



Grade 1 • Ages 5-7

Feelings & Actions

Students will identify a variety of emotions and identify appropriate ways to express and deal with emotions and feelings that show kindness to self and others.

Unit Objective

Students will discuss facts that support healthy relationships with friends and family and describe the characteristics of being a good friend.

Introducing The Friendship Unit To Your Students

For the next few weeks, we are going to talk about our feelings and some ways to handle how we feel. Can someone give me an example of a feeling? Can anyone explain what the word emotion means? As you can see from our examples, having feelings is part of being a person. It's what we do with those feelings that is important.

Allow time for students to respond and discuss, either as a class or with a partner. You also can use this time to introduce the key Kindness Concepts (caring, self-care) and create community definitions for these concepts or share the definitions. Consider using the [Kindness Concept Posters](#) for caring and self-care as a way to reinforce learning.

Kindness Concepts

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

CARING Feeling and showing concern for others.

SELF-CARE Taking care of yourself through kind words, actions and thoughts.

Kindness means being friendly, generous or considerate to ourselves and others through our words, thoughts and actions.



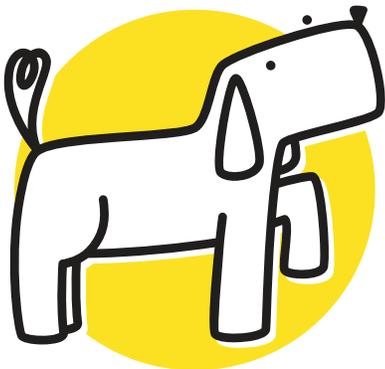
These lesson plans were created by The Random Acts of Kindness Foundation. For more information, please visit randomactsofkindness.org

If you have questions or comments, please email us at teacherhelp@randomactsofkindness.org

Unit Lessons

There are four lessons in this unit plus an optional lesson if you have time.

LESSON TITLE	LESSON GOALS	LESSON MATERIALS
Lesson 1: Name that Emotion	Students will label different emotions they feel and recognize the emotions others are feeling in various situations.	<ul style="list-style-type: none">Feelings Cards, one copy cut apart before class for teacher; one uncut copy for each student
Lesson 2: Bad Day Blues	Students will recognize that how they feel and act can impact others.	<ul style="list-style-type: none">Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst, Antheneum Books for Young Readers: New York, 1972. Or search YouTube for read aloud version of book
Lesson 3: Emotions Check	Students will reflect on how they feel and act at different parts of the day and recognize that others may have different emotions and reactions.	<ul style="list-style-type: none">How Would You Feel? situations, one copy for the teacher, cut apart before classScissors, one pair for each studentEmotions Check activity sheet, one for each student
Lesson 4: Calming our Mind and Bodies	Students will observe and participate in a role-play where they examine different friendship/conflict scenarios and how they can be resolved.	<ul style="list-style-type: none">Friendship and Family Role-Play SituationsRAK JournalsKindness Concept Posters: Caring, Respect, Fairness
Optional Lesson: Charlotte's Web	Students will identify strategies they can use to regulate their emotions.	<ul style="list-style-type: none">Ahn's Anger by Gail Silver, Plum Blossom Books: California, 2009, or search YouTube for read aloud version of book.



Unit Notes

The activities in this lesson focus on a central theme and connect to different academic curriculum areas.

The lessons are intended to be easy to teach and fun to use while helping to develop social and emotional skills.

Lesson activities use a variety of modalities to address different learning styles and build on each other.

Each lesson includes choice of evaluation or reflection questions, which can be written, discussed or used as journal entries. Consider writing these on the board before the lesson begins.

The activities also incorporate key Kindness Concepts, which can be introduced before teaching the lesson or as the concepts are discussed in the lesson. Consider displaying the [Kindness Concept Posters](#) during the unit. See the [RAK Educator Guide](#) and [Building Trust in the Classroom](#) for information about using Kindness Concepts to create a healthy classroom environment and help students develop pro-social behaviors.

Each activity includes tips for how to adapt the curriculum to meet the needs of diverse learners.

[The Kindness Tool Kit](#) is another way to meet the needs of diverse learners. See the [RAK Educator Guide](#) for how to create and use this tool kit.

RAK also has developed [Focusing Strategies](#) and [Problem-Solving Strategies](#) to help students better regulate their emotions, think through challenging situations, and build healthy relationships, friendships and community. See the [RAK Educator Guide](#) for more information about incorporating those strategies into the unit.

Regularly revisiting the topics or questions raised during discussions will expand student understanding of the concepts. Scripted explanations are provided, but feel free to use language that feels natural for you.

The Common Core, 21st Century, SEL and Colorado P-12 Academic Standards met in this unit are listed at the start of each lesson. A [Learning Standards Key](#) is provided on the website for your reference.

