









Grade Level: K-2

| Objectives | Pictures of different emotions (anger, sadness, happiness, feor, etc.) Emotion cards Toy animals or puppets Markers and crayons | | Standards This lesson plan is aligned with the following standards: Social and Emotional Competence Standards from the Collaborative for Academic, Social, and Emotional Learning National Standards for K-12 Physical Education from SHAPE America | |
|---|---|--------------------------------|--|----|
| To teach children how to identify and express their emotions in a healthy way. To provide children with tools to deal with difficult emotions. To help children understand and regulate their emotions. | | | | |
| Begin the lesson by asking children they know what emotions are. Call volunteers to share what they know about emotions. | on . | different emo | he children pictures of tions. Ask them to name they see in the pictures. | 02 |
| After that, hand out the emotion ca to each child. Have them match the facial expressions on the cards with corresponding emotions. | | different emo or puppets. E | have the children act out stions with their toy animals incourage them to use facial and body language. | 04 |
| | 03 | | | (|

Extension:

For older children, discuss how emotions can be caused by different triggers, such as events or people. You can also talk about how to manage difficult emotions healthily.

Assessment:

You can assess the children's understanding of the lesson by observing their participation in the activities and through their drawings.

Lesson Plans On Emotional Intelligence

Marian Marion

Lesson Plans On Emotional Intelligence:

Teaching Emotional Intelligence Adina Bloom Lewkowicz, 2006-12-13 Give students the tools to make effective choices in and out of the classroom This streamlined teacher friendly resource provides educators with fresh and engaging techniques to help learners increase self awareness manage emotions build self control and develop positive relationships The author provides a generous collection of fully developed lesson plans with role plays ready to use reproducibles and suggestions for adapting the activities to individual learning levels. This revised edition features Expanded coverage of relevant research New lessons on topics such as bullying and violence prevention Lesson modifications for middle school students Guidelines for positive classroom management **Lesson Planning with Purpose** Christy McConnell, Bradley Conrad, P. Bruce Uhrmacher, 2020 This book takes readers on a journey through many pathways to engaging and meaningful educational experiences. The text first discusses Perceptive Teaching and then explores five unique approaches to lesson planning behaviorist constructivist aesthetic ecological and integrated social emotional learning Chapters end with a sample lesson that can be compared across approaches Lesson Planning Jonathan Savage, 2014-07-25 Lesson planning is an essential component of every teacher's practice It is part of a three tiered integrated pedagogy planning teaching and evaluation Drawing on the work of skilful teachers and the latest research this book provides a rationale for lesson planning as an integral part of a teacher's work It introduces the key concepts and skills of lesson planning and provides a practical framework for their development. The book helps the reader to make an informed choice about the approaches they use to plan lessons taking into account their subject area and the requirements of individual learners Covering all aspects of short medium and long term planning chapters include Writing Appropriate Learning Objectives and Outcomes Designing and Structuring Engaging Teaching Activities Resourcing the Lesson Assessing Students Learning Strategies for Personalised Learning Evaluating Your Lesson The book also includes practical and reflective activities to help the reader apply the ideas discussed to their own work and key questions to encourage the development of their skilful pedagogy This highly practical book is essential reading for trainee and practising teachers

<u>I Choose Curriculum</u> Elizabeth Estrada, 2023-08 I Choose SEL lesson plans were created as a resource for educators parents and students in elementary school With these activities and social and emotional lessons you can help students build the skills needed for success in and out of the classroom This bundle includes I Choose to Calm My Anger Lesson Plan I Choose Kindness Lesson Plan I Choose to Try Again Lesson Plan I Choose to Calm My Anxiety Lesson Plan I Choose Happy Lesson Plan I Choose To Reduce Reuse and Recycle Lesson Plan

The Educator's Guide to Emotional Intelligence and Academic Achievement Maurice J. Elias, Harriett Arnold, 2006-01-13 Tap the power of emotional intelligence and watch school wide achievement soar Bringing all this information together in one spot is quite a contribution There isn t too much research or theory here but lots of emphasis on What can I do on Monday David A Squires Associate Professor Southern Connecticut State University I highlighted at least two dozen specific

