

# Lesson 2: Labeling Feelings

Preschool | Unit 1

## GUIDING QUESTION:

How can you tell how others feel?

## Lesson Objectives

Students will complete the following exercises to answer the lesson's guiding questions.

- ✓ **Warm Up:** Wiggle and Jump Break Mindfulness Video
- ✓ **Learn:** Feeling Charades Activity
- ✓ **Review:** Play-Based Learning: SocialMojis

## Student Objectives

After completing Unit 1, students should be able to:

- ✓ Recognize and label basic emotions (e.g., happiness, sadness, anger, fear, surprise)
- ✓ Express a range of emotions through gestures, actions, drawing, or language with support
- ✓ Begin to understand the connection between feelings and behavior (e.g., If... then...)

## Competency and Standard

### CASEL Competency

- Self-Awareness - The ability to understand one's emotions, thoughts, and values and how they influence behavior across contexts.

### Learning Standard and Benchmarks

- Identify and manage one's emotions and behavior.
  - Recognize and label basic emotions
  - Use appropriate communication skills when expressing needs, wants, and feelings
  - Express feelings that are appropriate to the situation
  - Begin to understand and follow rules
  - Use materials with purpose, safety, and respect
  - Begin to understand the consequences of his or her behavior

## Key Terms

Body Clues

Feelings

## Teaching Strategies

- ✓ While reading picture books aloud to the class, ask students, "How do you think they're feeling?"
- ✓ Extension opportunities for learning and teaching:
  - Unit Overview PDF: A great resource to send home to parents and guardians.