

LESSON 2 | Managing Emotions

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Support your students in naming and regulating their feelings.

Objective

Students will identify their feelings and practice communicating them effectively to build and maintain positive relationships.

Time

40 minutes

Materials

- Find the Feeling! activity sheet
- Pictures of common emoji
- Popsicle sticks with student names
- Paper cut into small squares
- Markers

Instructions

1 Display emoji showing the following emotions: happy, sad, angry, and scared. Allow students to draw the emoji on small squares of paper. Have PreK students color printed emoji. Include additional emotions (e.g., surprised, worried, frustrated, embarrassed) for older students. Attach the drawings to popsicle sticks. Ask students to pick the emoji that shows how they feel that day.

2 Play the Power of Kindness video and ask students to describe how Marco felt when he received mean words. Ask: *How did you know he was hurt by the words?* (Answers can include throwing the tablet, crossing arms.)

3 Lead a discussion about emotions using the following prompts:

- *What are a few ways we can communicate our emotions to another person?*
- *How can we read clues about what another person is feeling?*
- *What are some differences between expressing emotions online and face-to-face?*
- *How can we deal with big, strong emotions?*
- *What are some things we can do when we feel angry or overwhelmed?*

4 Distribute the Find the Feeling! activity sheet and have students complete it. (For PreK, see the **Level the Lesson** instructions at right.)



5 Wrap up the lesson with a role-play activity that allows students to practice using kind words. Ask students to act out how they can demonstrate:

- kindness
- including everyone
- defending others

Level the Lesson

Pre-Kindergarten Hold up the Find the Feeling! activity sheet and look at each scenario. As a class, determine which emoji and emotion best fits each scene.

Kindergarten–2nd Grade After students complete the Find the Feeling! activity sheet, discuss how the children in the scenes could use their words to express their emotions.

Extension

Have students illustrate a positive life event they experienced, such as a birthday party or winning a game. Instruct older students to write descriptions explaining all of the emotions they felt at the time.