

# SOCIAL-EMOTIONAL LEARNING

Proud to Be Primary

# emotions

## 5 Weeks of Lessons & Activities



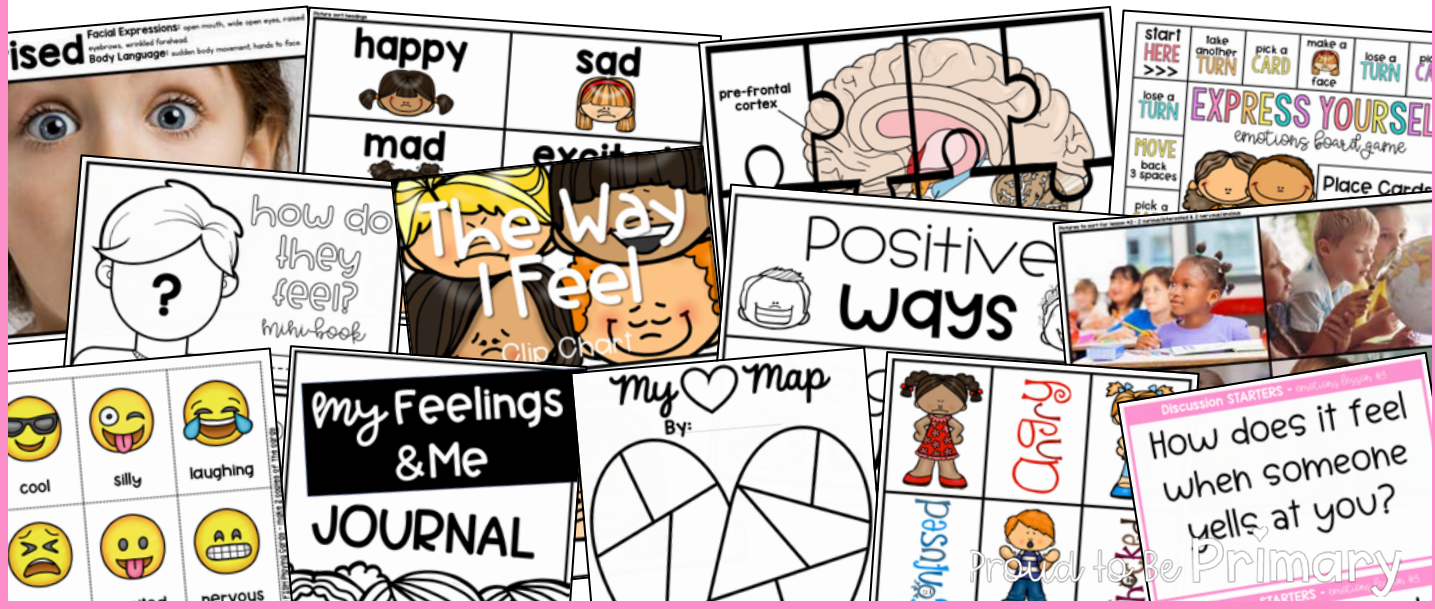
Discussion  
Cards

Games

Books

Posters

- ♥ 5 detailed, research-based lessons and plans
- ♥ Lesson Topics: Identify & Label Emotions; Labelling Experiences; Expressing Emotions; The Brain; Positivity
- ♥ Discussion cards
- ♥ Community building activities
- ♥ Anchor charts
- ♥ Activities & games
- ♥ Tools & posters





# emotions Unit

## See What's Included

### 5 Detailed Lesson Plans

mind-heart - EMOTIONS	
Lesson 1 - Identifying & Labelling Emotions	
<b>Community Building Activity</b>	Bring children in into a circle. Ask them to show emotions with their faces and bodies when given different emotion words. For example, 'happy' and 'sad' as kids smile and frown with words alone.
<b>Discussion Starters</b>	Use the Discussion Starters to have open conversations with children. Ask the question(s), read the scenario(s), and show the photo(s) one at a time and encourage children to respond and share their thoughts.
<b>Whole Group Lesson</b>	<p><b>Emotions Flashers</b> Show each emotion poster one at a time and ask what it is showing. Encourage children to come up with different names for each emotion. Talk about facial expressions and body language and what the face/body is doing while showing each emotion. Have children model each emotion.</p> <p><b>Collaborative Anchor Chart</b> Create a chart called 'We all have emotions' using the pieces provided. Get each child to draw a situation showing a certain feeling. Add to the anchor chart.</p> <p><b>Feelings Check-In Clip Chart</b> Give each child a clip with their name on it. They can attach their clip next to the emotion they are feeling.</p>
<b>Follow-up Activities</b>	<p><b>How Do They Feel?</b> Mini-Book Read the sentence on the page, trace the emotion, and complete the face by drawing to show that emotion.</p> <p><b>Emotions Memory Game</b> There is a set of emotion and word cards upside down. Children need to match emotion pictures with emotion words.</p> <p><b>Emotions Memory Game</b> There is a set of emotion and word cards upside down. Children need to match emotion pictures with emotion words.</p>
<b>Lesson Goal</b>	Identify and label 2 major emotions based on facial expressions and body language. Recognize their own emotions.
<b>Vocabulary</b>	emotion, feeling, facial expression, body language, each of the 2 major emotions.
<b>Lesson Materials</b>	<p>Discussion Starters</p> <p>Emotions flashers</p> <p>Anchor chart pieces and chart paper</p> <p>The chart and label clips for each child</p> <p>How Do They Feel? mini-book (2 versions)</p> <p>Emotions Memory game</p> <p>Emotions Memory game</p>

