



# SENSE OF SAFETY & Beyond! Lesson Plan

Topic to teach: Share Feelings: grades: K-2

Length of lesson: 30 min

**Goal:** Students will learn to identify emotions and feelings.

## Objectives:

- Identify different types of emotions or feelings
- Learn who to ask for help when they are upset, scared, or angry
- Understand that everyone has emotions
- Learn how to cope with emotions

## Vocabulary:

*Discuss these terms prior to the lesson:*

Emotion  
Manage (feelings)  
Listen

## Materials:

1. "I Can" statement printed and cut out
2. Sense of Safety & Beyond! Activity book
3. Crayons and pencils
4. (Optional) Projection of lesson

## "I Can" statement:

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

I can share my feelings!

## Attention Grabber

Tell the students to listen very carefully to the story about Rocket. You will be asking what SENSES he used in the story.

*Rocket had SUCH a great soccer game, he was so happy and excited because he scored 3 goals! He was on his way to the snack stand when he saw a teammate walking with his head down and shoulders slumped over.*

*"Hmmm..." thought Rocket, "that's weird, he doesn't look happy even though we won the game!" Rocket walked a little closer to him. He could hear his feet sliding slowly on the sidewalk. He sensed that something was not right.*

*"Hey," said Rocket, "are you ok?" "Um, no. Not really," said the boy. "Why? What's wrong?" asked Rocket. "Well, I just had a bad start to my day because I found out our trip to see my cousins was canceled, then I didn't play very well either." "I understand," said Rocket, I don't always have good games either. It is hard. It's also disappointing when you feel like you're missing out on doing something fun. Can I help at all?" "You know what? I kind of feel a little better just telling you about it!" said Rocket's teammate. "I'm glad you're starting to feel better! Let's go see if there are any good snacks at the snack stand!" said Rocket.*

Ask the students to put their thumbs up if Rocket used the sense to recognize feelings or thumbs down if he didn't use the sense.

*Did Rocket use smell? (Thumbs down) Did Rocket use hearing? (Thumbs up)*

*Did Rocket use touch? (Thumbs down) Did Rocket use sight? (Thumbs up)*

*Did Rocket use taste? (Thumbs down) Did Rocket use his 6th sense? (Thumbs up)*



# SENSE OF SAFETY & Beyond! Lesson Plan

Lesson: Activity Book  
Share Your Feelings  
Draw a Picture

## Lesson

When you get to eat an ice cream cone how do you all feel? Happy! If you lost your favorite toy how would you feel? Sad.

Today, we're going to talk about feelings and emotions. Every day, we all have different kinds of feelings. Sometimes we are very happy or even excited, sometimes we feel sad, nervous, scared or angry. Feelings often happen because of what is going on around us.

It's ok to have all these different feelings. Sometimes when things are not quite right and you are unhappy, angry, or sad, you might not know what to do.

Don't be afraid or ashamed of your emotions. You can talk to a trusted adult like a teacher, counselor, or parent. By Sharing our feelings, we may feel better or be able to learn new ways to manage our emotions.

Some other skills we can use when we are sad, anxious, or mad are to take 5 slow deep breaths (practice with students), write our feelings in a journal, draw or color, or even do some physical activity like running or walking!

You can also be a friend and listen to others who are having trouble managing emotions. Remember, everyone has emotions. Don't be afraid to ask for help and talk to someone right away. On the "Share Your Feelings" page in your activity book, discuss the different emotions/feelings on this page. Color this page. On the next page, draw a picture of how you feel today. Then, write a sentence or two about how you feel today and why.

2nd grade: Take 3 minutes to independently write a list of things that help you when you are sad, mad, frustrated, or nervous. Share with the class while the teacher makes a list!

## Extended Thinking

- How are you feeling today? (sad, happy, angry) why?
- What are some different kinds of feelings?
- What happened today or yesterday that makes you happy (or sad, scared, angry)?
- If you are feeling a little sad....who can you talk to? (friend, teacher, parent)
- What are some strategies you can use to manage your emotions?

## Standards

1.2.2 Recognize that there are multiple dimensions of health.

CCSS.ELA-LITERACY.SL.K.6 Speak audibly and express thoughts, feelings, and ideas clearly.

CCSS.ELA-LITERACY.SL.1.5 Add drawings or other visual displays to descriptions when appropriate to clarify ideas, thoughts, and feelings.

CCSS.ELA-LITERACY.SL.2.1.A Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).

# SHARE YOUR FEELINGS

Don't be afraid to ask for help from your teacher, parent or a trusted adult.



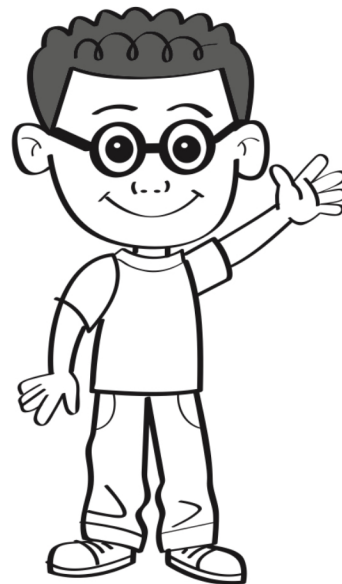
**ANGRY**



**SCARED**



**SAD**



**HAPPY**



... color this page.



**Draw a picture of how you feel today.  
Then write about how you feel and why.**



Today I feel \_ \_ \_ \_ \_ because \_ \_ \_ \_ \_

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I can share my  
feelings!

## VOCABULARY

Emotion

Manage (feelings)

Listen

# Congratulations!

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For Completing the lesson

**Share Feelings**

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You're a Rocket Rules  
Safety Super Star!



Instructor signature \_\_\_\_\_

Signature Rocket  \_\_\_\_\_ Date \_\_\_\_\_