ideas that I will implement in my classroom next year Steve Reifman Teacher Santa Monica Malibu Unified School District CA Relevant and meaningful for today s educators Beverly Eidmann Principal Arvada Middle School CO Useful unique not a crowded field at all practical clearly written Robert DiGiulio Professor of Education Johnson State College This comprehensive guide to emotional intelligence EI is a state of the art collection of proven best practices from the field s best and brightest minds Edited by educational leaders Maurice Elias and Harriett Arnold this guide creates a new gold standard for bringing social emotional learning into every classroom with chapters by Daniel Goleman Rachel Kessler Marty Sleeper and Margot Strom Janet Patti Eliot Rosenbloom Pam Robbins Mark Greenberg Sheldon Berman Susan Wooley Rose Reissman Carol Cummings and many others Key features cover Theory and context for EI including brain development multiple intelligences service and citizenship school to work and health Teacher preparation and professional development 17 best practice programs in action relevant to grades PreK 12 An Application Reflection Guide for note taking follow up contacts and ideas for immediate implementation This book is sure to be an essential resource for all teachers counselors and school administrators who want their school communities to educate healthier more responsible and more successful Improve Every Lesson Plan with SEL Jeffrey Benson, 2021-04-21 Good lesson plans have an almost mysterious students power they declare that all information can be interesting that every skill acquired broadens our potentials to make a better world and that all impassioned activity leads to learning Our best teachers have shown us over and over that life is not a struggle against boredom and compliance it is a wonder to be apprehended Every bit of SEL you can integrate into your planning will not only begin to heal the wounds of passivity racism and inequity but also give students an experience today in your classroom of that better world Jeffrey Benson draws from his 40 plus years of experience as a teacher and an administrator to provide explicit step by step guidance on how to incorporate social and emotional learning SEL into K 12 lesson planning without imposing a separate SEL curriculum The book identifies SEL skills in three broad categories skills for self interpersonal skills and skills as a community member It offers research based strategies for seamlessly integrating these skills into every section of lesson plans from introducing a topic in a way that sparks students interest to accessing prior knowledge providing direct instruction allowing time for experimentation and discovery using formative assessment and closing a lesson in a purposeful rather than haphazard manner In addition to practical advice on lesson planning that can lead to improved student motivation and achievement Benson offers inspiration urging both new and veteran teachers to seize every opportunity to develop caring joyful communities of learners whose experiences and skills can contribute to a better more equitable world both inside and outside the classroom **Celebrating Every Learner** Thomas R. Hoerr, Sally Boggeman, Christine Wallach, The New City School, 2010-08-20 Howard Gardner's groundbreaking theory applied for classroom use This important book offers a practical guide to understanding how Howard Gardner's theory of Multiple Intelligences MI can be used in the classroom Gardner identified eight different types of intelligence linguistic logical spatial

musical bodily kinesthetic naturalist interpersonal and intrapersonal Celebrating Every Learner describes the characteristics of each type of intelligence and follows up with ready to use lesson plans and activities that teachers can use to incorporate MI in their pre K through 6 classrooms Offers a treasury of easily implemented activities for engaging all students multiple intelligences from the New City School a leading elementary school at the forefront of MI education Provides ready to use lesson plans that teachers can use to incorporate MI in any elementary classroom Includes valuable essays on how and why to integrate MI in the classroom Hoerr is the author of a bi monthly column for Educational Leadership as well as the editor of the Intelligence Connections e newsletter **Teaching Emotional Intelligence** Adina Bloom Lewkowicz, 2006-12-13 Give students the tools to make effective choices in and out of the classroom This streamlined teacher friendly resource provides educators with fresh and engaging techniques to help learners increase self awareness manage emotions build self control and develop positive relationships The author provides a generous collection of fully developed lesson plans with role plays ready to use reproducibles and suggestions for adapting the activities to individual learning levels This revised edition features Expanded coverage of relevant research New lessons on topics such as bullying and violence prevention Lesson modifications for middle school students Guidelines for positive classroom management **Emotional Literacy** Andrew Moffat, 2017-07-05 This is an exciting hands on resource comprising over 200 whole class lesson plans These can be used with a class in their very first week at school in Year 1 right through to their last week in Year 6 Each lesson plan focuses on a text provides prompts for discussion and gives clearly explained engaging activities to suit all learning styles. The lesson plans are based on 152 popular children's books. There are many cross curricular opportunities with specific links to literacy particularly through the drama speaking and listening plans of the Renewed Primary Strategy The scheme also includes Circle Time games specially selected for their positive effect on the emotional well being of the child The author who is an Advanced Skills Teacher spent two years developing the scheme of work Each lesson plan has been tried and tested in many schools and is steeped in excellent primary practice. The scheme is designed to support the aims of the Every Child Matters agenda The plans are differentiated by year group and are set out in modules which each last for six weeks making the resource a manageable format for class teachers to use and an ideal solution to the delivery of SEAL Primary

