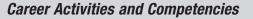


# Grade 1 Lesson Plan 2 - Feelings and Ownership of Feelings



•••	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				
/ -					



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