

Lesson 2: Labeling Feelings

Pre-K and K | 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 question:

- ✓ **Warm up:** Wiggle and Jump Break Mindfulness Exercise
- ✓ **Learn:** Feeling Charades Activity

Student Objectives

After completing Unit 1 lessons, students should be able to:

- ✓ Label their own basic emotions
- ✓ Use language to express feelings
- ✓ Begin to understand the consequences of his or her behavior

Key terms

Body clues

Feelings

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

Teaching Strategies

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