


# Identifying Feelings

More Practice With “I” Messages



## 3 Cs

-  I care about myself.
- I care about you.
- I care about my community.

**Help students to understand and invite them to state clearly:**

- I have the right to care about myself.
- I have the responsibility to make smart choices when I care about myself.

## Preparation

### Copies

- Worksheet “My Many Faces” (see page 75)
- Home Connection “My Many Faces” (see page 76)

### Materials

- ABC Emotion Cards (see starting on page 78)

### Music

- “I’ll Be Nice” from the CD *I Like Being Me* (see page 152)

## Vocabulary

No new vocabulary

## Lesson at a Glance

### Introduction

1. ABC Emotion Cards.

### Strategy

2. Our Many Different Feelings
3. My Many Faces
4. I’ll Be Nice

### Conclusion and Home Connection

5. My Many Faces

## Core Curriculum Objectives and Standards

### Objectives

- Understand that everyone experiences a variety of feelings.
- Identify the different feelings they experience and learn to model appropriate behaviors
- Model behaviors that foster healthy interpersonal relationships.

### Standards

- Learn ways to improve mental health and manage stress.

Teacher Notes

## Introduction

### Discussion

## Strategies

### Discussion

### Sing

### Discussion

## Conclusion and Home Connection

### 1. The ABC Emotion Cards.

- Introduce the ABC Emotion Cards.
- Use one or more cards each day and discuss the emotion identified on the card.
- Discuss times when the teacher or the students have experienced the emotion.
- Some days, have a student draw or select a card and pantomime (act out) the emotion for the other students to identify.
- We all have emotions and feelings.
- Feelings are neither good nor bad.
- Anger and jealousy are strong feelings that everyone experiences occasionally and are not bad if handled appropriately.
- Our reactions to our feelings can help or harm us. For example, when we become angry, it is not acceptable to hurt someone's feelings or to physically harm them but it is okay to feel angry.

### 2. Our Many Different Feelings

- How would you feel if everyone in class laughed at you when you made a mistake?
- A "you" message might sound like, "You better not laugh at me or I'll ..."  
How would you express that feeling with an "I" message?  
I feel \_\_\_\_\_ when I make a mistake and everyone laughs at me.
- How would you feel if you were ignored and left out of a game?
- How could you express that in an "I" message?
- How would you feel if someone said something good about you?
- How could you express that in an "I" message?
- How would you feel if someone tried to persuade you to do something you really did not want to do?
- How could you use an "I" message to be assertive and tell that person you don't want to do what they are asking?  
When you ask me to \_\_\_\_\_ after I've told you I don't want to \_\_\_\_\_, I feel \_\_\_\_\_.

### 3. My Many Faces

- Distribute the worksheet "My Many Faces."
- Use open-ended questions (not questions that can be answered in one word) and discuss the responses on the worksheet.
- Something that often frustrates me is ...
- When I'm angry, sometimes it helps to ...
- Sometimes I worry about ...
- Some things that make me happy are ...

### 4. "I'll Be Nice"

- Sing "I'll Be Nice" together.
- Use I STOP'D and discuss ways students can manage strong emotions.
- What options do you have to express feeling happy? sad? angry?
- Stop and think. What can you do when you are frustrated? sad? nervous?

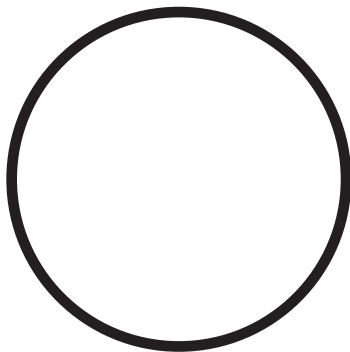
### 5. "My Many Faces"

- Make a copy of the Home Connection for each student.
- Take a short amount of class time to explain the home assignment.
- Send the Home Connection paper home with each student and instruct students to share the information with their families.

