



SA K-1 L1 MY FEELING FACE

Grade: K-1

Competency Area: Self-Awareness

Lesson Title: My Feeling Face (Lesson #1)

T-SEL Standard: 1.B.1. Students recognize, label, and understand basic emotions in themselves

Duration: 20 minutes

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

Lesson Directions:

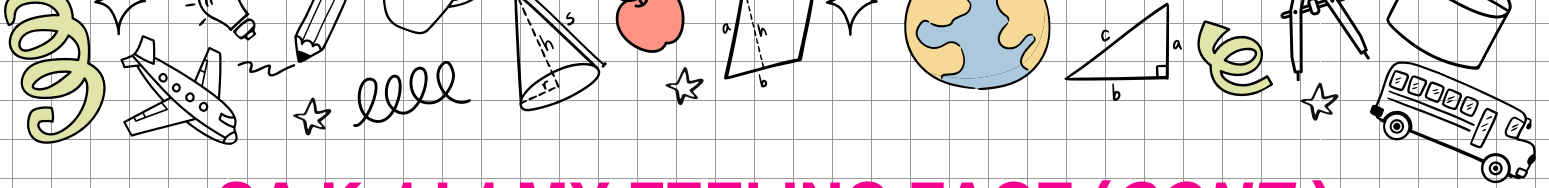
1. Introduction: Begin by gathering students together. Give the students the following prompts:

- Raise your hand if you've ever felt happy.
- Raise your hand if you've ever felt sad.
- Raise your hand if you've ever felt excited.
- Raise your hand if you've ever felt nervous or scared.

Next, instruct students to turn to a partner and have students take turns talking about a time they each felt happy. Allow time for students to share their stories. After a minute or two, have students find a new partner and talk about a time they each felt sad.

2. Drawing Activity: "My Happy, Sad, Mad Face"

- Instruct students to get their backpacks.
 - Explain to students that they are going to work on showing different feelings using art.
 - After each emotion is said aloud, students will draw a face on the back of their backpack. The face they draw should show how that feeling might look.
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SA K-1 L1 MY FEELING FACE (CONT.)

Grade: K-1

Competency Area: Responsible Decision-Making

Lesson Title: Weather Choices (Lesson #5)

T-SEL Standard: 5.G.1. Students explore cause and effect and how choices can have impacts far beyond themselves.

Duration: 20 minutes

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

- **Read each emotion slowly.** Allow time between each emotion for students to hold up their backpacks to show their drawings. Then they will erase their drawing to be ready for the next one.

- *Happy*
- *Confused*
- *Excited*
- *Surprised*
- *Scared*
- *Mad*

3. Sharing: Ask students to think about what makes them feel different emotions. Explain that you are going to read a series of prompts, and everyone will shout out their answers together at the same time.

Read each prompt slowly, giving students a moment to think, and then allow them to share their answers aloud:

- *"Something that makes me happy is..."*
- *"Something that makes me feel confused is..."*
- *"I feel excited when..."*
- *"I would be surprised if..."*
- *"Something that makes me scared is..."*
- *"Something that makes me mad is..."*

