

## IDENTIFYING EMOTIONS

GRADE  
PK/K

### LEARNING OBJECTIVES

The purpose of this lesson is for students to understand that there are lots of emotions and that when we name them, we can better take care of them.



### LESSON CONTENT

Identifying emotions in ourselves helps us deal with them in healthy ways. It also helps us to recognize the emotions in others and how to respond to them. The 8 basic emotions are happiness, sadness, anger, anticipation, fear, loneliness, jealousy, and disgust.

### STRATEGIES

- Name your emotions.
- Talk to adults that you trust.
- Ask others how they are feeling.
- Think about others' feelings.

### CONVERSATION STARTERS

- What are some emotions that you feel almost every day?
- How can you tell how your friends or family are feeling?
- Which emotions are hard or confusing to deal with?
- Who can you always talk to?

### EXTENDING THE LEARNING

- Create a chart that lists the 8 basic emotions: happiness, sadness, anger, anticipation, fear, loneliness, jealousy, and disgust. Then write down some healthy ways to react to each and post this chart where you can refer back to it.
- Play a game of charades with friends or family. Instead of animals or characters, act out different emotions that people feel and see if you can guess!