



SM 2-3 L1 MY EMOTIONAL WEATHER REPORT

Grade: 2-3

Competency Area: Self-Management

Lesson Title: My Emotional Weather Report (Lesson #1)

T-SEL Standard: 2.A.2. Students practice self-monitoring and harness and express their emotions in authentic and constructive ways by identifying, articulating, and using emotional regulation strategies that work for them.

Duration: 20 minutes

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

Lesson Directions:

1. Introduction:

- Gather students in a circle. Instruct students to turn to a partner and tell them what the weather is today. Allow time for students to complete their pair-share.
- Next, project a copy of the What's the Weather worksheet provided with this lesson. Instruct students to take out their backpacks and markers. Point to image labeled #1 and ask students what type of weather it represents.
- Invite a student to share aloud.
- Instruct students to draw a picture of a face on their backpack that represents the feeling of that weather type.
- After students complete their drawings, have students share with a partner. Repeat this process for all of the images on the What's the Weather worksheet.

2. Discussion: After all of the weather images have been explored, lead the students in a whole-group discussion using the following questions:

- "What's a feeling you think of as '**sunny**'?"
- "What about a '**stormy**' feeling? What can we do when our feelings are stormy?"
- "How does it help us to think about our feelings like the weather?"

End the lesson by reminding students that it's okay to have all kinds of feelings, and that being a good weather forecaster of their own emotions is a great way to take care of themselves.



What's the Weather?

			
			
			