

# Becoming Courageous

Contemplate: Lesson 4

## How Am I Feeling?

### Objective:

1. To introduce the students to the names and experiences of emotions
2. To give the students vocabulary so that they can recognize and name their emotions.
3. To introduce strategies that help students cope with big emotions.

### Alignment to the British Columbia Core Competencies:

#### Personal Awareness and Responsibility; Self Regulation:

1. I can sometimes recognize emotions
2. I can use strategies that help me manage my feelings and emotions.

### Supporting Literature:

1. [Understanding and Developing Emotional Intelligence](#) by Oliver Serrat
2. [Why Aren't We More Compassionate?](#) TED talk by Daniel Goleman

### Materials and Resources:

1. Courage Journals. Courage Journals are used to reflect on the content of the day's lesson. Courage Journal can be journal type books, or something as simple as an exercise book. Each child should have their own.
2. Smartboard, or projector and speakers (to show videos of the different sizes of problems). Links to the videos are in the lesson.
3. Books: *Happy, Surprise, Friends*, all by Miles Van Hout
4. Videos: [Sesame Street: Name That Emotion](#).
5. Black construction paper and chalk pastels.

### Lesson (approx 1 hour)

#### Introduction:

1. Organize students so they can see the smartboard.
2. Introduce the concept of emotions with the [Sesame Street Video](#)
3. Have the students brainstorm as many emotions as they can. Write the students' examples on the smart board.

# Becoming Courageous

## Main Activity:

1. Play the “Name that Emotion” Game. Before the lesson, print out the list of emotions that is at the end of this lesson. Cut them up so that each emotion is on a separate piece of paper. Put them in a hat. Have a student come up and choose an emotion, and then act it out Charades Style. Project the master list of emotions onto the smart board so that the students have a reference point.

2. Read the story book, *Happy*, by Miles Van Hout. When you show an emotion, ask the student to name the clues that show you which emotion it is. For example, is there a smile or a frown? Are the eyes open or closed? Ask the students to make the same face as the picture they are looking at.

3. Using chalk pastels and black construction paper, ask the students to make a drawing of their own in the style of Van Hout. When the artwork is complete, write the name of the emotion on the paper. These drawings can be displayed on a bulletin board. You can also turn these drawings into a guessing game by having the students write the name of the emotion on a separate piece of paper.

## Reflective Activity:

Journal writing: What did you learn about emotions? Which emotions have you experienced? Which emotions are you most curious about?

# Becoming Courageous

## Extensions:

### There are many story books that talk about emotions:

*Stand in My Shoes* by Bob Sornson  
*Sometime I feel Like a Fox* by Danielle Daniel  
*Sunshine on my Shoulders* by John Denver/Christopher Canyon  
*Wembly Worries* by Kevin Henkes  
*When My Worries Get Too Big* by Kari Dunn Buron  
*Little Brown* by Marla Frazee  
*My Heart* by Corinna Luyken  
*The Way I Feel* by Janan Cain  
*Today I Feel Silly* by Jamie Lee Curtis  
*When Sophie Gets Angry* by Molly Bang

**Creative Activity:** Feelings Mini-Book. The template for this book can be printed out by clicking on the “creative activity” button. Students fold on the dashed lines and cut on the solid line, which will give them a mini-book. ([Link to tutorial](#)) Students choose emotions from the list and draw emojis (or faces) to show how these emotions look. If you have mirrors, then students can look at their faces to more accurately draw their emojis/faces. If you don’t have access to mirrors, students can take photos of themselves. If you don’t have access to either mirrors or iPads, students can do this activity in partners and draw each other’s faces.

### Materials:

- Template for mini book (you might choose to write the emotions on the template before photocopying)
- Scissors
- Pencil crayons
- Mirror or iPad (optional)

## Becoming Courageous

### **List of Emotions**

Angry	Dreading	Jealous
Annoyed	Embarrassed	Joyful
Anxious	Excited	Nervous
Apathetic	Frustrated	Proud
Ashamed	Grateful	Rejected
Awestruck	Grieving	Relieved
Bored	Guilty	Sad
Calm	Happy	Scared
Confident	Hopeful	Shy
Confused	Horrified	Surprised
Content	Ignored	Uneasy
Disgusted	Inspired	Vulnerable
		Worried