

**Unit #1 Title:** Elementary Interactions

**Lesson Title:** Express Yourself! **Lesson 3 of 3**

**Grade Level:** 1

**Length of Lesson:** 30 minutes

**Missouri Comprehensive Guidance Standard:**  
 PS.2: Interacting with Others in Ways That Respect Individual and Group Differences

**Grade Level Expectation (GLE):**  
 PS.2.C.01.a.i: Express feelings effectively, both verbally and non-verbally.

**American School Counselor Association National Standard (ASCA):**  
 Personal/Social Development  
 A: Students will acquire knowledge, attitude and interpersonal skills to help them understand and respect self and others

**Materials (include activity sheets and/ or supporting resources)**

Express Yourself Song  
 Express Yourself Worksheet

**Show Me Standards: Performance Goals (check one or more that apply)**

	Goal 1: Gather, analyze and apply information and ideas
X	Goal 2: Communicate effectively within and beyond the classroom 2. Review and revise communications to improve accuracy and clarity
	Goal 3: Recognize and solve problems
X	Goal 4: Make decisions and act as responsible members of society 7. Identify and apply practices that preserve and enhance the safety and health of self and others

**This lesson supports the development of skills in the following academic content areas.**

	Academic Content Area(s)	Specific Skill(s)
X	Communication Arts	6. Participating in formal and informal presentations and discussions of issues and ideas
	Mathematics	
	Social Studies	
	Science	
	Health/Physical Education	
	Fine Arts	

**Enduring Life Skill(s)**

	Perseverance	X	Integrity		Problem Solving
	Courage	X	Compassion		Tolerance
	Respect		Goal Setting		

**Lesson Assessment (acceptable evidence):**

**Formative assessment relates to the summative assessment for unit (performance outcome for goals, objectives and GLEs). Assessment can be question answer, performance activity, etc.**

Students will be able to express their feelings appropriately through class discussion and a handout.

**Lesson Preparation**

**Essential Questions:** What does it mean to utilize and accept personal responsibility in relationships with others?

**Engagement (Hook):** Counselor will hook the students by having them in the circle singing the “Express Yourself” song to the tune of “London Bridges” and acting out the motions.

**Procedures**

**Instructor Procedures:**

1. Counselor will have the students form a circle standing up around the carpet.
2. Counselor will introduce the students to the song by letting them know it is sung to the tune of “London Bridges” and let them know that they will not only be singing but also using hand motions. The counselor will sing the first verse to the song “Express Yourself” and do the hand motions. The counselor will ask the class to repeat after her. The counselor will sing the 2<sup>nd</sup> verse and have the class repeat after her. The counselor will continue singing each verse and having the students repeat after her.
3. The counselor will then ask the students to go back to their desk/table and get out a pencil
4. Counselor will hand each student the “Express Yourself Handout”. Once each student has the worksheet, the counselor will read the directions with the class.
5. Counselor will recap with students the importance of releasing their feelings in good ways that don’t hurt themselves/others.

**Student Involvement:**

1. Students will form a circle standing up around the carpet.
2. Students will repeat each verse after the counselor and do the appropriate hand motions.
3. Students will leave the circle and go back to their desk.
4. Student will receive handout and start working on it based on the directions.



# Express Yourself Song

Written by Annie Moffatt

(Sung to the tune of "London Bridges Falling Down")

When I feel sad I write in a journal, write in a journal, write in a journal, when I feel sad I write in a journal; whenever I feel sad.  
(Counselor and students pretend like they're writing in air)

When I feel happy, I like to smile, I like to smile, I like to smile, when I feel happy I like to smile; whenever I feel happy.  
(Counselor and students put a big smile on their faces)

When I feel worried, I think good thoughts, I think good thoughts, I think good thoughts, when I feel worried, I think good thoughts; whenever I feel worried.  
(Counselor and students point to their temple on their head)

When I feel proud, I pat myself on the back, pat myself on the back, pat myself on the back, when I feel proud I pat myself on the back; whenever I feel proud.  
(Counselor and students pat themselves on their own backs)

When I feel mad, I count to 10, count to 10, count to 10, when I feel mad, I count to 10; whenever I feel mad.  
(Counselor and students count to 10 with their hands)

When I feel loved, I give good hugs, give good hugs, give good hugs, when I feel loved, I give good hugs; whenever I feel loved.  
(Counselor and students give themselves their own personal hug)

# Express Yourself Handout

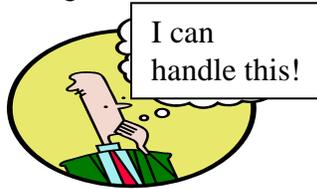
Please circle the best way to express yourself for each feeling

If you're feeling mad, you should  or Count to 10 1,2,3,4,5,6,7,8,9,10

If you're feeling loved, you should  or 

If you're feeling sad, you should  or 

If you're feeling happy, you should  or   
Smile Laugh in class

If you're feeling worried, you should  or 

If you're feeling proud, you should  or   
Brag to everyone or Pat yourself on back