Integrating SEL into Your ELA Curriculum John Dacey, Lindsey Neves Baillargeron, Nancy Tripp, 2018-11-08 In this helpful book you ll learn how to seamlessly infuse social emotional learning into your middle school English language arts curriculum With the growing emphasis on student assessment and learning outcomes many teachers find they lack the time and the encouragement to begin implementing SEL techniques into their instruction This book offers a solution in the form of practical lesson plans all of which can be implemented without tedious preparation and all of which are designed to boost self awareness self management social awareness and other key SEL skills Your students will discover how to Practice mindfulness and think positively Exert self control and employ self management skills Become independent thinkers and

make sound decisions Be resilient and develop a growth mindset Improve relationship skills and avoid bullying Be authentic and develop leadership skills And much more Each activity is ELA focused so students will develop social emotional learning while meeting key literacy objectives such as reading a nonfiction speech looking closely at symbolism analyzing Shakespearean sonnets and more The book also includes reproducible tools for classroom use You can photocopy them or download them as eResources from www routledge com 9781138345263 **Applying Life Skills - Your Personal Development: Emotional Intelligence - Google Slides (SPED) Gr. 6-12+** Sarah Joubert, 2023-06-09 This is a Google Slides version of the Emotional Intelligence chapter from the full lesson plan Applying Life Skills Your Personal Development Gain the capacity to know yourself and others through social intelligence skills Get help understanding Emotional Intelligence with the 5 steps to managing emotions Comprised of reading passages graphic organizers real world activities crossword word search and comprehension guiz our resource combines high interest concepts with low vocabulary to ensure all learners comprehend the essential skills required in life All of our content is reproducible and aligned to your State Standards and are written to Bloom's Taxonomy About GOOGLE SLIDES This resource is for Google Slides use Google Slides is free with a Google email account We recommend having Google Classroom in addition to Google Slides to optimize use of this resource This will allow you to easily give assignments to students with a click of a button This resource is comprised of interactive slides for students to complete activities right on their device It is ideal for distance learning as teachers can share the resource remotely with their students have them complete it and return where the teacher can mark it from any location What You Get An entire Google Slides presentation with reading passages comprehension guestions and drag and drop activities that students can edit and send back to the teacher A start up manual including a Teacher Guide on how to use Google Slides for your classroom and an Answer Key to go along with the activities in the Google Slides document

Fostering Emotional Intelligence in K-8 Students Gwen Doty,2001-07-11 A fun and friendly way to bring Emotional Intelligence into your classroom Elementary and middle school teachers can bring home all the benefits of Emotional Intelligence with this hands on idea book filled with exciting new ways to help every student be people smart as well as book smart The lively how to s include games projects and activities that promote Cognizant awareness of self and others Approval of self and others Self responsibility Finding personal meaning Valuing honesty and ethics and then goes a step farther helping educators to integrate EI components into the day to day curriculum It's perfect gateway to Emotional Intelligence for K 8 instructors of all subjects
Integrating SEL into Your Curriculum John Dacey, Gian Criscitiello, Maureen Devlin, 2017-11-27 In this helpful new book John Dacey Gian Criscitiello and Maureen Devlin show you how to seamlessly infuse social and emotional learning into your curriculum With the growing emphasis on student assessment and learning outcomes many teachers find they lack the time and the encouragement to begin implementing SEL techniques into their instruction This book offers a solution in the form of practical lesson plans for grades 3 5 in ELA math social studies and