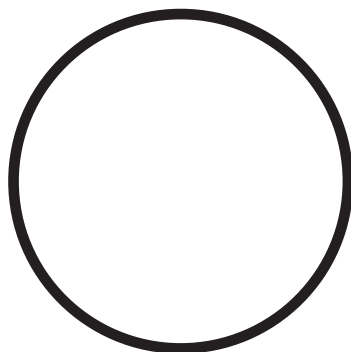


# My Many Faces

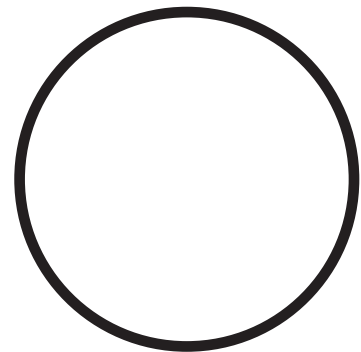
Using the circles below, draw a face showing the emotion that you usually feel in each of the given situations. The last circle is left blank for you to label.



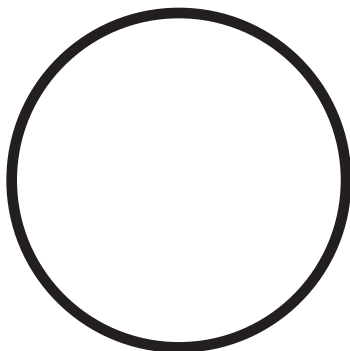
When I play with my friends.



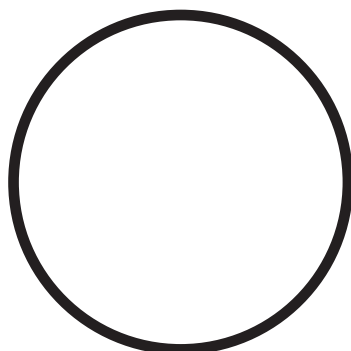
When I get up in the morning.



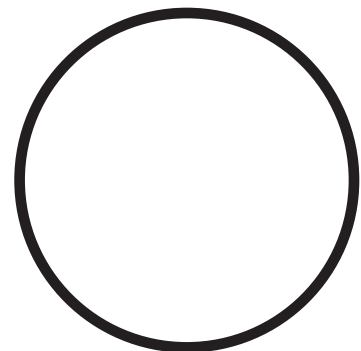
When my teacher likes my work.



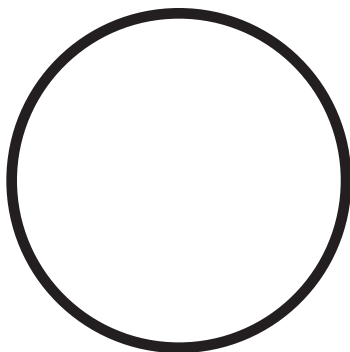
When I take a test.



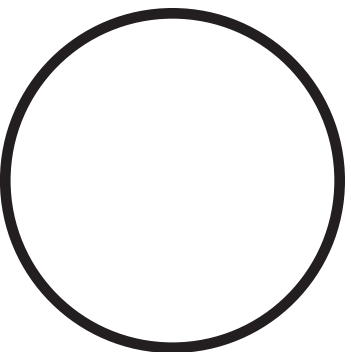
When I take my report card home.



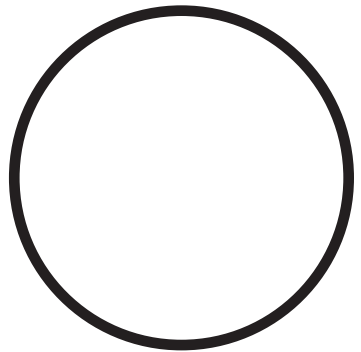
When my friends say I can't play with them.



Most of the time, I feel...



Sometimes, I feel...



