

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 favorite 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 \_\_\_\_\_  
\_\_\_\_\_



## Grade 1 - Worksheet 2

### Feelings and Ownership of Feelings *(page 2 of 2)*

12) SPORTS \_\_\_\_\_

\_\_\_\_\_

13) TOYS \_\_\_\_\_

\_\_\_\_\_

14) STUFFED ANIMALS OR DOLLS \_\_\_\_\_

\_\_\_\_\_

15) ACTIVITIES \_\_\_\_\_

\_\_\_\_\_

16) PETS \_\_\_\_\_

\_\_\_\_\_

17) COLORS \_\_\_\_\_

\_\_\_\_\_



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