### Discussion Starters



### Anchor Charts



### Mentor Text List



### Tools



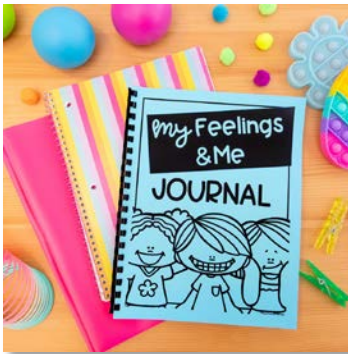
### Posters



# emotions Unit

## See What's Included

Writing Activities



Feelings Book



Brain Craft



Games



Sorting Activity



Family Guide



# This emotions unit covers IMPORTANT topics

- ♥ Identify & Label Emotions
- ♥ Labelling Experiences
- ♥ Expressing Emotions
- ♥ The Brain
- ♥ Positivity





# This emotions Unit HAS WHAT TEACHERS LOVE!

- This ONE SEL unit is all you need to teach kids to identify their feelings and express their emotions in healthy ways!
- Use each lesson and follow-up activities to cover a week of SEL instruction anytime of year.
- The unit easily extends to an entire month of SEL instruction.
- Facilitate meaningful discussions and keep kids engaged in important activities that build social and emotional skills and grow your classroom community.
- You will save time as the planning is done for you.
- Aligns to Self-Awareness SEL standards and covers the most important lessons kids need!
- You will have ALL the materials you need to successfully teach (no need to supplement)!



Teachers Love **mind+heart****happy****surprised****mad**

Elsie S.



"This was perfect for my first graders to start understanding how what they say and do can change other students emotions or their own emotions. Thank you for making this wonderful resource!!"



Our SEL units are  
enjoyed in thousands of  
classrooms worldwide!

# emotions Unit

## See a Lesson Plan Up-Close

mind•heart - EMOTIONS	
Lesson 1 : Identifying & Labelling Emotions	
<b>Community Building Activity</b>	Bring children into a circle. Ask them to show emotions with their faces and bodies when given different emotion words. For example, say "happy" and watch as kids smile and stand with confidence.
<b>Discussion Starters</b>	Use the discussion starters to have open conversations with children. Ask the question(s), read the scenario(s), and show the photo(s) one at a time and encourage children to respond and share their thoughts.
<b>Whole Group Lesson</b>	<p><b>Emotions Posters:</b> Show each emotion poster one at a time and ask what it is showing. Encourage children to come up with different terms for each emotion. Talk about facial expressions and body language and what the face/body is doing while showing each emotion. Have children model each emotion.</p> <p><b>Collaborative Anchor Chart:</b> Create an anchor chart titled "We all have emotions" using the pieces provided. Give each child to draw a picture showing a certain feeling. Add to the anchor chart.</p> <p><b>Feelings Check-in Chart:</b> Give each child a clip with their name on it. They can attach their clip next to the emotion they are feeling.</p>
<b>Follow-up Activities</b>	<p><b>How Do They Feel? Mini-Book:</b> Read the sentence on the page, trace the emotion, and complete the face by drawing to show that emotion.</p> <p><b>Emotions Memory Game:</b> Place a set of emotion and word cards up side down. Children need to match emotion pictures with emotion words.</p> <p><b>Emoji-tions Go Fish Card Game:</b> See the card game instructions.</p>
<b>Lesson Goal</b>	<b>Lesson Materials</b>
Identify and label 12 major emotions based on facial expressions and body language. Recognize their own emotions.	Discussion Starters Emotions posters Anchor chart pieces and chart paper Clip chart and labeled clips for each child How Do They Feel? mini-book (2 variations) Emotions Memory game Emoji-tions Go Fish card game (see inst.)
<b>Vocabulary</b>	
emotion, feeling, facial expression, body language, each of the 12 major emotions.	

