

# What is an Emotion?



## Session Objectives:

To identify a range of emotions and describe how they make the body feel.

To be able to describe an event that may have caused an emotion.



## Session Outcomes

- ✓ To be able to identify a range of emotions and describe the features that the person effected by these displays.
- ✓ To be able to describe how an emotion makes their body feel.

## Lesson Plan:

### Task

KS1: To play emotional charades.

KS2/3: To create a picture depicting an emotion.

KS3: To create a game to teach younger children about emotions

KS1

1. Share photographs of people showing strong emotions
2. Ask the children to observe and then describe what they can see - mouth wide and turned up at the edges with teeth showing, crinkled lines around the eyes, eyes sparking and twinkling
3. Ask children what the emotion is
4. Ask the children to think of a time when they felt this emotion - share stories about the time.
5. Ask them how it made their body feel - list the words under the emotion on the board - tingly, warm, soft, relaxed, light, energised
6. Divide the children into groups and give them each an emotion. Sad, Angry, Happy, Frightened, Excited, Jealous, Worry
7. Ask them to:
  - Draw a person feeling this feeling
  - Write how this feeling makes their body's feel. One word on a post it note
  - Create a colour chart to show the colours of this emotion.
  - Find a story that talks about this emotion

- Write a label for this emotion and colour it in the emotional colours.
8. Share the game emotional charades. Explain that the children work in teams. One member from each team comes to the front and chooses two cards. One card has an everyday activity on it. The other has an emotion. Their job is to go back to their team and act out the activity in the emotion. Example: Hanging the washing. (activity) Angry (emotion) They act out hanging out the washing in an angry way. Their team has to guess the activity and the emotion.

### KS2/3

1. Show the children a range of pictures of people showing emotions
2. Ask them to describe the emotions - furrowed brow, down turned mouth eyebrows pointing inwards towards the nose - Angry
3. Divide the group into groups of 4-6 and put different pictures of people experiencing different emotions on the table.
4. Ask the children to put the coloured felt pens/crayons that go with each emotion on each picture.
5. Share the colour ranges the children have come up with and discuss why they chose them.
6. Discuss the shapes that might go with different emotions.
7. Read the story Sad by Michael Rosen Blake and look at the colours and pictures
8. Ask the children to create a piece of artwork, that goes shows an emotion. This can be using paints, clay, platercine or a variety of other art mediums.
9. To finish the session use the emotions dice to create a small group story together. The first player throws the dice and has to use the emotion it shows in the first part of the story. Example Happy is thrown. 'The boy was really happy as he left his house; he was going to his friend's birthday party.' The next person throws the dice and has to now use the emotions they have thrown in the story. The dice is passed around the group and the story grows.

### KS3

1. Share a range of pictures of people experiencing a range of emotions - discuss how they make our body feel.
2. Play Emotional Charades - choose one activity and one emotion and then act out that activity in that way of feeling to your group for them to guess. ie. Hanging out the washing in an angry way.
3. Ask the young people to make a game that helps younger children understand different emotions. Share some simple games with the young people as examples. Snakes and Ladders - the children could use the grid to create a game. On the grid could be different faces showing a range of emotions. When you land on a face you have to share a reason why the person might feel the emotion. OR Happy families - a card game where you have to collect the 6 emotions in the pack. OR Emotions Dice OR Emotions snap OR Emotions Top Trumps
4. Discuss the criteria together and agree
5. Share the games with each other

## Resources:

1. Pens for flip chart
2. Post it notes
3. Paper and pens
4. Coloured pens
5. Card
6. Emotions picture cards
7. Art work depicting emotions
8. Emotional story books for younger children
9. Emotional charades cards
10. Emotions dice
11. Sad by Michael Rosen
12. A selection of games - snakes and ladders, top trumps, snap, happy families, dominoes etc

## Important Points:

- Emotions are a healthy part of life.
- All emotions are acceptable however not all behaviours are acceptable
- Emotions affect the whole body

