



Guidance Lesson Plan on Emotions

Stages of Imagination’s production of “Wooden Heart” addresses the issue of loss and what to do when you experience an emotion that may be unfamiliar. The first goal of this activity aims to give students the ability to identify different emotions in the hope that they will then be better equipped to articulate what they are feeling. The second goal is to make students aware of their options in dealing with an unpleasant emotion (such as sadness surrounding a loss, for example).

Pre-Activity:

- 35-40 minutes

Materials:

- crayons, markers, and/or colored pencils
- Expressions Hand-out #1 or Alternate Hand-out
- teacher’s board/ chalk board

Introduction: (5-8 mins.) Teacher will introduce the topic. Some suggestions could be to have the kids volunteer to share “How are you feeling today?” Be sure not to let students fall into a good and bad pattern. Strive to stay away from labeling emotions as “good” or “bad”, as emotions are meant to be felt and dealt with.

Task 1: (3 mins) Then talk about the feelings the students came up with. Give some real life examples of why people could be feeling differently (maybe examples from your own life—students won’t need to know that it’s you).

Task 2: (10-12 mins) Next give out the coloring utensils and Expressions hand-out 1 or alternative. Put students in groups of two or three. Ask for someone to

read some of the feelings they may know. Also be sure to explain the more complex feelings and if students cannot think of examples relate it in a way that will make sense to them. Have them work in a group just coloring 5 different faces that they have felt recently.

Task 3: (10 mins) When they are finished coloring, tell them to pick one of the colored pictures. Ask them to write on the back of the paper what events or situations made them feel that particular emotion. Then read it to their group or partner.

Wrap-up: (2 mins) Explain that this lesson was done because they are about to see a play called “Wooden Heart” which has to do with a child who is not sure what he/she is feeling or what to do about it. Be sure to tell them that they will talk about the play again after they have seen it.

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### **Follow Up Guidance Lesson for “Wooden Heart”**

- about 25 minutes

#### **Materials needed:**

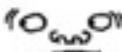
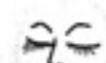
- Expression hand-out used in pre-activity
- “Recipe for a Good Feeling” hand out
- coloring utensils

**Introduction:** (10 mins) Start by reviewing what happened during the play. Focus on what Tommy/Tammy did to help him/her feel better. Brainstorm with the students how Tommy/Tammy dealt with the sadness. (Talked to the toys, wishing he/she was like then so he/she wouldn’t have to feel anything, etc.)

**Task 1:** (5 mins) Then have the students refer to their Expressions hand-out and remember which they colored. You could have them in groups or talking to

the whole class. Have them discuss which expression they think Tommy /Tammy was feeling and share what they can do if they feel that way.

**Task 2/Closing:** (10 mins) “Recipe for a Good Feeling” activity. Have the children come up with ingredients for a good feeling. The students could choose ingredients that include other feelings or activities that they engage in that makes them happy. This is a fun way to have them brainstorm how to have a good day! Ask some children to share with the class the ingredients for their recipe.

|                                                                                                   |                                                                                                   |                                                                                                  |                                                                                                   |                                                                                                    |                                                                                                      |                                                                                                    |
|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <br>aggressive   | <br>alienated    | <br>angry       | <br>annoyed      | <br>anxious      | <br>apathetic     | <br>bashful     |
| <br>bored        | <br>cautious     | <br>confident   | <br>confused     | <br>curious      | <br>depressed     | <br>determined  |
| <br>disappointed | <br>discouraged  | <br>disgusted   | <br>embarrassed  | <br>enthusiastic | <br>envious       | <br>ecstatic    |
| <br>excited      | <br>exhausted    | <br>fearful     | <br>frightened   | <br>frustrated   | <br>guilty        | <br>happy       |
| <br>helpless     | <br>hopeful      | <br>hostile     | <br>humiliated   | <br>hurt         | <br>hysterical    | <br>innocent    |
| <br>interested | <br>jealous    | <br>lonely    | <br>loved      | <br>lovestruck | <br>mischievous | <br>miserable |
| <br>negative   | <br>optimistic | <br>pained    | <br>paranoid   | <br>peaceful   | <br>proud       | <br>puzzled   |
| <br>regretful  | <br>relieved   | <br>sad       | <br>satisfied  | <br>shocked    | <br>shy         | <br>sorry     |
| <br>stubborn   | <br>sure       | <br>surprised | <br>suspicious | <br>thoughtful | <br>undecided   | <br>withdraw  |

# Emotions Vocabulary Chart Alternate



EXHAUSTED



CONFUSED



ECSTATIC



GUILTY



SUSPICIOUS



ANGRY



HYSTERICAL



FRUSTRATED



SAD



CONFIDENT



EMBARRASSED



HAPPY



MISCHIEVOUS



DISGUSTED



FRIGHTENED



ENRAGED



ASHAMED



CAUTIOUS



SMUG



DEPRESSED



OVERWHELMED



HOPEFUL



LONELY



LOVESTRUCK



JEALOUS



BORED



SURPRISED



ANXIOUS



SHOCKED



SHY

## **Recipe for a good feeling**

For fun let's make up a recipe for a good feeling.

We know the amounts of each ingredient, but we don't know what the ingredients are. Let's start with joy. Each ingredient has to be something that might bring about that feeling.

1 quart of \_\_\_\_\_

1 cup of \_\_\_\_\_

2 tablespoons of \_\_\_\_\_

1/2 teaspoon of \_\_\_\_\_

Dash of \_\_\_\_\_

Bake for \_\_\_\_\_

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