

# Name Your Emotions

Grade 1 – Health and Physical Education



## Lesson Details

|                              |  |                          |                               |                     |            |
|------------------------------|--|--------------------------|-------------------------------|---------------------|------------|
| <b>Grade Level:</b>          | 1  | <b>Curriculum Links:</b> | Health and Physical Education | <b>Time Needed:</b> | 45 minutes |
| <b>Learning Goal</b>         | To understand the complexity of emotions, how to identify them, and for students to learn how to share their feelings with others.   |                          |                               |                     |            |
| <b>Success Criteria</b>      | By the end of this lesson, students will understand the different emotions that a person can feel, be able to recognize an emotion by looking at a picture, and write a story about significant events in their life when they felt certain emotions.  |                          |                               |                     |            |
| <b>Specific Expectations</b> | <p><i>Identification and Management of Emotions</i></p> <ul style="list-style-type: none"> <li>Apply skills that help them identify and manage emotions as they participate in learning experiences in health and physical education, in order to improve their ability to express their own feelings and understand and respond to the feelings of others.</li> </ul> <p><i>Positive Motivation and Perseverance</i></p> <ul style="list-style-type: none"> <li>Apply skills that help them develop habits of mind that support positive motivation and perseverance as they participate in learning experiences in health and physical education, in order to promote a sense of optimism and hope.</li> </ul> |                          |                               |                     |            |
| <b>Materials Needed</b>      | Worksheet (Attached), Pencil, Crayons, Pencil Crayons, Markers.  |                          |                               |                     |            |

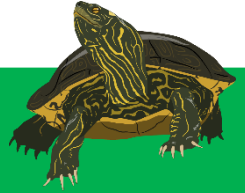
## Lesson Description

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|-------------------------------|--|
| <b>Overview</b>               | Students will work through an activity about emotions and describe the emotions they are seeing. Students will also outline a significant event in their life and describe the emotions they felt during such event.   |
| <b>Activity</b>               | <ol style="list-style-type: none"> <li>To begin, discuss with the student's what emotions are. What are the different types of emotions (sad, happy, mad, proud, scared, etc.)? Also, explain that sometimes emotions can be hard to understand and that's okay.</li> <li>Distribute the attached worksheet and have the students work through it either independently or in groups.</li> <li>The students will look at pictures of turtles and name the emotion that the turtle is experiencing.</li> <li>Students will also outline a significant event that has happened during their lives (e.g. moving, losing teeth, passing a test, getting a pet, winning or losing a competition, etc.) and draw this event on their worksheet. They will also name the emotions they felt during the event.</li> </ol> |
| <b>Background Information</b> | <p>Turtles are very private – they tend to hide away from people. Sometimes our emotions are also difficult to understand because there may be more than one – we are shy and angry because someone disturbed us, or we are sad but also happy because we are leaving someone we love but we are going on an adventure. Emotions are therefore difficult to identify, express and share with others too. It helps when we can give a name to all our different emotions because then we can express them more effectively to get the support we need.</p> <p>Part of this lesson is taken from skills and training related to Dialectical Behaviour</p>  |

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|--------------------------------------|---|
|                                      | Therapy which was developed by Marsha Lineman.  |
| <b>Blacklist Masters</b>             | <ul style="list-style-type: none"><li>• Worksheet (attached)</li><li>• Video Link(s): <a href="#">Mental Health and Turtles</a></li><li>• For more information, please visit <a href="https://www.turtleguardians.com/">https://www.turtleguardians.com/</a></li></ul>  |
| <b>Place-Based Learning</b>          | Emotions can sometimes be tied to environment. Discuss with the students the importance of a happy environment; discuss the benefits of being outside in nature and how this can change their emotions.   |
| <b>Inquiry-Based Learning</b>        | Using <b>Structured Inquiry</b> , the students will complete the attached worksheet and reflect upon their emotions.<br><br>Ask the students: <ul style="list-style-type: none"><li>• What are the different types of emotions?</li><li>• How can my environment impact my emotions?</li></ul>  |
| <b>Turtle Stories</b>                | After the lesson, have the students go on a walk around their community and make note of the emotions they are feeling. Why are they feeling these emotions? Students are encouraged to share their experience, pictures, and worksheets on the Turtle Stories website, found here: <a href="https://www.turtlestories.ca/">https://www.turtlestories.ca/</a> |
| <b>Turtle Guardian Program Links</b> | In <b>Level 1</b> (Ontario Turtle Identification) of the <b>Turtle Guardian Program</b> , students will learn how to identify all 8 species of Ontario's turtles. For more information, please visit <a href="https://www.turtleguardians.com/what-is-a-turtle-guardian/">https://www.turtleguardians.com/what-is-a-turtle-guardian/</a>                      |

## My Notes



# Name Your Emotions

Name/describe the emotion that each turtle is feeling.



Angry



Happy



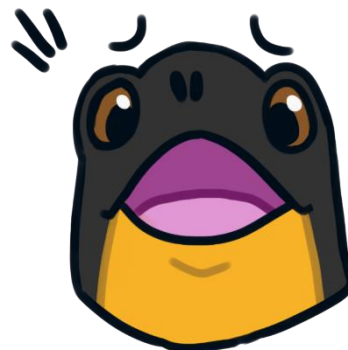
Confused



Tired



Sad



Scared

## Word Bank

Scared

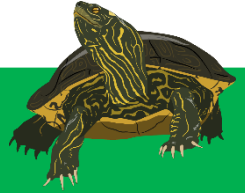
Tired

Happy

Sad

Angry

Confused



# Name Your Emotions

Name/describe the emotion that each turtle is feeling.



## Word Bank

Scared

Tired

Happy

Sad

Angry

Confused

**Draw and write about an event in your life  
and the emotions you felt during it.**



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