



SA K-1 L2 A TIME I FELT HAPPY

Grade: K-1

Competency Area: Self-Awareness

Lesson Title: A Time I Felt Happy: Remembering and Expressing Joy (Lesson #2)

T-SEL Standard: 1.F.1. Students reflect on experiences as the causes of certain emotions.

Duration: 20 minutes

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

Lesson Directions:

- 1. Introduction:** Begin the lesson by asking the students to sit in a circle. Ask students "Who can show me a happy face?" and encourage them all to make happy faces. Explain that being happy is a wonderful feeling and that it's good to remember the things that make us feel that way.
- 2. Drawing Activity: "A Time I Felt Happy"**
 - **Explain the activity:** "Today, we are going to think about a time we were very happy. Maybe you were playing with a friend, or getting a hug. We are going to draw a picture of that happy memory."
 - **Instruct students to begin drawing on their ChalkWild backpacks.**
 - **As students draw, walk around and ask them about their happy memories. This helps them focus on the positive feeling and the story behind it.**
- 3. Sharing:**
 - Once the drawings are complete, give each student a chance to stand up and briefly show their picture to the class.
 - Encourage them to share a few words about what is happening in their picture and why it made them so happy.

