Lesson 12: Identifying Our Own Feelings

Lesson Concepts
- You identify your own feelings by physical clues in your body.
- All feelings are natural.

Objectives
Students will be able to:
- Identify physical clues in their bodies that help them identify their feelings
- Identify grown-ups to talk to about feelings

Why This Lesson Matters
Students who can identify their emotions tend to be more socially and emotionally competent. In addition to using situational information, students can also use internal physical clues such as a fast heartbeat or a stomachache to identify their emotions. Learning to tune in to internal physical clues will prepare students to recognize distressing emotions that might require emotion management.

During this time students might be feeling all kinds of emotions. They may be happy or excited to be home with a family member, or scared or anxious because they're in a different routine. Learning physical cues to manage their strong emotions can help students feel better.

Before the Lesson
Ask students about when they've had a strong feeling and what their body felt like. If students have had the empathy unit before this lesson, you can ask them if they remember the lesson about showing care and compassion for others. Have them identify one way to show care for others. (You might identify calling friends or family members to say hello as one way to show care.)

After the Lesson
Have students identify a strong feeling they've had. Have them draw a picture of what that feeling might look like in their bodies. Have them stand up, put their hands on their tummies, and practice describing how certain feelings feel (“uncomfortable” might feel achy or tight, “comfortable” might feel calm, and so on).
**Following Through**

Use these strategies to reinforce lesson concepts throughout the week.

- Sing “The Calm-Down Song.”
- Play the “Step or Stay” Brain Builder game.
- Have students draw a picture of themselves, then write a word about or describe to an adult where they feel feelings in their bodies.
- Play Simon Says with the Feelings Faces and have the students follow you.

See the lesson Following Through Card for more ideas about how to build on key lesson concepts.

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