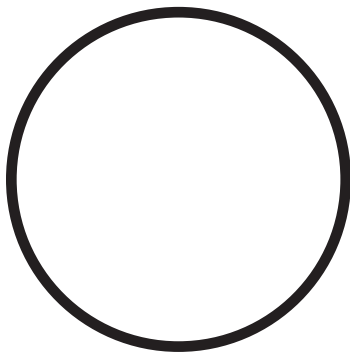


# Home Connection

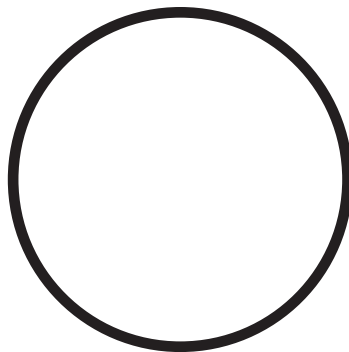
Dear Family,  
We learned today about feelings and how I express my feelings. Using the circles below, help me draw a face showing the emotion that you see me usually express in various situations. (The first three are sample situations.)

Help me draw some other faces for situations that occur during the week. Please help me express my feelings in a healthy and constructive way.

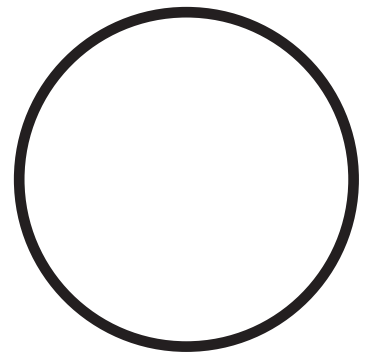
Thanks



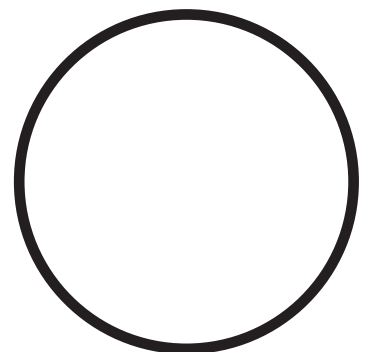
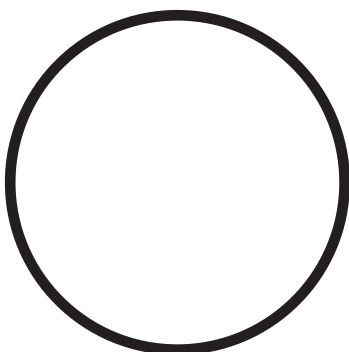
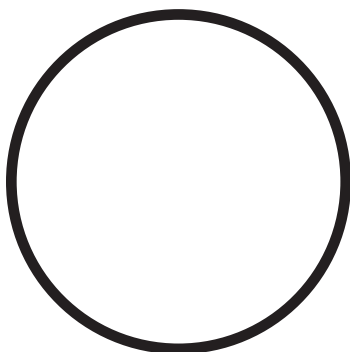
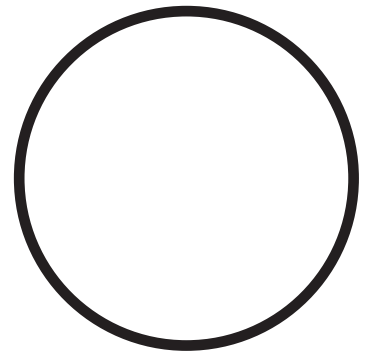
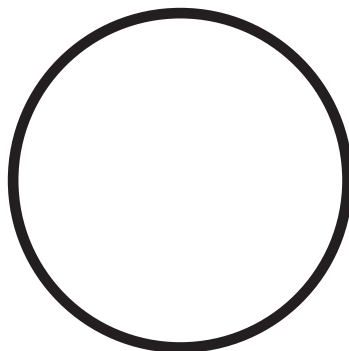
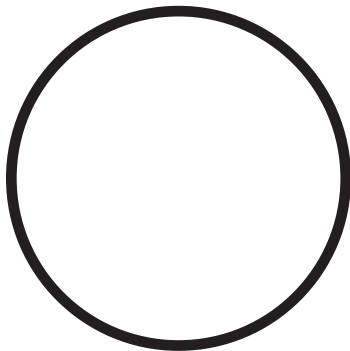
When I get up in the morning.



