



SOCA K-1 L4 HOW WOULD YOU FEEL

Grade: K-1

Competency Area: Social Awareness

Lesson Title: How Would You Feel (Lesson #4)

T-SEL Standard: 3.B.1. Students recognize and name emotions in others using verbal and physical cues. Students describe how others may feel in a variety of situations and show empathy for others' experiences.

Duration: 20 minutes

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

Lesson Directions:

- 1. Introduction:** Begin by gathering the students in a circle. Instruct students to raise a hand if they have ever felt sad when they saw a friend fall down. Then, instruct them to raise a hand if they ever got excited when they saw a friend win a game. Explain that we have the power to imagine what it's like to be in someone else's shoes, which helps us be a good friend.
- 2. Drawing Activity: "How Would You Feel?"** Explain the activity:
"Today, we are going to draw from two different points of view."
 - Have the students get into pairs and choose who will be Partner A and who will be Partner B.
 - Read the following scenario aloud: ***"Imagine you just saw someone accidentally trip and spill all their crayons."***
 - Set a timer for one minute and instruct Partner A to draw on their backpack how the person who tripped might feel and Partner B to draw how they would help the person who tripped.
- 3. Sharing and Discussion:** Once the timer ends, students share their drawings with each other. As a group, discuss how their drawings show caring and how we can use our imagination to help others. Have a pair of students come into the center of the circle and act out how they would help someone who had accidentally tripped.

