

# Exploring Emotions



<b>Unit:</b>	Skills
<b>Trail:</b>	Trail to Knowing Me
<b>Group Size:</b>	Completed Individually

## **Activity Objective** (*What is the main thing you want youth to learn, practice, or improve?:*)

Practice feeling recognition and improve emotional competence; discuss 'empathy' and begin to recognize emotions in others

## **Essential Question** (*How does the activity relate to the unit objective?:*)

Why is it important to recognize when someone is feeling a certain emotion?

## **Supplies and Teaching Resources** (*including books, websites, handouts, etc:*)

Brown paper bags (1 per participant), markers, glue, yarn, scissors, construction paper, random art supplies, short stories

## **Prep Before Lesson** (*List all tasks to be completed before lesson implementation:*)

Find a short story where the characters go through a variety emotions- happy, sad, fear, anger, disgust, etc. If you can't find one, you can always make one up. This activity should take two days- one day to create the puppets and the next day to read the story.

## **Introduction** (*5-10 minute intro of the point of the activity to build excitement/interest:*)

Play "How Would You Feel If..."

Have youth sit in a circle facing the center. Give them a "How Would You Feel If..." scenario and encourage youth to act out how they would feel. After a few seconds of acting, ask youth to say what emotion they were expressing. Write these emotions down on a poster or white board.

"How Would You Feel If..." Scenarios:

- You got a perfect score on a test you studied hard for.
- You're playing basketball and your team needs 2 points to win, but your shot misses.
- You just found out your family is moving at the end of the school year.
- Your friend accidently broke your favorite toy.
- Your friend broke your favorite toy *on purpose*.

## **Kid-Friendly Stated Purpose of Activity:**

*Based on this list of emotions we created, we're going to be creating puppets on what these feelings look like so we can recognize them when reading a story.*

## **Activity Instructions** (*25-45 minute:*)

1. **Plan:** Allow 5 minutes for students to think about which emotion they want to create. They can make the puppets to look like the characters, or can create their own representation of each emotion.
2. **Pass out materials:** Give each student a brown paper bag and pass out decorating materials (including scissors and glue).

3. **Create:** Allow students time to design and decorate their puppet. Once they're done, find a place for the puppets to dry so they can be used the following day.
4. **Read a story:** Once the puppets are done and have had time to dry, have students circle around for story time. While reading the story, have students silently raise their puppet whenever a character is feeling or expresses that emotion. At the end of the story, ask participants to recall when the main character felt one of the 5 emotions. Talk about whether the character's response to the emotion was positive or negative, and if there would have been a better way to react.
5. (Optional) **Create a story:** Allow youth to create their own stories with partners or in small groups that have characters' experience the emotions of their puppets. Share with the class.

**Notes:**

- This activity will take two days (1 day to create the puppet and allow it to dry, and the next day to read the story).
- Remind kids to silently raise their puppets when reading the story, and that the discussion will happen after the story is read.
- **Leadership:** Ask for volunteers or assign someone to read the story.

**Processing** (*questions asked during the activity to encourage learning and understanding*):

**Strategy** (*mode of getting children to share during the activity about what they are doing*):

Ask questions about emotions and feelings while they are making their puppets

**Questions:**

- What emotion are you planning to make?
- What does that emotion look/feel like? What face do you make when you feel that emotion?
- How can you make your puppet look/feel like that feeling?

**Reflection** (*5-10 minutes*):

**Strategy** (*method of getting children to reflect on their experience*):

Large group discussion after reading the story

**Questions:**

- When did the character feel like your puppet? Did they react positively or negatively to the emotion? What could they have done differently?
- Was it hard or easy to recognize and point out when the character was feeling a certain emotion?
- Is it hard or easy to recognize and point out when someone you know is feeling a certain emotion? Why or why not?
- Why is it important to recognize when someone is feeling a certain emotion?

**Inclusiveness**

**Empathy**

**Confidence**

**Conflict Resolution**

**Life Skills**

**Nature**

Is sensitive to the feelings of others