



Social Emotional Skills Lesson Plan



Grade Level: K-2

Objectives	Materials	Standards
<ol style="list-style-type: none">1. To teach children how to identify and express their emotions in a healthy way.2. To provide children with tools to deal with difficult emotions.3. To help children understand and regulate their emotions.	<ul style="list-style-type: none">• Pictures of different emotions (anger, sadness, happiness, fear, etc.)• Emotion cards• Toy animals or puppets• Markers and crayons	<p>This lesson plan is aligned with the following standards:</p> <ul style="list-style-type: none">• Social and Emotional Competence Standards from the Collaborative for Academic, Social, and Emotional Learning• National Standards for K-12 Physical Education from SHAPE America

Begin the lesson by asking children if they know what emotions are. Call on volunteers to share what they know about emotions.

01

Next, show the children pictures of different emotions. Ask them to name the emotions they see in the pictures.

02

After that, hand out the emotion cards to each child. Have them match the facial expressions on the cards with the corresponding emotions.

03

Afterwards, have the children act out different emotions with their toy animals or puppets. Encourage them to use facial expressions and body language.

04

Finally, ask the children to draw a picture of themselves feeling a certain emotion. They can use markers and crayons to add color to their drawings.

05

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

R Sanford



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