When I don't obey a family rule.



When I have a lot to do at work.



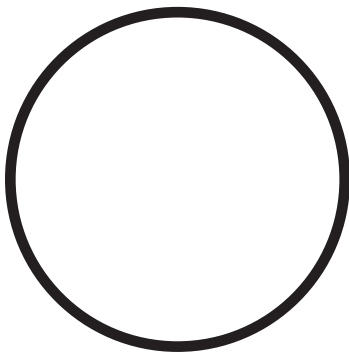


# Conexión en el Hogar

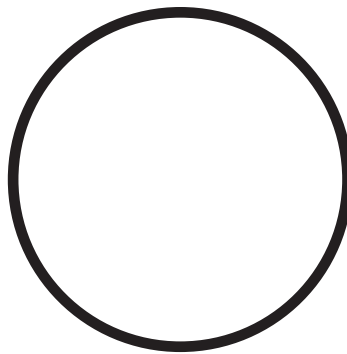
Querida familia,  
Nosotros aprendimos hoy acerca de los sentimientos, y de como yo debo de expresarlos. Usando los signos que aparecen abajo, ayúdame a dibujar caras mostrando la emoción que me ves expresando usualmente durante varias situaciones. (Los tres primeros son ejemplos de algunas situaciones.)

Ayúdame a dibujar otras caras para situaciones que ocurran durante la semana. Por favor ayúdame a expresar mis sentimientos en una forma saludable y constructiva.

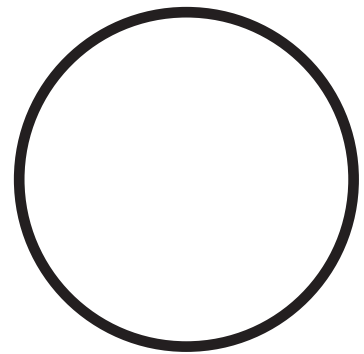
Gracias.



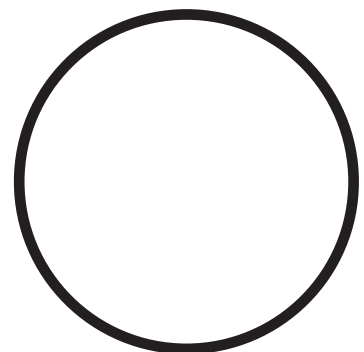
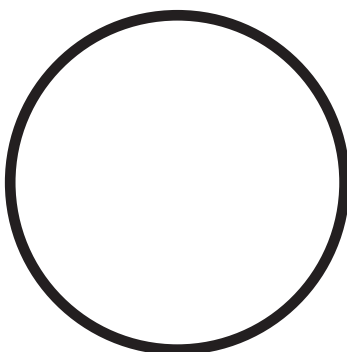
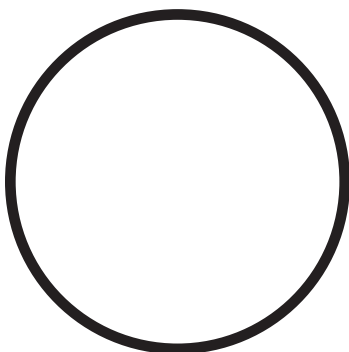
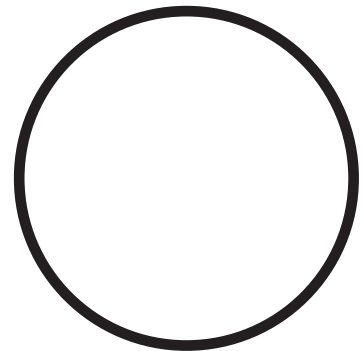
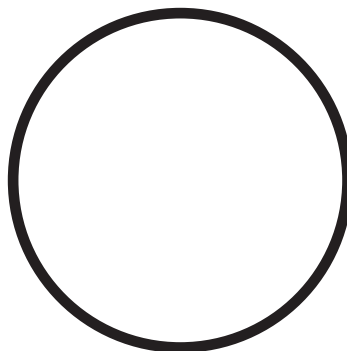
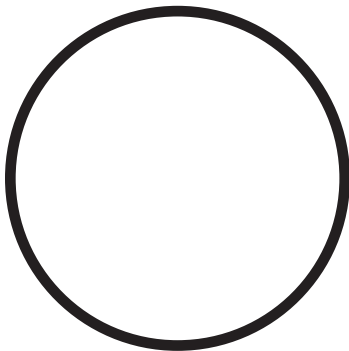
Cuando me levanto en la mañana



