

<p><b>Unit #1 Title:</b> The Many Faces of Me</p> <p><b>Lesson Title:</b> Happy, Sad, Scared and Mad: All Belong To Me <span style="float: right;"><b>Lesson 1 of 2</b></span></p> <p><b>Grade Level:</b> K</p> <p><b>Length of Lesson:</b> 20-30 minutes</p> <p><b>Missouri Comprehensive Guidance Standard:</b>                  PS.1: Understanding Self as an Individual and as a Member of Diverse Local and Global Communities</p> <p><b>Grade Level Expectation (GLE):</b>                  PS.1.A.0K.a.i: Identify basic feelings.</p> <p><b>American School Counselor Association National Standard (ASCA):</b>                  Personal/Social Development:                  A: Students will acquire the knowledge, attitude and interpersonal skills to help them understand and respect self and others.</p>
--

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

Drawings or pictures from magazines of basic feelings (happy, sad, mad, scared) Construction or card stock paper Markers Worksheet: Feelings Worksheet (attached)
--

**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 3. Exchange information, questions, and ideas while recognizing the perspectives of others
	Goal 3: Recognize and solve problems
	Goal 4: Make decisions and act as responsible members of society

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

	<b>Academic Content Area(s)</b>	<b>Specific Skill(s)</b>
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		Integrity		Problem Solving
	Courage	X	Compassion	X	Tolerance
X	Respect		Goal Setting		

**Lesson Assessment (acceptable evidence):**

Feelings Worksheet
--------------------

**Lesson Preparation**

<p><b>Essential Questions:</b>                  Why do people need to know about feelings?</p> <p><b>Engagement (Hook):</b>                  Counselor explains that the class will be discussing feelings. There are 4 cards on the floor. With each card held up, the students will identify the feelings and demonstrate what that feeling looks like. Counselor participates with the group.</p>
--

**Procedures**

<p><b>Instructor Procedures:</b></p> <ol style="list-style-type: none"> <li>1. Counselor tells students that today they will be talking about feelings. Each of the cards on the floor has one of the four feelings being talked about today.</li> <li>2. Counselor randomly chooses a card, and shows it to the group. "Tell me the feeling that is on the card." "Now, show me how your face would look if you were feeling this way."</li> <li>3. "What are some reasons that you might feel this way?"</li> <li>4. "What are some different ways that a person might show this feeling?" (Counselor should focus discussion on appropriate ways of expressing the feelings.)</li> <li>5. Repeat steps 2-4 for each feeling.</li> <li>6. "Why is it important for us to express our feelings?"</li> </ol>	<p><b>Student Involvement:</b></p> <ol style="list-style-type: none"> <li>1. Students are sitting in a circle on the floor.</li> <li>2. Students respond accordingly.</li> <li>3. Students give examples.</li> <li>4. Students give examples.</li> <li>5. Allow every student a chance to respond.</li> <li>6. Students respond.</li> </ol>
--	---

<p>7. Students will complete the Feelings Worksheet. Counselor may need to lead the students in completion of the worksheet.</p>	<p>7. Students draw their responses.</p>
--	--

**Teacher Follow-Up Activities**

The classroom teacher would compliment appropriate expression of feelings, and redirect any inappropriate expressions. The teacher and counselor would collaborate/consult on students having difficulties in any area.

**Counselor reflection notes (completed after the lesson)**

# FEELINGS

<b>Happy</b>	<b>Sad</b>
<b>Mad</b>	<b>Scared</b>