Know It..." (Extension Activity)
TOTAL	20	

Preparation

Prior to the Lesson:

- **Laminate** the four posters from the poster set, "Feeling Faces," so that you can write vocabulary words on the poster.

For Teacher Input:

- **Display three of the four posters** from the poster set, "Feeling Faces," where the students can see them and you can write on them. You will need the posters, "Happy," "Upset," and "Surprised," for this lesson. You will introduce "Calm" in Lesson 5.



Time-Saver Tip: Lesson 6 in this unit gives students more time to recognize and express different feelings in appropriate ways. If time is running short for this first lesson, tell students they will have a chance in a later lesson to practice identifying different feelings and how to express them.

LESSON PROCEDURE






Introduction: Introduce the idea that everyone has feelings of many different types.




Approximately 2 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Explain how having different feelings is similar to having different colors in the world.</p>	<p>Hold up the black and white photo. Ask the students to identify the colors in the picture.</p> <p>Hold up the color photo. Ask the students to identify the colors in the picture.</p> <p><i>Imagine what it would be like to live in a place where everything was black and white. There were no other colors. Everything in our classroom would be black or white—even the sky and the ground. Raise your hand if you think you might get tired of seeing black and white all the time. Show me with your face how you would feel if you only saw black and white.</i></p> <p><i>Fortunately, we live in a world full of lots of colors. Colors help us enjoy where we live.</i></p> <p><i>Just as the things around us are many different colors, we have many different feelings. Everyone has feelings. Sometimes we feel the same as other people, and sometimes we feel different than other people.</i></p>	
<p>State the focus of the lesson.</p>	<p><i>Today we will learn about different types of feelings we all have.</i></p>	

Teacher Input: Identify different feelings and their behavioral indicators. List words used to name different feelings.


Approximately 12 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Point to the three posters from the poster set, "Feeling Faces", and briefly discuss how people often look when they feel happy, upset, or surprised. Use the teacher reference, "Vocabulary Words for the Poster Set 'Feeling Faces,'" as a reference.</p> 	<p><i>We can see many colors in the world, but we can't really see feelings. They are inside each of us. But we can see each other's faces, and this can tell us about how other people are feeling.</i></p> <p>Point to the "Happy" poster.</p> <p>How do you think the person on this poster feels?</p> <p>Answer: happy and other synonyms</p> <p>Show me your "happy" face.</p> <p><i>When I feel happy, I usually smile, like the face on this poster. If I'm really happy, I might laugh or jump up and down with excitement.</i></p> <p>Point to the "Upset" poster.</p> <p>How do you think the person on this poster feels?</p> <p>Answer: upset and other synonyms</p> <p>Show me your "upset" face.</p> <p><i>When I feel upset, my mouth usually turns down at the corners. I frown like the face on this poster. If I'm mad, I might stomp around the room. If I'm sad, I might cry or cover my face with my hands.</i></p> <p>Point to the "Surprised" poster.</p> <p>How do you think the person on this poster feels?</p> <p>Answer: surprised and other synonyms</p> <p>Show me your "surprised" face.</p> <p><i>When I feel surprised, my mouth might make a circle like this. If the surprise scares me too, I might open my eyes really wide or want to run away.</i></p> <p><i>We can show our different feelings through these expressions that we all have. An "expression" is how our face and body looks when we have feelings. We can also use words to describe how we feel.</i></p>	 <p>Ask students to start noticing all the different ways people behave when they have different feelings. They might see different feelings expressed when they look at books, magazines, or TV. If they find something they want to share with the class, encourage them to bring in pictures or to describe what they noticed. If many students bring in pictures, you could create space for them on a bulletin board or add them to the "Feeling Faces" posters.</p>  <p>Explain how feelings are not just on our faces, but our bodies also communicate feelings. Using the teacher reference, "Vocabulary Words for the Poster Set 'Feeling Faces,'" discuss with students how their bodies feel when communicating "happy," "upset," "surprised," and "calm."</p>   <p>Read one or both of the following books: <i>Today I Feel Silly: And Other Moods That Make My Day</i> and/or <i>On Monday When It Rained</i>. These books reinforce the many feelings people have in one day.</p>

<p>Read the book, <i>The Way I Feel</i>.</p> <p>Ask students what words are used for different feelings, and write some of the words on the "Feeling Faces" posters.</p>	<p><i>I am going to read a story to you. Listen for the words that describe different feelings.</i></p> <p>Read the book, <i>The Way I Feel</i>.</p> <p>What were some of the words used to describe happy feelings?</p> <p>Answers: silly, happy, thankful, excited, proud</p> <p>Write these feeling words on the "Happy" poster.</p> <p>What words were used to describe upset feelings?</p> <p>Answers: frustrated, angry, sad, bored, scared, disappointed, jealous</p> <p>Write these feeling words on the "Upset" poster.</p> <p><i>Thunder and other loud noises can surprise a person. What else might surprise you?</i></p> <p>Answers: a dog that jumps up on you, a birthday party you don't know about, etc.</p>	 <p>See the Teacher Reference, "Vocabulary Words for the Poster Set, 'Feeling Faces,'" for lists of feeling words. If you display the "Feeling Faces" posters throughout the year, you can use them to help students identify different feelings that come up during stories and classroom activities. As students learn new feeling words, add them to the lists on the posters. Attach additional paper if needed.</p> 
<p>Mention that feelings can change quickly and that feelings are a normal part of life.</p>	<p><i>Our feelings change. We can feel happy about playing with a friend. But if we fall and hurt ourselves while playing, we might feel sad or mad. These feelings are all a normal part of who we are.</i></p>	 <p>Show the video, <i>Left Out</i>, to highlight a common student problem and the feelings it elicits.</p>

Application or Skill Practice: Link facial expressions and behaviors with feeling words while practicing how to express feelings of different intensities.

Approximately 4 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Explain that feelings can have different levels of intensity.</p> <p>Practice expressing feelings of different intensities.</p>	<p><i>Feelings can change in terms of how much, or how strongly, we feel them, too. You might start out feeling really sad or mad if you hurt yourself on the playground, but after a few minutes you might feel just a little bit that way. And you might feel happy to get a snack after school, but feel really excited about going to a birthday party on the weekend.</i></p> <p><i>Let's all stand up and show each other how we could express different types of feelings.</i></p>	 <p>Lesson 6 in this unit gives students more time to recognize and express different feelings in appropriate ways; if time is running short for this first lesson, you can tell students that later they'll be able to identify different feelings and how to express them.</p>