Cuando no obedezco las reglas de la familia



Cuando tengo mucho que hacer



# PD's ABC Emotions

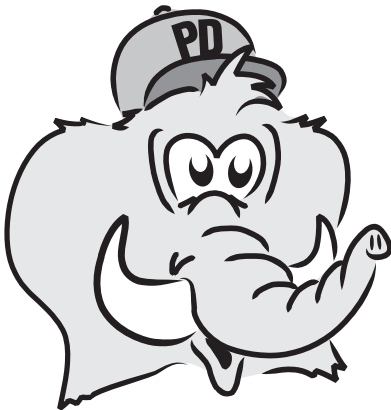
**A** is for angry.



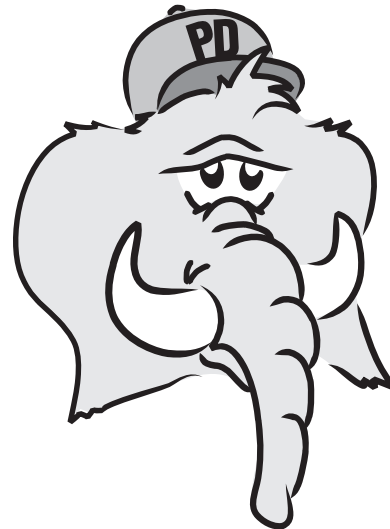
**B** is for bashful.



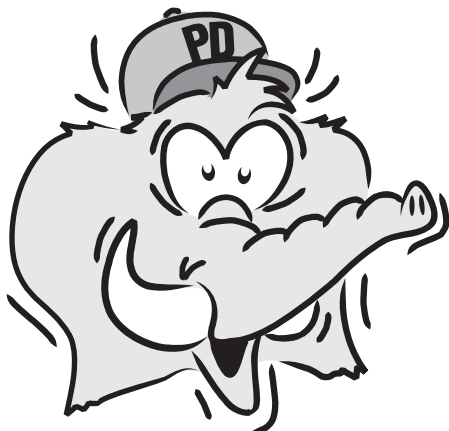
**C** is for curious.



**D** is for discouraged.



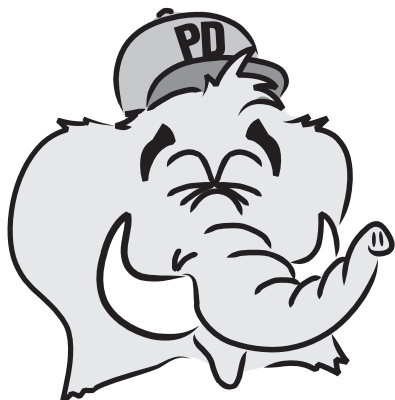
**E** is for excited.



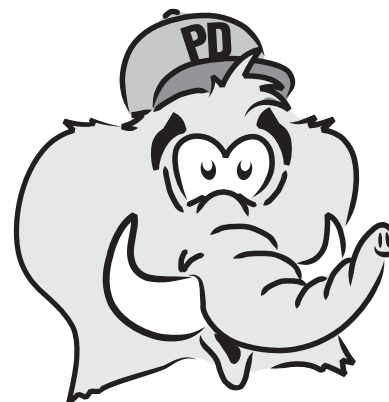
**F** is for frustrated.



