



## Grade 1 Sample Lesson Plan: Unit 2 – Let's Talk Emotions

### SOLs

- **1.1.g** Compare and contrast emotions that may make a person happy and emotions that may make a person feel unhappy or mad.
- **1.2.m** Identify appropriate ways a person may express the emotions of happy, unhappy, or mad.
- **1.3.l** Demonstrate ways to express emotions appropriately.

### Objectives/Goals

- The student will compare and contrast positive and negative emotions
- The student will identify appropriate ways to express positive and negative emotions
- The student will demonstrate ways to express emotions appropriately.

### Materials

- PowerPoint: 1<sup>st</sup> Grade All About Me Emotional Health
- Worksheet: My Emotions

### Procedure

1. Using the Powerpoint as a guide, begin the lesson by reviewing the topic of the lesson on slide 2.
2. Slide 3: As a class, discuss happiness. Allow students to share.
3. Slide 4: As a class, discuss unhappiness. Allow students to share.
4. Slide 5: As a class, read the scenario, What Should I Do? Allow students to share their answers. Discuss negative emotions and how to cope with them.
5. Slide 6: Using the format on the slide, the teacher will provide an example from slide 5. Then, allow students to practice expressing negative emotions. The teacher will provide the emotion. For example, the teacher will say "anger." Then, allow students to think about a situation that
6. triggered the emotion of anger and practice verbalizing it with a partner using slide 6 as an outline. Ask for a volunteer to share with the class.

7. Slide 7: As a class, read the scenario, What Should I Do? Allow students to share their answers. Discuss how to appropriately express feelings of happiness, pride, and excitement in class and with classmates.
8. Slide 8: As a class, read each scenario and decide how to appropriately
9. express the feeling of happiness. Students may discuss what they would do (example: give a hug) or what they would say.
10. Slide 9: Review positive ways to express emotions. Discuss others that were previously discussed in class.
11. Slide 10: Instruct students that they are going to practice positively expressing emotions.
12. Slide 11-14: Allow students to process how to appropriately express the emotion based on the situation.
13. Instruct students that they are going to complete the worksheet, My Emotions. Students will recall a situation that made them happy and unhappy. They will draw a picture that represented the situation and describe the situation and how they expressed or could have expressed the emotion appropriately. Allow time to share with a partner.
14. Slide 15: End class with a classroom energizer.

### References

Mary McCarley, 2018

### Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

# My Emotions: Happy

Directions: Describe an event that made you happy and how you expressed your happiness. Draw a picture of your story.



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# My Emotions: Unhappy

Directions: Describe an event that made you unhappy. Describe how you could express this emotion appropriately. Draw a picture of your story.



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