



Feelings & Behavior Unit

Kindergarten • Ages 5-7

TIME FRAME

Preparation: 10 minutes
Instruction: 20 minutes

MATERIALS

Large poster sheet

Book or YouTube video of: Today I Feel Silly and other Moods That Make My Day by Jamie Lee Curtis (Joanna Cotler Books, Harper Collins Publishers, 1998) OR The Way I Feel by Janan Cain (Parenting Press: Seattle, Washington, 2000)

[Kindness Concept Posters](#) for Self-Care, Self-Discipline

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.RL.K.1, 2, 3, 4, 7, 10; CCSS.ELA-Literacy.SL.K.1a-b, 2, 3, 4, 6; CCSS.ELALiteracy.L.K.1, 2, 4 Colorado: Comprehensive Health S.3, GLE.2, EO.c; Reading, Writing and Communicating S.1, GLE.1, EO.c,f,h,i,j; S.1, GLE.2, EO.a-e; S.2, GLE.1, EO.a.i,ii,iii, c.i, d.i

[Learning standards key](#)

I Feel...

Students will become familiar with many of the feelings they encounter in their lives.

Lesson Background for Teachers

Feelings and Emotions are two different things, but are often used interchangeably. Feelings, as the word suggests, are our physiological and expressive behaviours or reactions to our emotions. Emotions are automatic and unconscious and occur in the brain and body. The two create a feedback loop as we process what is happening.

For more information on the breadth of emotions, visit <http://www.paulekman.com/atlas-of-emotions/> for a list of emotions.

Key Terms for Students

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

FEELINGS OR EMOTIONS	How we feel in our body and our heart when something is happening around us.
MOOD	Feelings and things happening around us that make us feel a certain way for a longer period of time.
SELF-CARE	Taking care of yourself through kind words, actions and thoughts.
SELF-DISCIPLINE	Controlling what you do or say so you don't hurt yourself or others.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- A printable visual example of each emotion to match the way someone is acting in the story to an image of that emotion.
- Having additional copies of the book to view in small groups or seeing the book on a document camera.

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

The **Share** step in the first lesson of each unit is intended to set the tone for teaching kindness.



The RAK paradigm is the framework for teaching and building kindness skills.



Resources

Search for the books to listen to on YouTube
Defining emotion, feeling and mood. <http://www.6seconds.org/2015/01/02/emotion-feeling-mood/>

Share (3 mins)

Brainstorm with your class a list of **feelings** and **emotions**.

Inspire (5 mins)

Feelings Book

Note: There are many children's books that could be used to discuss **feelings**. Two suggested above are: *Today I Feel Silly and Other Moods That Make my Day* and *The Way I Feel*.

We are going to read a book titled _____ . As I read, notice the many different ways that the children in the story act.

Empower (10 mins)

I Feel... (5 mins)

After you read the book, ask the following questions: (One option would be for teacher to ask the questions and students to answer with a partner.)

- What was your favorite part of the book?
- What **feelings** did the characters have and why?
- Turn to each page as you ask the following, choosing as many **emotions** from the book as you have time to discuss: (For example: When do you **feel** silly? Why do you **feel** silly? etc.)
- When you **feel** silly what does your body do? Do we ever need to show **self-discipline**?
- How do we **care for ourselves** when we have strong **emotions**? What can you do to become calm when you are upset? Or angry? Or sad?

Wrap Up (5 mins)

To gauge understanding of the material, choose from either the evaluation or reflection questions as discussion, writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Question

- What are some of the **feelings** and moods talked about in the book?

Reflection Question

- Is it easier to act in a kind way when you are **feeling** happy or are in a good mood? Why or why not?

Summary

*Today we learned about how we all have a lot of **feelings** everyday. Our **feelings** are part of who we are! Being able to see how people are **feeling** helps us know how to help them or be kind!*



Act (2 mins)

Kindness Minute

*Hugging someone for six seconds releases chemicals in our brains that make us **feel** good! If you are comfortable, hug someone in the class while the teacher times 6 seconds on the clock. If not, give yourself a big hug for 6 seconds.*

Kindness in Action

Notice when you **feel** the happiest or most peaceful during the day. Next time we get together we will talk about it!