**G** is for glad.



**H** is for happy.



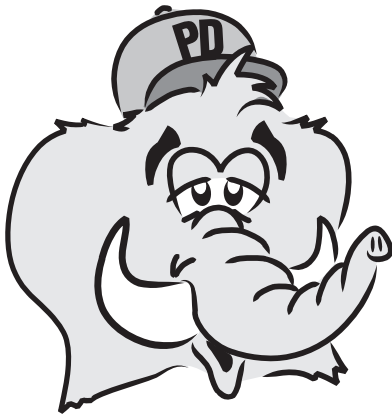
**I** is for ignored.



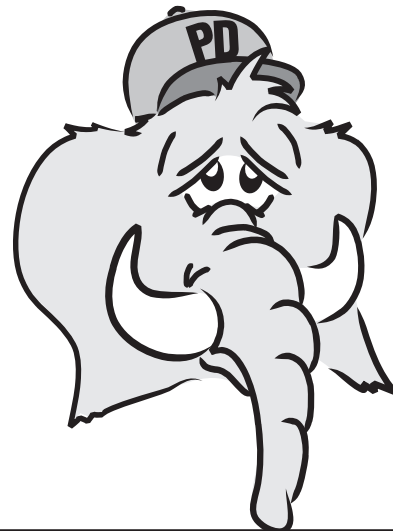
**J** is for jolly.



**K** is for kind.



**L** is for lonely.





**M** is for mad.



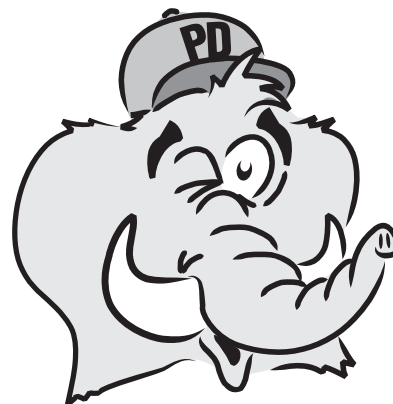
**N** is for naughty.



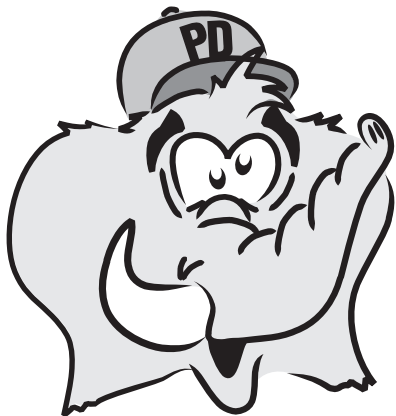
**O** is for overwhelmed.



**P** is for playful.



**Q** is for quite silly.



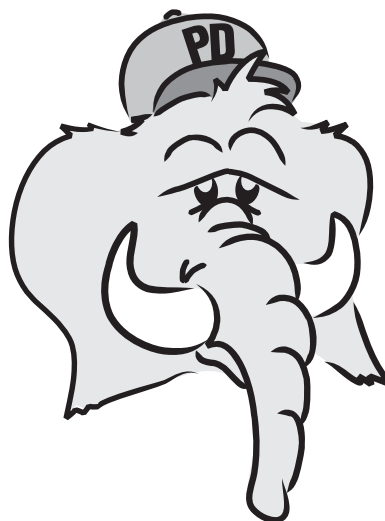
**R** is for restless.



**S** is for scared.



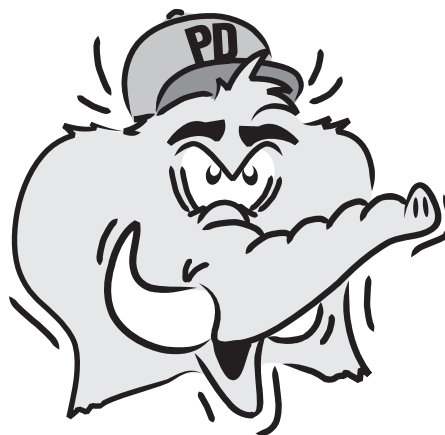
**T** is for tired.



**U** is for unhappy.



**V** is for vicious.



**W** is for worried.



**Z** is for zany.



