

# EMOTIONAL SELF-KNOWLEDGE

## 1. A Time I Felt. . .

- Have students get in groups of four to six. Hand out copies of the worksheet “A Time I Felt. . .” on page 35. Each student should take a turn answering the questions aloud. For younger children, the teacher may need to read the question in front of the class, allow a student in each group to answer it, and then move on to the next question.

## 2. What Makes Me Feel. . .

- Have the students fill out the worksheet “What Makes Me Feel. . .” on pages 36 and 37. For younger students, ask them the questions out loud.

# A Time I Felt. . .

1. When was a time you felt happy?



2. When was a time you felt sad?



3. When was a time you felt mad?



4. When was a time you felt scared?



# What Makes Me Feel. . .

What makes me feel excited? \_\_\_\_\_

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What makes me feel bashful? \_\_\_\_\_

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What makes me feel frightened? \_\_\_\_\_

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What makes me feel happy? \_\_\_\_\_

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What makes me feel angry? \_\_\_\_\_

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What makes me feel silly? \_\_\_\_\_

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What makes me feel nervous? \_\_\_\_\_

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What makes me feel sad? \_\_\_\_\_

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What makes me feel bored? \_\_\_\_\_

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# Actions and Feelings

## 1. Make a Card

- Have the class make a card for a student who is sick, injured, or leaving the school.
- Discuss with the students how they feel after making the card. Ask the student who received the card how he or she feels.

## 2. Give a Present

- If possible, for each holiday have each student make a present such as a card, treat, Valentine, shamrock, etc. for another student.
- Discuss how it feels to give a present or to do something nice. Discuss how it feels to receive something nice.

# Movement and Emotions Activity

1. Take the class to the gym or a place where they have space to move around.
2. Have the students sit on the floor. Ask them to show you how they would sit if they were feeling the following emotions.
  - sad
  - happy
  - bored
  - excited
  - mad
  - calm
  - tired
  - lonely

With younger children, giving a situation instead of an emotion may be helpful. For example, say, "Pretend that your pet just ran away and you are worried you will never see it again. How would you be sitting? Show me how you would sit."

3. Now have the students show you how they would walk if they were feeling those same emotions. Giving a situation may be easier to do with younger children. For example, say, "Pretend that tomorrow you get to go to Disneyland. How would you walk if you were going to Disneyland tomorrow? Think about going to Disneyland and show me how you would walk."
4. Have some students take turns thinking of an emotion and demonstrating how they would sit and walk. Have the rest of the class try to guess what emotions they are showing.
5. Talk with the students about how we show our feelings with our bodies.