science all of which can be implemented without tedious preparation and all of which are designed to boost creativity cooperation concentration and critical thinking Your students will learn how to Evaluate the costs and benefits of their decision making Connect daily choices to an overarching sense of purpose Judge independently and pursue self awareness Assess harness and transform emotions as a strategic resource Gain energy from personal values and commitments and Practice mindfulness and think positively Each chapter contains a number of reproducible tools that can be photocopied from the book or downloaded as eResources from the book product page at www routledge com 9781138632066 **Literacy** Jane Adams, 2015-05-13 A must have for every teacher who wants to develop the emotional competence of children in their class This resource contains 45 lessons more than enough for one lesson per week The lessons each contain detailed teachers notes warm up games and activities questions to ask and ideas about what to expect Most lessons also include a photocopiable activity The activities are divided into 5 sections knowing myself developing empathy managing feelings developing social skills and the big picture **Integration of Social and Emotional Learning in Public Elementary** Schools, Division of Manila. Framework for Holistic Development, 2024-07-30 Scientific Study from the year 2024 in the subject Pedagogy School Pedagogics grade 92% course Philosophy of Education language English abstract This research study investigates the integration of Social and Emotional Learning SEL in Public Elementary Schools such as its five core competencies Social and Emotional Learning Relationship Skills Responsible Decision Making Self awareness Self management and Social awareness The problems encountered and their strategies employed in addressing the problems encountered in the integration of SEL Social and Emotional Learning The data was collected from the 78 master teachers and grade 4 teachers for the quantitative method and 35 master teachers and grade 4 teachers for the qualitative method from the Public Elementary Schools Division of Manila The results of the study show that all five core competencies of SEL are integrated However common problems are encountered such as in the following aspects Instructional and learning materials Planning Monitoring and Evaluation Proper Orientation Effective Use of Strategies Approaches Methods and Techniques Assessment of for in Learning and Capability of Teacher in Charge Moreover strategies employed in addressing the problems encountered in the integration of SEL Social and Emotional Learnings are the following Innovations of Instructional and Learning Materials Provide a Timeline Chairman and Committee Information Dissemination Sharing Best Practices Most and Least Mastered Competencies and Coaching and Mentoring Teaching Emotional Intelligence to **Children** Lynne Namka, Lynne Namka Ed D,2014-08-27 Do you want your child to be happy successful and emotional stable Teach them People in tune with their Emotional Intelligence interpret and use their feelings to think and act appropriately to meet the needs of the social situation Emotional Intelligence is said to be more important than IQ in becoming successful in relationships careers and life Here are lesson Plans which will give them the skills that they will need Regulating stress anxiety and anger Having empathy understanding and being tolerant of others Learning self soothing and stress

management techniques to handle emotional distress Being conscientious and demonstrating self discipline and hard work Help your child learn these all important life skills with these easy activities that promote the skills necessary for happiness in life Your investment in teaching your children how to get along with others will give him valuable life management skills

Using Observation in Early Childhood Education Marian Marion, 2003 Written by a prolific well respected author this book teaches how to observe document and assess children's development and progress emphasizing how powerful ethical responsible observation can be in a teacher's professional life Focusing on observations as an intrinsic part of authentic assessment the author advocates a protective respectful attitude toward it Provides an overview of various informal and formal observation and assessment strategies as well as instruction in how to embed observation into the daily routine of the early childhood classroom Explores ways to prevent problems ways to solve problems and ways to work cooperatively with parents Included is coverage of the ethics of observation and the pros and cons of standardized testing as it relates to observation and assessment For early childhood teachers Foundations for success United States. Army. Junior Emotional intelligence speaking activities for ESL classrooms María Teresa Victoria, 2021-11-24 ROTC.,2005 Emotional Intelligence for ESL Classrooms is my contribution to English language teaching Rather than aiming at writing this book the activities shaped themselves one day into the form of this book after completing my doctoral studies in Emotional Intelligence and Mindfulness at the University of M laga Emotions live within us all and can emerge in classrooms of any kind fi lled with pupils of a wide age range These activities are therefore not aimed at a specific type or level group of students but served as an array of possibilities from where my fellow teachers can pick take into their classrooms to complement their lessons. The intention behind emotional intelligence practices is to generate a positive non punitive climate in the English classroom which boosts the students self confidence An emotionally intelligent classroom where game based learning activities and challenges can well coexist with Mindfulness interventions which may raise self awareness of the students learning processes and where they can actually feel that mistakes are good opportunities to learn Far from being too embarrassed to speak English students in emotionally intelligent classrooms will become more participative and willing to interact with their classmates not only in class but also during out of class extracurricular activities May the reader indulge in the illustrations from Pixabay which have been selected for each activity as intentional prompts for conversation Images can always provide extra opportunities for Mindfulness and Emotional Intelligence interventions in the classroom that can evoke connectivity and enhance concentration by focusing on the small details and relating to experiential practices Visuals can actually be ever lasting ice breakers for detailed imaginative creative exercises connected with the senses

Teaching Students in Inclusive Settings Judy W. Wood,2006 For courses in Inclusion and Mainstreaming From the first author to address strategies for special needs populations served in general classrooms comes the fifth edition for teaching all children This text now includes detailed but practical information regarding special populations including gifted

culturally or linguistically diverse students and students from a culture of poverty A research based problem solving model and intervention checklist provides a unique method for selecting appropriate interventions for those students The text provides interventions for the learning environment teaching environment and for assessment evaluation and grading The accommodations are developed for educational planning in standard based educational systems This is a unique text for today s direction of instructional planning and evaluation

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