

# LESSON PLAN

Age:

3-5 year olds

Date:

Theme:

INTRODUCTION TO EMOTIONS

Week:

ONE

## MONDAY: HAPPY DAY

Introduce the concept of happiness through songs, stories, and a class discussion.

## TUESDAY: SAD DAY

Explore the feeling of sadness through role-playing, reading a sad story, and drawing sad faces.

## WEDNESDAY: ANGRY DAY

Teach children about anger management through calming exercises, discussing ways to express anger appropriately, and creating a "calm down" corner.

## THURSDAY: SCARED DAY

Help children understand fear by sharing age-appropriate stories, engaging in activities that address common fears, and practicing deep breathing techniques.

## FRIDAY: EXCITED DAY

Encourage children to express excitement through energetic games, music, and creative movement activities.

# Lesson Plans For Preschooler With Asthma

**Ying-Ying Zheng**



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