



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 2 – Social Emotional Health

Unit 2

SOLs:

- 2.1.i Explain emotions associated with disappointment, loss, and grief.
- 2.2.l Explain healthy ways to express the emotions associated with disappointment, loss, and grief.
- 2.3.h Identify adults who can help with disappointment, loss, and grief.

Title: Feeling Disappointment or Grief?

Objectives/ Goals:

- The student will explain the emotions of disappointment, loss, and grief.
- The student will describe healthy ways to express the emotions of disappointment, loss, and grief.
- The student will identify adults who can help with disappointment, loss, and grief.

Materials:

- PowerPoint: 2nd Grade All About Me Loss, Grief, Disappointment
- Worksheet: Write a Letter

Procedure:

Step 1	Using the Powerpoint as a guide, begin the lesson by reviewing the first topic of the lesson on slide 2.
Step 2	Slide 3: As a class, read the scenario, What Should I Do? Allow students to share their answers.
Step 3	Slide 4: Discuss grief. Ask student what it looks like and what it feels like.
Step 4	Slide 5: Read the book Gentle Willow or show the video clip embedded in Slide 5. Instruct students to think about the questions provided in Slide 5 while listening to the book. Allow students to share their answers after listening to the book. Share strategies for coping with loss and grief.
Step 5	Slide 6: Introduce the second topic of disappointment.
Step 6	Slide 7: As a class, read the scenario, What Should I Do? Allow students to share their answers.
Step 7	Slide 8: Ask students to think about situation where they feel disappointment. Allow students to share.
Step 8	Slide 9: Introduce the slide by showing the first video clip on pigeons that experience disappointment. Discuss positive coping strategies for disappointment. Allow students to share. End the slide by showing the second video clip on the power of positive thinking.
Step 9	Slide 10: Pass out the worksheet: Write a Letter. Introduce the assignment and allow students to write their letters. Allow students to share with a partner or full class.
Step 10	Slide 11: End the lesson with a classroom energizer.

Assessments, References & Sources: Mary McCarley, 2018

