

LESSON PLAN 3

EXPRESSING LIKES & DISLIKES



PRE-K4-5

SELF AWARENESS

LESSON OVERVIEW

Duration: 25 minutes

Characters: Selin, Whisper, Max, Emmy

Objective: Students will learn to recognize and express their likes and dislikes by observing examples from Emmy and Max. They will understand that everyone has different preferences and that differences make us unique.

LEARNING GOALS

By the end of the lesson, students will:

- Identify their own likes and dislikes.
- Recognize that friends may like different things.
- Practice expressing preferences through pictures and sharing.
- Build confidence speaking in front of peers.

MATERIALS NEEDED

- Selin's Sweets Video: YUMMY OR YUCKY (Stream from website)
- Quadrant worksheet with activities (Download)

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LESSON STEPS

1. Welcome & Warm-up (2 min)

Teacher greets:

"Good morning, sweet friends! Today we're learning about things we like and things we don't like — just like our friends Emmy and Max!"

Children sit in a circle and prepare to listen

2. Story (2 min)

Play the SEL video: Yummy or Yucky

In the classroom:

- Emmy shows her favorite color: pink
- Max shows his favorite color: blue
- Emmy shows a color she doesn't like: brown
- Max shows a color he doesn't like: neon orange

In the lunchroom:

- Emmy's favorite food: strawberries.
- Max's favorite food: blueberry muffins.
- Emmy doesn't like pickles (too sour).
- Max doesn't like spicy peppers (too hot)

Selin says, "We all have different likes and dislikes - and that makes us special!"

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3. Discussion & Reflection (6 min)

Teacher asks:

- "What is a color you like?"
- "Is there a color you don't like?"
- "What food makes you happy?"
- "What food is not your favorite?"

Encourage simple answers and celebrate differences.

4. Activity - Likes and Dislikes (10 min)

Step 1 - Hand Out Worksheets

Each child receives a quadrant sheet showing different activities (running, dancing, reading, painting, etc.)

Teacher:

"Some activities are things you like to do... and some are things you don't enjoy as much — and that's okay!"

Step 2 - Cross Out What You Don't Like

Teacher tells the students:

- "Put an X on the activities you don't like"
- "Color the activities you like"

For example, "I like painting... but I don't like running."

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Step 3 - Share with the Class

Three or four children share their worksheet at a time:

- "I like ____."
- "I don't like ____."
- "My favorite activity is ____."

This builds self-awareness, vocabulary, and confidence.

5. Closing - Everyone is Unique (5 min)

Teacher closes:

"Your choices make you - YOU. And that is something very special!"

Teacher Reflection

- Did students identify at least one like and dislike?
- Did they participate in the worksheet activity?
- Did they share comfortably with classmates?