Unit 1 Title:  Friendship Is The Perfect Blendship

Lesson Title:  Feeling Faces  

Grade Level:  K  

Length of Lesson:  30 minutes

Missouri Comprehensive Guidance and Counseling Big Idea:  
PS.2:  Interacting With Others in Ways That Respect Individual and Group Differences

Grade Level Expectation (GLE):  
PS.2.C.0K:  Identify feelings of others.

American School Counselor Association (ASCA) National Standard:  
Personal/Social Development:  
A. Students will acquire the knowledge, attitude, and interpersonal skills to help them understand and respect self and others.

Materials (include activity sheets and/ or supporting resources)  
Puppet  
4 Basic Feeling Faces sheet  
Student Activity Card Strips  
Feelings poem

Show Me Standards:  Performance Goals (check one or more that apply)  
X  Goal 1:  Gather, analyze and apply information and ideas  
2. Conduct research to answer questions and evaluate information and ideas

X  Goal 2:  Communicate effectively within and beyond the classroom  
1. Plan and make written, oral and visual presentations for a variety of purposes and audiences

Goal 3:  Recognize and solve problems

Goal 4:  Make decisions and act as responsible members of society

This lesson supports the development of skills in the following academic content areas.  
Academic Content Area(s)   Specific Skill(s)  
X  Communication Arts   6. Participating in formal and informal presentations and discussions of issues and ideas  
Mathematics

Social Studies

X  Science   3. Characteristics and interactions of living organisms

Health/Physical Education

Fine Arts

Enduring Life Skill(s)  
Perseverance  Integrity  Problem Solving
Lesson Measurable Learning Objectives:
The student will act out one feeling in response to a scenario.
The student will correctly identify at least five feelings as acted out by classmates.

Lesson Formative Assessment (acceptable evidence):
Assessment should relate to the performance outcome for goals, objectives and GLE.
Assessment can be question answer, performance activity, etc.
Students will act out and identify feelings in response to scenarios.

Lesson Preparation

Essential Questions: How can you tell what others are feeling?

Engagement (Hook): “Today our puppet friend Emo (short for emotions) is going to help us learn a poem about feelings. Listen to Emo, and repeat each line after he says it.” The second time the students say the poem, display each of the feeling cards as the students talk about that feeling in the poem. Say the poem with the students one more time, pointing to the feeling card as the feeling is discussed.

Procedures

Instructor Procedures/Instructional Strategies:
1. Counselor says, “Emo is going to pick a friend to come up here and help. That friend must be sitting crisscross with hands in his or her lap to be chosen.” Emo whispers the name of one of the students to the counselor. Counselor says, “Emo picked ____________ (say name of student) for sitting so nicely.”

2. Counselor says to student, “You are going to reach into this bag and pick out one of these pieces of paper. On the paper is something that might happen to you.”

3. Counselor says, “Give the paper to me. Emo and I will whisper what it says to you. Keep it a secret and don’t tell!”

4. Counselor says, “Now __________ will act out the feeling he/she would have if the thing that was written on the paper really happened. Watch his/her face and

Student Involvement/Instructional Activities:
1. Students are watching as the chosen student comes to the front.

2. Students watch as the student selects a piece of paper from the bag.

3. Students watch as Emo and the Counselor read the card and whisper what it says to the student.

4. Students watch as the student acts out the feeling.
5. Counselor says, “What was he/she feeling? Was he/she feeling (hold up 1 finger) mad? Was he/she feeling (hold up 2 fingers) sad? Was he/she feeling (hold up 3 fingers) happy? Was he/she feeling (hold up 4 fingers) afraid?”

6. Counselor says, “________, act out your feeling again. Class, which feeling was it?”

7. Counselor says, “Yes, the feeling was _______. The piece of paper said: _______. That would make most of us feel _______. How could you tell he/she was feeling _______? “ Counselor calls on several different students.

8. “Emo wants to know how her/his face told you the feeling he/she was acting out? What clue did you get?” Counselor calls on several students.

9. Counselor says, “______ will pick another friend to come and act out the next feeling. That friend must be sitting crisscross with hands in his or her lap to be chosen!”

10. Procedure is repeated with all the scenarios on Student Activity Cards (or any you would like to add). Emphasis should be placed on how the face shows how people feel.

11. End by having the students say the poem again.

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**Teacher Follow-Up Activities**

Teacher may have the students illustrate a feeling of their choice. The students could draw a picture showing themselves when they felt angry, sad, happy, afraid.
OPTIONS: Counselors could make a set of feeling flash cards, laminated and held together by a metal ring for each student to use (instead of having students hold up fingers, they could show the feeling card). These could also be enlarged for display on the board.

### 4 Basic Feelings

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>1. Mad</td>
<td>2. Sad</td>
</tr>
<tr>
<td><img src="image" alt="Mad" /></td>
<td><img src="image" alt="Sad" /></td>
</tr>
<tr>
<td>3. Happy</td>
<td>4. Afraid</td>
</tr>
<tr>
<td><img src="image" alt="Happy" /></td>
<td><img src="image" alt="Afraid" /></td>
</tr>
</tbody>
</table>
### Student Activity Strips – cut apart and place in a bag or container

<table>
<thead>
<tr>
<th>Event</th>
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<tbody>
<tr>
<td>Your favorite toy gets broken.</td>
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<tr>
<td>Your friend pushes you.</td>
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<tr>
<td>You are having a birthday party.</td>
</tr>
<tr>
<td>You are going on a trip.</td>
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<tr>
<td>Your pet dies.</td>
</tr>
<tr>
<td>Your mother is sick.</td>
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<tr>
<td>You get a new video game.</td>
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<tr>
<td>You are going to a movie.</td>
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<tr>
<td>Your friend tells you they don’t like you anymore.</td>
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<tr>
<td>Your teacher gives you some candy.</td>
</tr>
<tr>
<td>Your mom and dad get into a fight.</td>
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<tr>
<td>Someone hits you.</td>
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</tbody>
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Feelings Poem
Written by Annie Moffatt

Sometimes I feel sad,
Sometimes I get mad,
Then before you know it
My face begins to show it.

Sometimes I feel happy,
Then I’m nice and snappy,
    Singing all day long
    I sing a happy song.

Other days, afraid I feel,
Some things that scare me are not real,
    Like a monster by my bed,
The scary thoughts are in my head.

On days when I am feeling mad,
Everything seems really bad,
When my temper gets real hot,
I want to fight but I must not!

Watch my face and you will see
Feelings deep inside of me
Happy, scared, or mad, or blue
My face it always gives a clue