

3 Exploring Emotions and Feelings Grades Kindergarten - Second Grade



Lesson Goals

- Reconnecting and reviewing previous lesson
- Identification and exploration of feelings associated with change and loss

SEL Competencies*

- **Self Awareness:** Identifying and verbalizing emotions
- **Social Awareness:** Demonstrating empathy and respect for others
- **Relationship Skills:** Communicating effectively and utilizing supports

**Based on CASEL social and emotional learning (SEL) competencies*

Classroom Activities

- Book reading and discussion
- "Here to There with Emotion"

Optimistic Closing & Assessment

- Cool down and regulating activities: Breathing and mindfulness skills
- Students share "One thing I learned today"
- Evaluator will be present at each lesson to utilize an observational rubric of content and process
- Qualitative information received verbally from students at the end of each session to assess retention of lesson content

Materials

- Name tags
- Talking Stick
- Bell
- Large table cloth
- Large roll of paper
- Markers
- Hoberman Sphere
- Handouts for student toolkit
- Book for reading and discussion
- Emotion poster boards and stones

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Tips for Schools/Classrooms

- Explore and normalize emotions children and families might have before, during, or after a change or loss
- Educate children to identify multiple emotions simultaneously. None are considered “good” or “bad”
- Help children identify and express emotions they experienced during different types of change
- Plan activities that encourage children to write or draw about their feelings
- Highlight ways that book characters have experienced and expressed their emotions
- Teach children that individuals can have different emotional responses to the same experience

Tips for Parents/Caregivers

- Help your child understand and recognize a range of emotions and that they may feel more than one at a time
- Normalize emotions by sharing feelings you experienced during a past loss or change, encouraging your child to identify their emotional responses to a similar situation
- Demonstrate acceptance of similarities and differences in emotional responses
- When your child has big feelings, acknowledge their emotions, remind them you are there for support, and help them understand that all feelings are okay

Recommendations adapted from the NACG School Toolkit for Administrators

Resources for Schools/Classrooms

- [The Color Monster](#)
- [The Many Colors of Harpreet Singh](#)
- [Ruby Finds a Worry](#)
- [Kevin the Unicorn: It's Not All Rainbows](#)
- [My Body Sends a Signal](#)
- [The Feelings Activity Book for Children](#)

Resources for Parents/ Caregiver

- [How to Help Your Kid Understand & Express Big Emotions](#)
- [All About Feelings](#)
- [Listening to My Body](#)
- [The Big Feelings Book for Children: Mindful Moments](#)
- [Helping Children and Teens Cope](#)