Community building activities get children warmed-up and ready for the lesson.

Interactive, detailed lessons for the whole group to complete together.

Use the lesson goal to guide the lesson.

Teach important SEL vocabulary.

Discussion starters include questions, scenarios, and pictures to encourage a group discussion.

Hands-on activities, games, and centers that build social emotional skills.

All of the materials needed to complete lessons in a list.



# emotions Unit

## 3 Types of Discussion Cards

Discussions are a great warm-up to your SEL block or morning meeting. The included discussion cards provide a valuable way to engage kids and have them reflect.

Discussion starters include questions, scenarios, and pictures to encourage a group discussion. No more coming up with engaging prompts; these are done for you!



# emotions Unit

## Anchor Chart & Posters

Anchor chart materials are included for every lesson in this unit. The lesson plan clearly explains how to use it to support the main lesson. They are helpful to organize your lesson and as a visual for students. Simply print the anchor chart pieces and attach to your poster to get started!



# emotions Unit

## Support Materials

Support materials, such as bulletin boards and student tools, are included in this unit. They help children grasp the lesson and build important social-emotional skills. Create and use the tools as needed during your lessons and after to support your students.

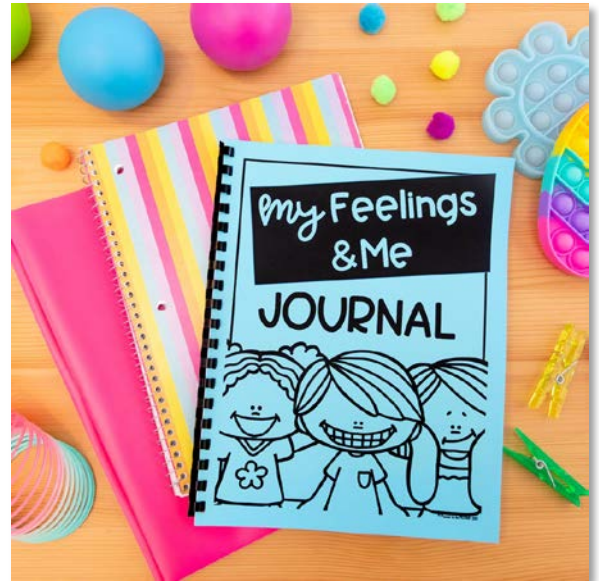




# emotions Unit

## Writing & Book Activities

Writing activities are included throughout the unit to emphasize the lesson topics. Kids will enjoy reflecting on books read and writing about the fun topics and prompts. You will have differentiated writing templates to use and meet your students needs. Just print and go to implement the writing activities quickly and easily!



There are a variety of follow-up activities included for every lesson. These fun and engaging activities encourage students to build the important social-emotional skills taught in the lesson. There are independent, small group, and partner activities included, such as games, sorting activities, and booklets.



