

**Lesson** Today I Feel Silly

**Grade:** Grades K Elementary

**Subject:** Identify feelings

<b>Topic:</b>	Students will learn to identify feelings and mood words; practice verbalizing how they feel
<b>Standards:</b>	ASCA: Personal/Social Development <ul style="list-style-type: none"><li>• Standard A: Student will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.</li></ul>
<b>Materials:</b>	<ul style="list-style-type: none"><li>• Book: <i>Today I Feel Silly</i>, by Jamie Lee Curtis</li><li>• Feelings sheet</li></ul>
<b>Introduction:</b>	<ul style="list-style-type: none"><li>• Ask students how they feel right now; how they felt getting up; at recess. Ask if they think people have more than one feeling in a day.</li></ul>
<b>Development:</b>	<ol style="list-style-type: none"><li>1. Read <i>Today I Feel Silly</i>. Pause at each illustration and ask what they think the feeling is before reading the passage.</li><li>2. After reading passage, ask if they have felt that way.</li><li>3. Ask students about body language of girl in story.</li><li>4. State different feelings; ask students to show you the feeling on their face.</li><li>5. At the end, refer to emotions wheel on back of cover; take turns asking students their current feeling.\</li></ol>

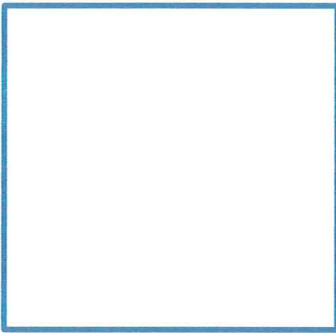
<b>Practice:</b>	<ol style="list-style-type: none"><li>1. Ask what feeling words we learned today.</li><li>2. Practice drawing a feeling word on the feelings worksheet.</li></ol>
<b>Closing:</b>	Review feeling words; ask if it's normal to have lots of different feelings in one day; remind them that if they have a bad feeling that they will probably have a good feeling again soon.
<b>Source:</b>	Adapted from lesson plan by Allie Daniels



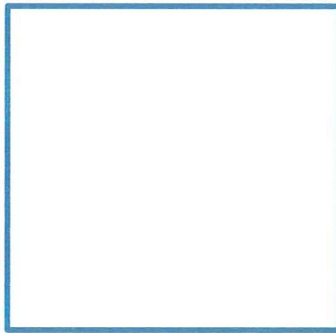
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PRACTICE DRAWING a FACE FOR each FEELING WORD below!

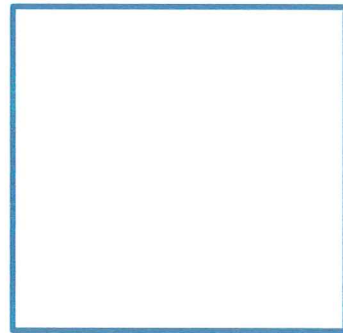
MAD



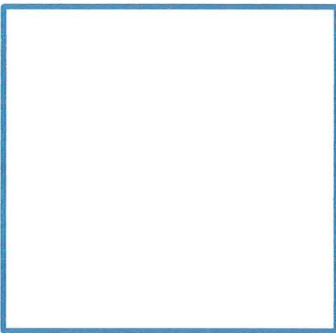
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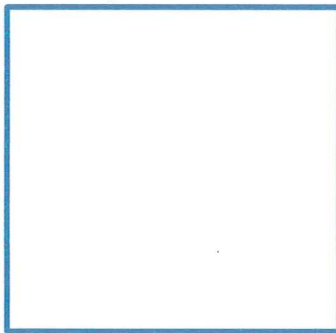
HAPPY



SILLY



SCARED



EXCITED

