



Topics to teach: Share Your Feelings grades: K-2

Lesson: Activity Book, Page 7

Length of lesson: 30 min

Goal: Teach students to choose trusted adults and share feelings with them.

Objectives:

- Identify trusted adults
- Understand that sharing feelings with trusted adults can help.

Vocabulary:

Discuss these terms prior to the lesson:

Trust Listens
Cares Helps

Materials:

1. "I Can" statement printed and cut out
2. Finding Feelings Activity book - Page 7
3. Pencils and crayons
4. (Optional) Projection of lesson

"I Can" statement:

Display and read the "I Can" statements before and after lesson delivery.

I can choose a trusted adult!
I can share my feelings!

Attention Grabber

Tell the students to listen very carefully to the story about Rocket.

Today there was a special speaker at school! Rocket knows that when his teachers choose people to come in and talk they must have something very important to say, so he is ready to listen and ask questions! Ms. Rodrigues is an expert in feelings. She taught Rocket and his class that sometimes, when you have big feelings, you need help from an adult. To choose an adult you trust, you should look for someone who cares about you, helps you, listens to you, and makes you feel safe. Rocket was able to think of three adults he trusted! One was part of his family, one was at school, and one was at his daycare. It made Rocket feel safe to know that he has three adults that he can trust to talk to when he has big feelings.

Having adults to trust is an important tool to have in your feelings toolkit.

Ask students to follow you as you make the motions for how to choose an adult you trust. (Finding Feelings Activity Book page 7)

-2nd grade: Why should you choose adults you trust BEFORE you have big feelings to talk about?



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Lesson

Today we're going to talk about "Feeling Safe". When you are feeling sad, worried or angry, it is important to feel safe when sharing your feelings so you need to talk to an adult you can trust.

Adults you can trust will help you feel safe while dealing with your feelings, especially when you have really BIG feelings that won't go away. When we have BIG feelings that won't go away, sometimes that means we can't sleep, worry all the time, or even make us feel sick. That means we need to do something about it. Talking about your feelings when something is bothering you can make you feel better. You should never be afraid to share your feelings with an adult you trust.

If someone in your family were very sick, you might be very worried and sad. When you share your feelings with someone you trust, they can talk to you and help you with your feelings so you feel better. If someone is mean to you at school and won't let you play with them over and over, this could make you feel very sad. If you share your feelings with your teacher or parent, they will listen to you and can help.

So let's brainstorm... how do you think we can choose adults we trust to talk to? (Discuss ideas or write them in a shared space)

I have adults I trust to share my feelings with (name some) Rocket has adults he shares his feelings with also.

Let's review how Rocket chose adults he trusted: (have children copy your hand signs after you read each of these 4 Adult trust statements):

An adult you can trust cares about you (Make a heart with your hands)

An adult you can trust helps you (Hold out your hands)

An adult you can trust listens to you. (Hold your hand up to ear)

An adult you can trust makes you feel safe (Hold hands over chest)

We may have many adults that we trust and can share our feelings with, like parents, grandparents, guardians, teachers, doctors, school nurses, or counselors!

When we share our feelings with adults we trust, they can help us know what to do next. Sometimes, it just feels good to talk to a person who cares about you! Now, close your eyes and picture one person who may be a trusted adult you can talk to. Raise your hand if you want to share what person you trust. (Discuss)

Let's all remember to think about adults we can trust just like Rocket did so that when we have big feelings and we need to talk to someone, we know who to go to!

Extended Thinking

- Why is it important to choose an adult you trust, even if you aren't having big feelings yet? (So you can feel safe and know who to go to immediately when you do have big feelings)
- How do you know if someone cares about you? (They do what is best for you all the time, want you to make good decisions, etc.)
- How do you know if someone listens to you? (They are quiet when you talk, ask questions)

2nd grade: How does your body feel when you feel safe? How is your body language different when you feel safe or unsafe?

Standards

CASEL Competency: Relationship skills

CCSS.ELA-WRITING.K.8 With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

CCSS.ELA-WRITING.1.8 With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.

CCSS.ELA-WRITING.1.8 Recall information from experiences or gather information from provided sources to answer a question.



Share Your Feelings

Put a heart around the actions that may show an adult who you can trust and who cares for you.

My aunt took me to the doctor when I was sick.



My step-dad took me fishing for my birthday.



The waitress at the restaurant said

“have a good day!”



A man waved at me from across the street.

My teacher helped me calm down when I got hurt at recess.



My neighbor taught me how to ride my bike.





Share Your Feelings

There are many ways people show they care about you. Think about people that care for you in these ways, and write their names in the blanks, then write a sentence telling about a time they cared for you in this way.

_____ cares for me when I am sick.

How does this person care for you when you are sick?

_____ teaches me new things.

What new things has this person taught you?

_____ makes sure I have what I need to be healthy and ready to play and learn every day.

How does this person make sure you have what you need every day?



Share Your Feelings

There are many ways people show they care about you. Think about a person who cares for you. Write a paragraph telling the ways that they care for you.

_____ cares for me very much. First, I know this because _____

Next, I know this because _____

Last, I know this person cares about me because _____

These are the ways _____ shows me they care!



I can choose a
trusted adult!

VOCABULARY

Trust
Cares

Listens
Helps



I can share my
feelings!

Congratulations!



For Completing the lesson

Share Your Feelings

You're a Rocket Finding Feelings
Super Star!

Instructor signature _____

Signature Rocket  _____ Date _____