# emotions Unit

## BONUS: Family Partnership Guide

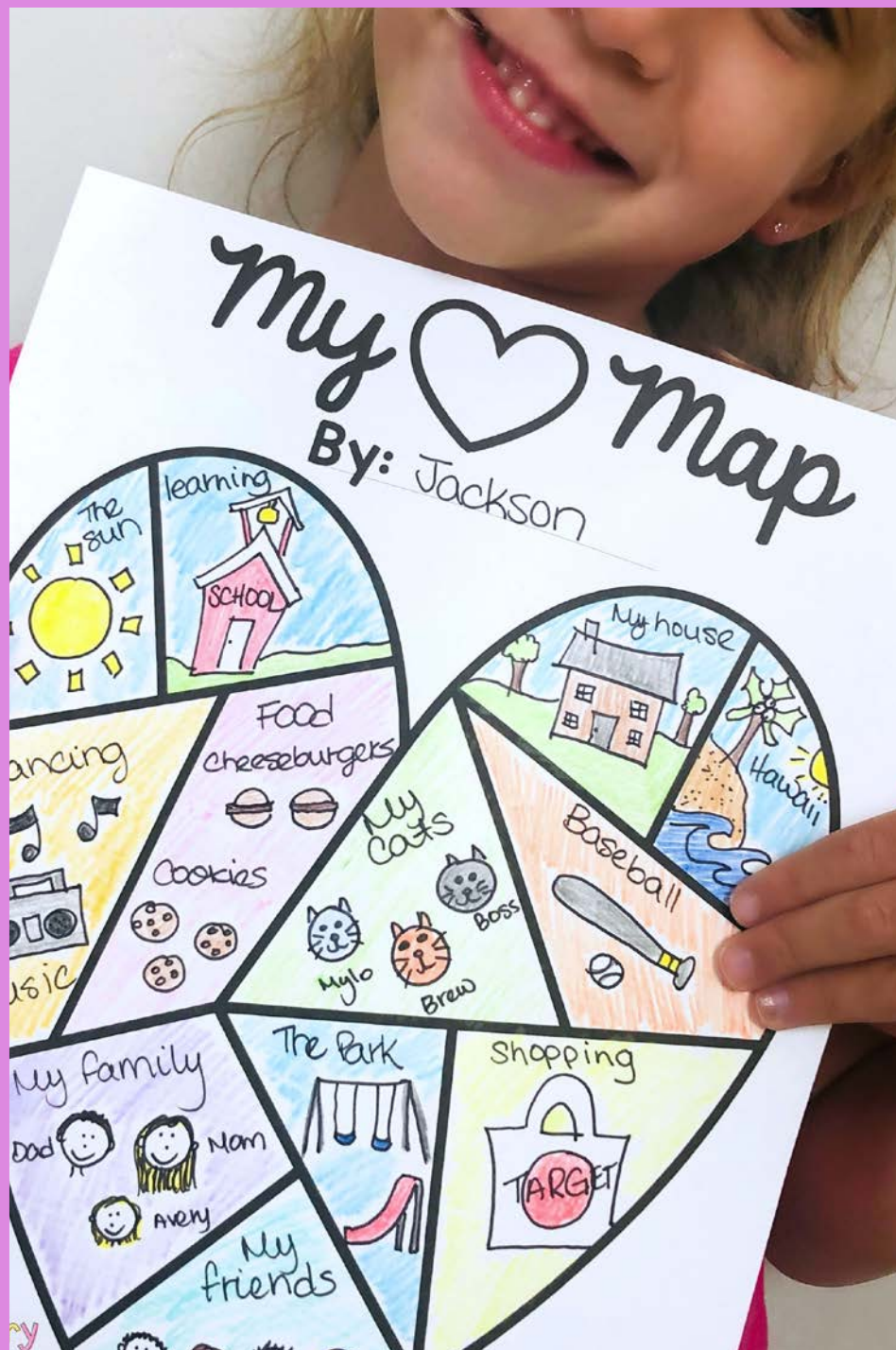
Connect with and encourage families to take part in the social-emotional learning development of their child and the concepts you are teaching at school. This unit includes a printable guide with a letter to families, strategies and activities they can try at home, and a book guide with video links. Send it home before your unit begins. They will thank you!





# Use the emotions unit for your

- ♥ SEL block
- ♥ Morning meetings
- ♥ Whole-class discussions
- ♥ Small groups
- ♥ Partner activities
- ♥ Independent work
- ♥ Early finishers
- ♥ Counselor lessons
- ♥ Sub-plans
- ♥ And much more!



# Teachers Love mind+heart

Proud to Be Primary

Nicole H.



"We start our morning using this resource, checking in with our feelings and starting the day on a positive note. Thank you for an easy prep resource that helps with the engagement of students!"

Our SEL units are enjoyed in thousands of classrooms worldwide!



# Learn More About

# mind+heart

Proud to Be Primary

Learn about teaching social-emotional learning effectively in K-2 with our SEL curriculum.

CLICK to learn more!



## Social-Emotional Resources for K-2



Click the images to see the SEL curriculum BUNDLE & resources with EVERYTHING you need for a year of SEL!





# BACKGROUND

The mind+heart social and emotional learning curriculum was designed to help teachers instruct young children to develop emotional literacy, self-control, and social competence. The ultimate goal is for primary aged children to develop a healthy sense of self and positive peer relations, that will continue throughout their lives. Children will learn to express their emotions appropriately, solve problems, develop a “growth mindset”, build relationships, and be thoughtful citizens who take responsibility and show respect.

mind+heart includes a variety of thought provoking lessons and discussions, community building ideas, and engaging activities to help build important social and emotional skills. Children will have many opportunities to learn, practice, and develop SEL through a variety of lessons and activities. Teachers are provided with all lesson materials, instructions, and a layout that is simple and easy to implement. mind+heart is a flexible SEL curriculum that can be taught when teachers have time, while the recommendation is to teach a lesson once to twice or more a week.

mind+heart is research based and loosely aligns to the CASEL framework of the 5 core competences for SEL. It provides educators with an affordable option that is comprehensive and appropriate for the K-2 classroom.