

Lesson Plans & Worksheets

PAWS IN JOBLAND



Grades K - 2



Grade 1 Lesson Plan 2 - Feelings and Ownership of Feelings



Career Activities and Competencies

 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) FOODS _____

2) DRINKS _____

3) RESTAURANTS _____

4) HOLIDAYS _____

5) PLACES TO VISIT _____

6) THINGS TO WEAR _____

7) GAMES _____

8) SONGS _____

9) BOOKS _____

10) MOVIES _____

11) TV SHOWS _____



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12) SPORTS _____

13) TOYS _____

14) STUFFED ANIMALS OR DOLLS _____

15) ACTIVITIES _____

16) PETS _____

17) COLOURS _____



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