

# LESSON PLAN 1

## IDENTIFYING EMOTIONS



PRE-K4-5

SELF AWARENESS

### LESSON OVERVIEW

Duration: 25 minutes

Characters: Selin, Whisper, Max, Lola

Objective: Students will identify different emotions, recognize how friends look and feel, and practice choosing an emotion that matches their own feelings.

### LEARNING GOALS

By the end of the lesson, students will:

1. Identify emotions like happy, sad, silly, etc.
2. Recognize emotions in others by looking at their faces and body language.
3. Label how they feel and show it appropriately.
4. Use classroom tools to express emotions.

### MATERIALS NEEDED

- Selin's Sweets Video: 'Cupcakes & Sprinkles'

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### MATERIALS NEEDED (continued...)

- Large paper to create an Emotional Cupcake. (see attached sample. Create a day in advance)
- Attached: 'Emotion Color Chart' to match sprinkle colors with character's facial emotions. Then place sprinkles on Emotional Cupcake.
- Attached: Emotional Colored Sprinkles
- Hug Jar (optional for SAD or Mad sprinkles)
- Tape to paste sprinkle on the cupcake.

### LESSON STEPS

#### 1. Welcome & Warm-up (2 min)

Teacher greets:

"Good morning, sweet friends! Today we're learning all about emotions — the feelings inside our hearts. Selin and Whisper will help us notice what different feelings look like"

Children sit in a circle and prepare to listen

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### LESSON STEPS

#### 2. Story (2 min)

Play the SEL Video: 'Cupcakes & Sprinkles'

- Max felt sad because his best friend was sick.
- Lola noticed Max's sad face and slouchy body.
- She planned a Sprinkle Party so friends could write kind sprinkles.
- Each friend chose a sprinkle that showed how they felt.
- Max read the sprinkles and felt happy again.

#### 3. Discussion & Reflection (6 min)

Teacher asks:

- "How did Max's face look when he was sad?"
- "What did Lola notice about his feelings?"
- "How can we tell if someone feels happy or sad?"

Encourage short answers: "big smile," "frown," "droopy arms," "bright eyes," etc.

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### LESSON STEPS

#### 4. Activity - Emotion Cupcake (13 min)

##### Step 1 - Identifying Emotions

Hold up the 'Emotion Color Chart' for children to choose how they feel and pick the color sprinkle that matches the background color of the emotion they selected.

- Happy/Yellow      Sad/Blue      Excited/Pink
- Scared/Purple      Mad/Red      Silly/Orange

Teacher: "Let's look at each emotion and pick a sprinkle color that matches the color of the emotion you are feeling right now."

##### Step 2 - Choose Your Sprinkle

Teacher: "Now, take the sprinkle color that shows how you feel today and paste it on our big Emotion Cupcake."

(Children select and place their sprinkle with tape)

##### Step 3 - Support for Sad Feelings

Teacher: "If you chose the Sad or Mad Sprinkle, that's okay. Everyone feels sad or mad sometimes. . ."



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### LESSON STEPS

#### Activity - Emotion Cupcake

#### Step 3 - Support for Sad Feelings (continued...)

Teacher: "When we know someone feels sad, we can help them. Students who picked a sad or mad sprinkle, choose a friend's name from the Hug Jar and receive a gentle hug or wave high-five."

#### Step 4 - Emotion Talk

Teacher: "Let's practice saying how we feel."

Children repeat:

- "I feel happy."
- "I feel sad."
- "I feel silly."
- "I feel excited."
- "I feel mad."
- "I feel scared."

Teacher: "Now, point to your heart and say: "My feelings are important."

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### LESSON STEPS

Activity - Emotion Cupcake

#### **5. Emotions Check-In Promise (2 min)**

Teacher: "Can you name one emotion you feel now - happy, excited, silly?"

Children share or whisper their answers.

#### Teacher Reflection

- Did students recognize and name emotions?
- Did they use facial expressions or body language to show feelings?
- Were they able to label their own emotions using sprinkles?