

SA 4-6 L1 THE EMOTIONS WHEEL

Grade: 4-6

Competency Area: Self-Awareness

Lesson Title: The Emotions Wheel (Lesson #1)

T-SEL Standard: 1.B.3. Students work to label, with specificity, their feeling states.

Duration: 20 minutes

Materials Needed: ChalkWild erasable backpack + ChalkWild chalk markers + terry cloth

Lesson Directions:

1. **Introduction:** Gather students in a circle. Have them pair up and brainstorm as many different feelings/emotions as they can. Allow a minute or two for partners to brainstorm. Bring the students back together and go around the room for each partner-pair to shout out how many emotions they were able to brainstorm. Take a moment to celebrate the partner pair that brainstormed the most.

Next, have pairs share out aloud some of the emotions that they brainstormed. As students share, write down their ideas on chart paper or the board. Invite as many students as time permits to share aloud and create a comprehensive list.

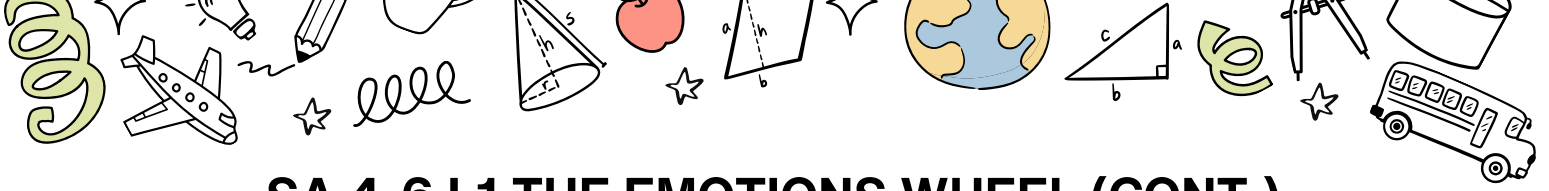
2. **Drawing Activity: "My Emotions Wheel."** Explain to students that they are going to do an activity called My Emotions Wheel.

- Provide each student a copy of the My Emotions Wheel worksheet, and have them place the worksheet into the back of their backpack.
- Explain to students that each section of the wheel is for a different emotion. Tell students to choose eight different emotions and write them in the wheel, one emotion per section.
- Next, students will draw a picture in each section to represent that emotion.
- Have students color each section with a color that they feel matches the emotion.

3. **Sharing:**

- Bring students back together as a group. Explain that you will read a series of situations aloud. Students will point on their emotions wheels to how they think they would feel in each of the situations they listen to.





SA 4-6 L1 THE EMOTIONS WHEEL (CONT.)

- *Your team just won the championship game.*
- *You and your friend have a disagreement.*
- *Your favorite holiday is next week.*
- *Your favorite relative is coming to visit.*
- *You arrive at school and realize that you left your homework at home.*
- *The cafeteria is serving your favorite food for lunch.*
- *You are doing something new that you haven't done before.*





MY EMOTIONS WHEEL

