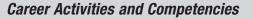


Grade 1 Lesson Plan 2 - Feelings and Ownership of Feelings



•••	School-based	Connecting	Work-based		
•••	Individual	Partner	Small Group	•••	Class

Learning Objectives:

- The student will identify common emotions and feelings we all experience.
- The student will role-play various feelings and emotions given specific scenarios.

Curriculum links: Social Studies, Language Arts, Health/Sciences

Preparation Time:

• 30 minutes

Implementation Time:

• 1 hour

Resources Needed:

- Grade 1 Worksheet 2
- Picture/Posters (showing certain feelings)
- Magazines
- Newspapers
- Picture books

Activity Description:

This activity is designed to introduce and make young children aware of their own feelings and the feelings of others.

Lesson Guidelines:

- Obtain posters that depict various emotions and create a bulletin board entitled "Feelings and Emotions".
- Introduce the concept of feelings using the bulletin board display.
- Have pictures similar to the bulletin board in a small bag and have students select a picture and not share it with anyone.
- Instruct them to "act out" the emotion depicted and ask other students to identify the feeling such as sad, happy, afraid, etc.

Activity Enhancements:

- Ask students to write or complete short statements such as "I feel happy when..." This helps the student to "own" his/her feelings.
- Give scenarios such as "How do you feel when someone teases you?" This discussion helps students become sensitive to the feelings of others.



Grade 1 - Worksheet 2 Feelings and Ownership of Feelings

My Name: _____

Write the "emotion" you feel when you experience your favourite things:

1) F	OODS
-	
2) C	DRINKS
-	
3) F	RESTAURANTS
-	
4) ⊦	IOLIDAYS
-	
5) F	PLACES TO VISIT
-	
6) T	THINGS TO WEAR
-	
7) (GAMES
-	
8) S	SONGS
_	
9) E	300KS
-	
10)	MOVIES
_	
11)	TV SHOWS



Grade 1 - Worksheet 2 Feelings and Ownership of Feelings (page 2 of 2)

12) SF	ORTS				
13) T(DYS				
14) ST	TUFFED ANIMALS OR DOLLS				
15) A(CTIVITIES				
16) PE	ETS				
17) C(OLOURS				
/ -					



Bridges Transitions Inc. Suite 205 - 1726 Dolphin Ave. Kelowna, BC V1Y 9R6 1-800-281-1168 • www.bridges.ca • tech-support@xap.com

Paws in Jobland is a trademark of Studie og Erhverv International ApS, used under licence by Bridges Transitions Inc. Bridges and designs are registered and unregistered trademarks of Bridges Transitions Inc. Copyright © 2012 Bridges Transitions Inc., a Xap Corporation company. All rights reserved.