

**ROOTS AND WINGS**  
**THIRD GRADE**  
**LESSON THREE**

(Rev 6/04)

**I. Review**

The last time I was here we talked about moods.

- What is a mood?
- What are some of the moods we discussed?
- Ask if anyone had the opportunity to help someone change their bad mood (or if they were able to help themselves' change).

**II. Overview**

Today we will be trying to identify different feelings and learn to become more aware of others emotions

**III. Program**

- A. Read the book, How Are You Peeling?. Ask students to name some of the feelings described in the book.
- B. "Dictionary of Feelings" booklets.
1. Hand out the Dictionary of Feelings booklets (They should already be put together and stapled down the center.)
  2. Have the students write their name on the front and put the date also. They may decorate the cover any way they like.
  3. Ask students to turn to the first page and draw a picture of his or herself when they are "angry". (Give the students time to do this.)
  4. Tell students that now you want them to finish the sentence, "A time I felt this way was ...".
  5. Ask students to draw some pictures of other people feeling "angry".
  6. Repeat steps 3-5 for Happy, Lonely and Proud (if there is time).

**IV. Evaluation**

Ask students if they would like to share any of their pages with the class. Do some reflective listening (i.e. “I see that you were very proud of that”, “You must have been very happy”, “I bet you were really angry!”, and “I see how lonely you must have felt”, etc.)

## **V. Summary**

- A. Next time we are together we will think about some other feelings we may have and we will finish these booklets.
- B. Either collect the books or ask the students to put away in a safe place.

## **MATERIALS NEEDED:**

1. **Book, How Are You Peeling?, by Saxton Freymann and Joost Elffers.**
2. **“Dictionary of Feelings” booklets**

*When copying the pages for this booklet, you will be making double-sided copies. Copy:*

- Pages 147 & 148 back to back**
- Pages 149 & 150 back to back**
- Pages 151 & 152 back to back**
- Pages 153 & 154 back to back**

3. **Poster: “ABC Feelings” (optional)**

**Lesson Purpose:** Students will acknowledge the different emotions they feel.

## **Objectives:**

1. **Students will identify the types of situations that make them feel different emotions.**