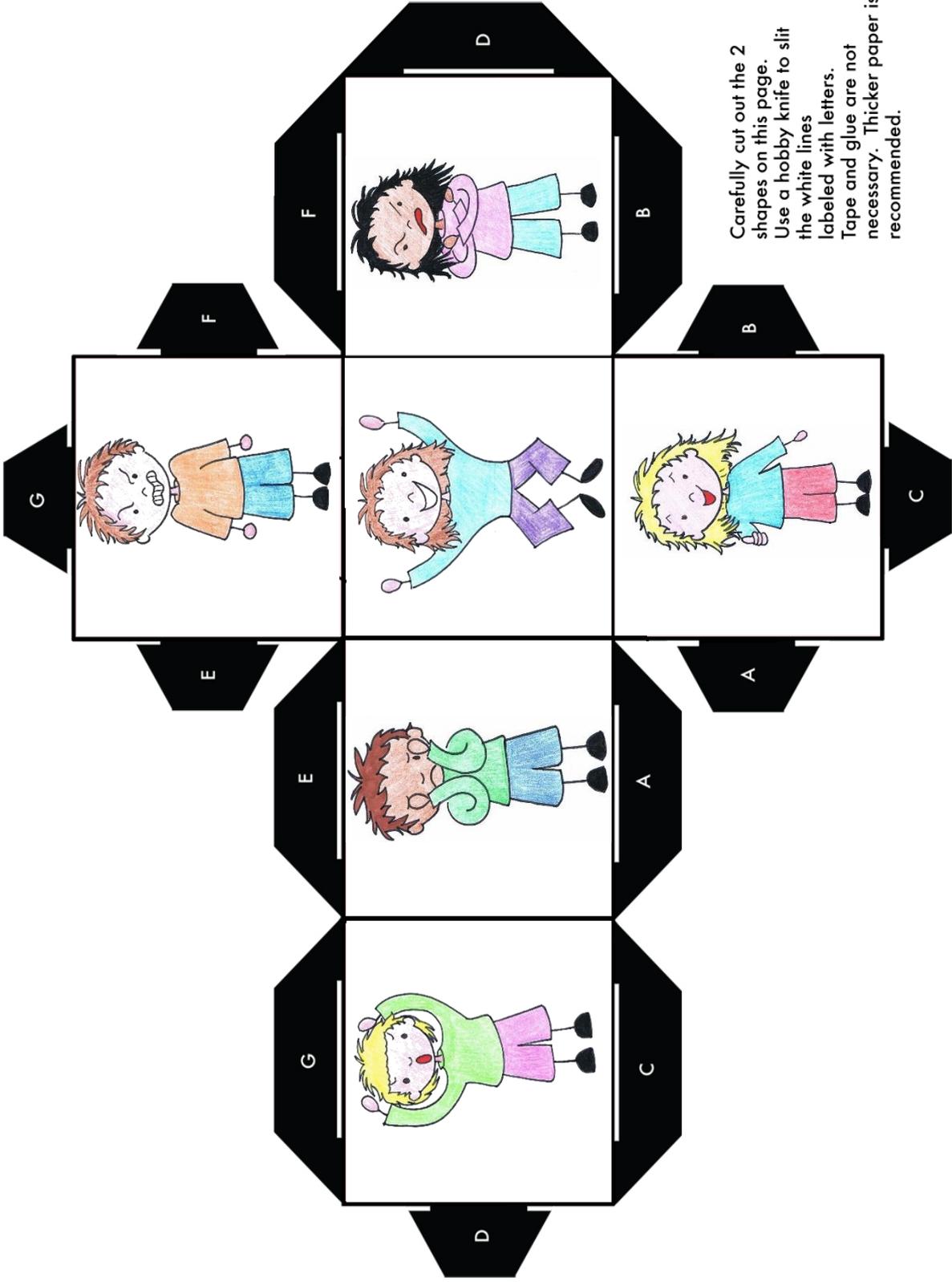
## Learning links:

Speaking and listening, collaboration, information processing, questioning, observation, creativity, planning and organisation, teamwork.

Learning Dimensions		Social & Emotional Skills	
Strategic Awareness		Emotional Literacy	
Learning Relationships		Neuroscience	
Curiosity		Self Regulation	
Creativity		Self Development	
Meaning Making			
Changing & Learning			
Resilience			

Frustrated	Sad
Frightened	Cross
Worried	Mad
Anxious	Tired
Jealous	happy
Amused	Bored
Confused	Calm
Irritated	Panic

Hanging out the washing	Washing up
Sweeping the floor	Mowing the grass
Making the bed	Having a shower
Peeling potatoes	Ironing
Putting away your clothes	Doing your homework
Cutting the hedge	Washing the car
Digging the garden	Painting the wall
Making dinner	Waiting for the bus
Sitting in detention	Waiting in the canteen
Painting	Reading a book



Carefully cut out the 2 shapes on this page. Use a hobby knife to slit the white lines labeled with letters. Tape and glue are not necessary. Thicker paper is recommended.