

LESSON PLAN 2

MY BODY & FEELINGS



PRE-K4-5

SELF AWARENESS

LESSON OVERVIEW

Duration: 25 minutes

Characters: Selin, Whisper, Joy, Crisp

Objective: Students will learn that their bodies help them recognize feelings. They will explore how faces and bodies change with emotions and practice expressing feelings through simple, safe movements.

LEARNING GOALS

By the end of the lesson, students will:

1. Identify emotions using body cues (faces, posture).
2. Act out emotions using body language.
3. Understand that different feelings create different sensations in the body.
4. Build confidence expressing emotions in front of peers.

MATERIALS NEEDED

Selin's Sweets Video: 'My Body Talks'

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LESSON STEPS

1. Welcome & Warm-up (2 min)

Teacher greets:

"Good morning, sweet friends! Today we're learning how our bodies help us understand our feelings — just like Joy and Crisp!"

Children sit in a circle and prepare to listen

2. Story (2 min)

Play Selin Sweets Video: 'My Body Talks'

- Joy feels happy and her mouth forms a big smile.
- Crisp feels love, and his heart feels warm and full.
- Students think about their bodies and notice:
 - o Which parts feel tired after they run
 - o Which parts they use to give hugs
 - o How their bodies look or feel when they are sad
- Children learn that our faces, hearts, and bodies talk to us about our feelings

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3. Discussion & Reflection (6 min)

Teacher asks the class:

- "Show me your happy face!"
- "Show me your tired arms!"
- "What does your body look like when you're sad?"
- "How does your heart feel when you love someone?"

Encourage brief acting and simple naming: happy, sad, tired, excited, calm, etc.

4. Activity - Feelings Acting Games (10 min)

Step 1 - Explain the Game

"We're going to act out feelings with our face and bodies! Three friends will come to the front at a time. I will 'whisper' a feeling that they will show with their face and body. The rest of the class will guess which feeling they are acting out. Put their hand up to guess."

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4. Activity - Feelings Acting Games (Cont'd)

Step 2 - Act Out Feelings

Call up three children at a time to act out feelings.

Teacher prompts for each round of actors:

"Show the class a happy face."

The other students guess the feelings.

Choose simple, clear feelings such as:

Happy Sad Tired Excited Scared Calm

Shy Silly Cold Warm Angry Confused

Step 3 - Switch and Repeat

Rotate through as many groups as time allows so each child has a turn.

Teacher encourages applause:

"Great job listening to your bodies and showing your feelings!"

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5. Closing – My Body Talks to Me (5 min)

Teacher asks the class:

"Can you tell me one feeling your body had today?"

Children share or whisper answers.

Teacher closes:

"Just like Joy and Crisp, our bodies help us understand our feelings. Our feelings matter!"

Teacher Reflection

- Did students enjoy using their faces and bodies to act out emotions?
- Could they identify feelings in their friends' actions?
- Were they able to name at least one feeling?

(Optional) create:

- ★ A body-and-feelings chart for daily check-ins